

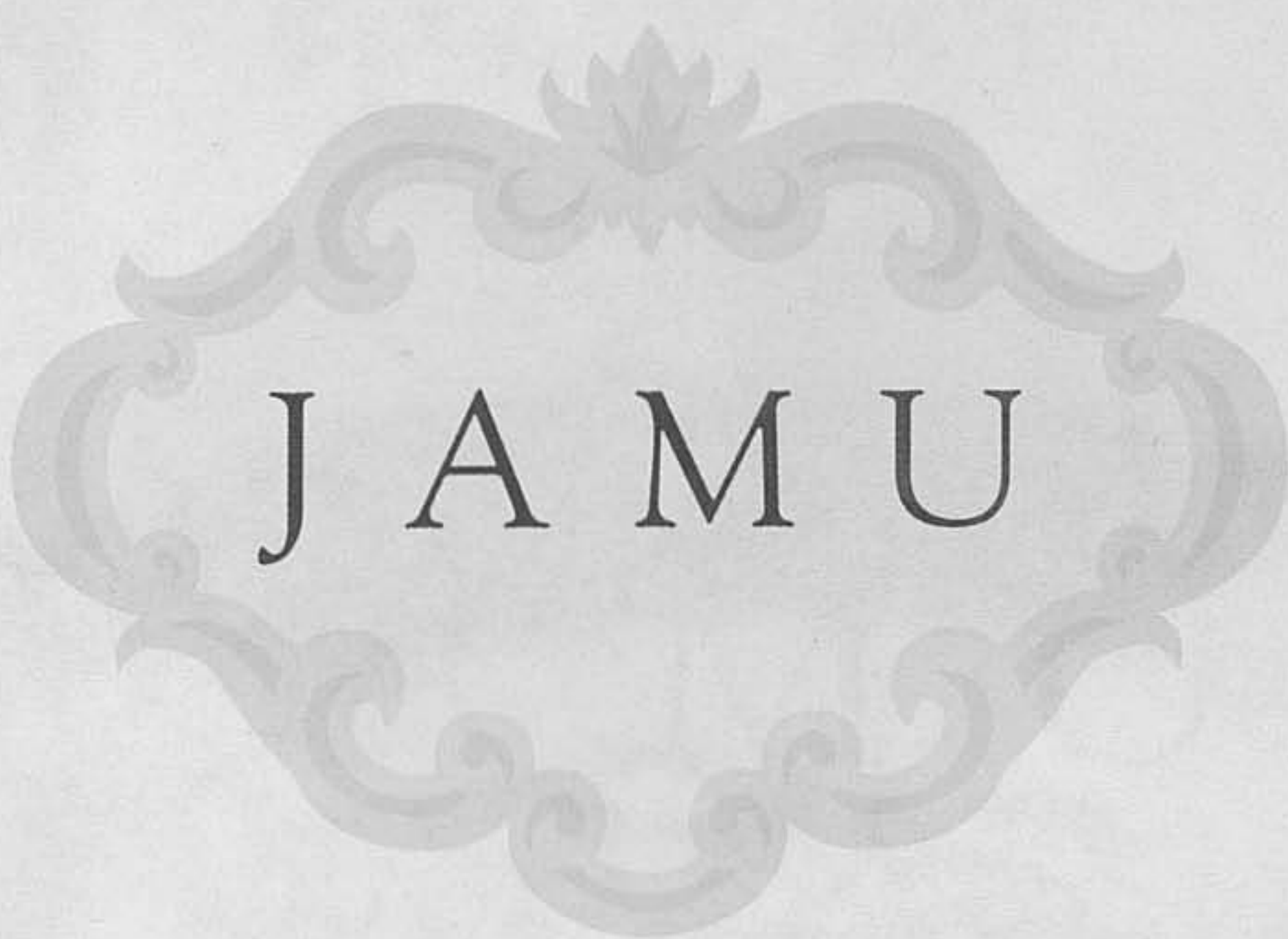
A woman is shown from the back, wearing a traditional Indonesian sarong with horizontal green and white stripes. She is holding a small, round, woven basket filled with various dried herbs. The background is a plain, light-colored wall with a large, faint, decorative floral pattern on the right side.

JAMMU

THE ANCIENT
INDONESIAN ART
OF HERBAL HEALING

Susan-Jane Beers

An integrated system of inner and outer health and beauty, Indonesian jamu has a 1,200-year-old history, yet little is known about it outside this diverse island nation. The first book to comprehensively explore the background, materials and application of this holistic approach, *Jamu: The Ancient Indonesian Art of Herbal Healing* is the culmination of ten years of research and more than 100 interviews with practitioners and producers—from housewives in kitchen apothecaries to CEOs of multinational corporations. Its publication coincides with the increasing availability in the West of modern preparations of these time-honoured herbal remedies. Encompassing medicine, massage, cosmetics and folklore, jamu is as applicable to today's lifestyles as it was in the rarefied world of the ancient Javanese palaces where it was perfected. Complemented by explanatory photographs shot on location, *Jamu* is the first definitive reference to this exotic yet practical health-care system.



J A M U

Enjoy discovering jamu - you'll find
It's worth the trouble!

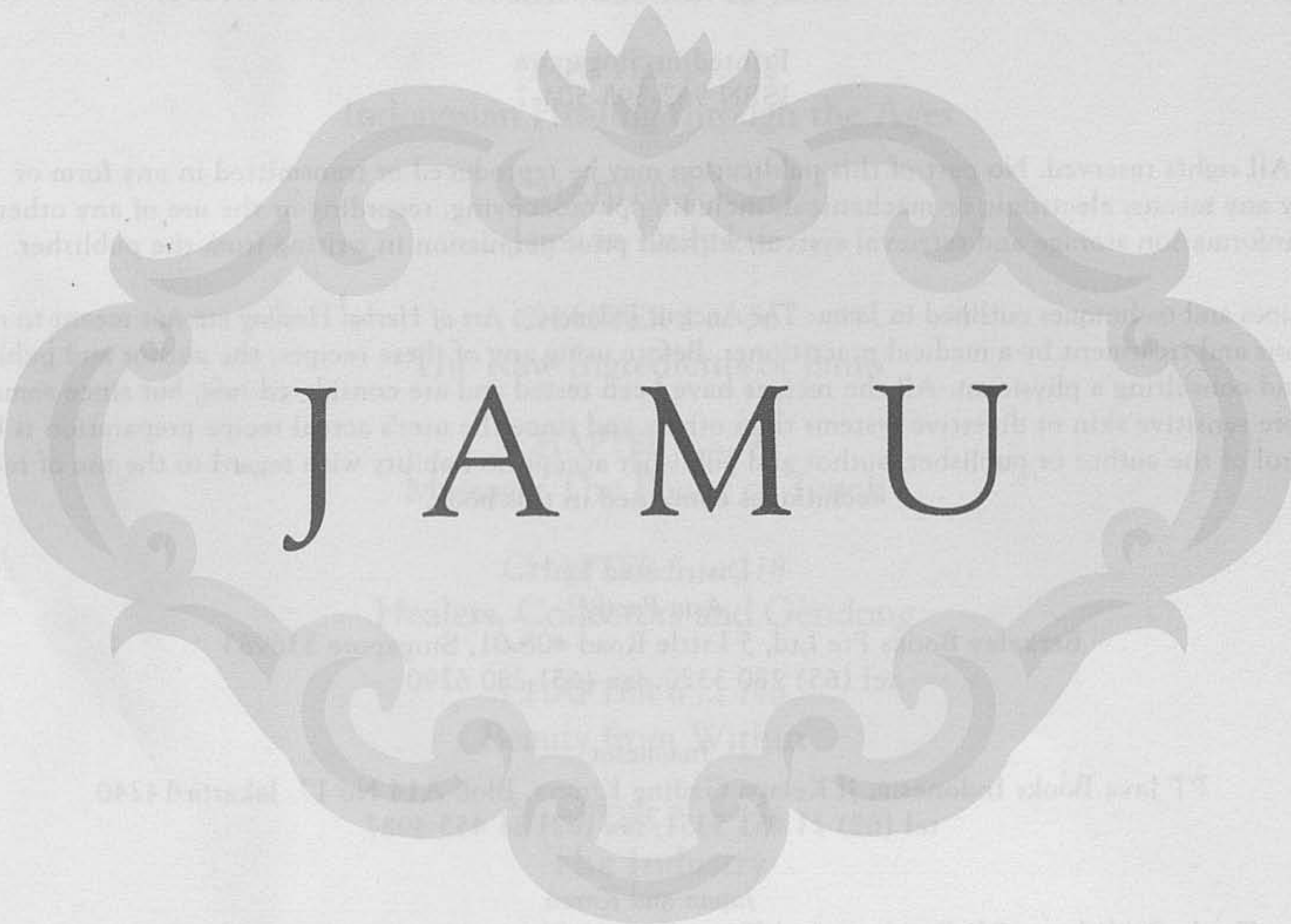
With all best wishes

Sennyaulseer

20 October 2001



THE ANCIENT INDONESIAN ART OF HERBAL HEALING



JAMU

BY SUSAN-JANE BEERS



PUSTAKA PERDANA



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#6277

Published by Periplus Editions (HK) Ltd
Copyright © 2001 Periplus Editions (HK) Ltd
Text © Susan-Jane Beers
Design by Le Bo Ye
Photographs by Artli Ali Hawijono BFA
(pp 2, 6, 56, 68, 84, 89, 90, 94, 96, 106, 112, 116, 126, 135, 140, 147, 155)

Printed in Singapore
ISBN 962-593-503-7

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The recipes and techniques outlined in *Jamu: The Ancient Indonesian Art of Herbal Healing* are not meant to replace diagnosis and treatment by a medical practitioner. Before using any of these recipes, the author and publisher recommend consulting a physician. All the recipes have been tested and are considered safe, but since some people have more sensitive skin or digestive systems than others and since the user's actual recipe preparation is beyond the control of the author or publisher, author and publisher accept no liability with regard to the use of recipes or techniques contained in this book.

Distributed by:

Asia Pacific

Berkeley Books Pte Ltd, 5 Little Road #08-01, Singapore 536983
tel (65) 280 3320; fax (65) 280 6290

Indonesia

PT Java Books Indonesia, Jl Kelapa Gading Kirana, Blok A14 No 17, Jakarta 14240
tel (62) 21 451 5351; fax (62) 21 453 4987

Japan and Korea

Tuttle Publishing, RK Building, 2nd Floor, 2-13-10 Shimo-Meguro, Meguro-Ku, Tokyo 153
tel (813) 5437 0171; fax (813) 5437 0755

North America, Latin America and Europe

Tuttle Publishing, Distribution Center, Airport Industrial Park, 364 Innovation Drive, North Clarendon, VT 05759
tel (802) 773 8930; fax (802) 773 6993

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Preface. An Introduction to Jamu

Indonesian jamu—part of an integrated system of inner and outer health and beauty, encompassing powders, pills, ointments, lotions, massage and ancient folklore—is unknown to most Westerners. How, when, where, and why were these treatments developed? And, what is so special about them?

To understand jamu, you must know a little about the extraordinary country where it originated. Indonesia's 17,000 islands are home to over 200 million people who speak approximately 600 different languages. The national motto, 'Unity in Diversity', is certainly appropriate in an archipelago where each region still retains its individual customs and character.

In today's world, young Indonesians no longer have the time for old traditions, such as making fabric by hand, playing in a *gamelan* orchestra (a traditional Indonesian orchestral group) or preparing herbal medicines. These were all part of a relaxed, holistic way of life that allowed for any number of variations throughout the archipelago. Now modern Indonesians must come to terms with a fiercely competitive, high-tech environment where survival lies in joining the fast-paced global economy in which we live.

At first glance, it seems that jamu is a casualty of this modern world. Making jamu in the home has certainly declined, but in its place, the herbal medicine and cosmetics industry is expanding and is now producing some exciting ranges of safe, hygienically

Left:

Drinking jamu every day is how Indonesians ensure they receive the necessary intake of essential vitamins and minerals to keep themselves healthy. It is their equivalent of what is termed primary health care in the West.