

(2022, February), Ya Dok Khao Herb to help quit smoking : rural village technology consensus 34 (760) : 40

**Ms. Asala Chaocharoen** Chien Nai Column beautiful people in Abhaibhubejhr That Ya Dok Khao is a herbal remedy that helps reduce the craving for cigarettes. The part used is the above-ground part, folk information, used for coughing, asthma, and bronchitis treatment. and help quit smoking

Research has found that Khao Dok Khao contains important substances, which are nitrate salts, which numb the tongue (some users do not feel like smoking. feel like smoking When smoking and wanting to vomit) reduces the amount of toxic gas that remains in the lungs.

In vitro studies have shown that Ya Dok Khao inhibits the proliferation of lung cancer cells. A study in rats exposed to nicotine showed that After receiving Ya Dok Khao extract for 6 months, there was an improvement in respiratory tissue. as measured by the reduction of inflammatory cells The site of fibrosis is reduced.

**How to use white flowers**

2 grams per time, brew about 120-200 ml of hot water 3-4 times a day after meals, can be taken for 6 months, found that it is safe. 1 handful of white flower grass. Boil with 6-8 glasses of water. When the medicine boils, let it simmer for another 5-10 minutes to get a yellowish tea-like solution. Divide water, eat 4-5 times a day, 1 glass at a time.

**Caution:** Caution should be exercised in patients with heart disease and kidney disease. Because white flowers are high in potassium. If needed, potassium levels in the blood may be checked. to monitor safety Avoid use in children under 12 years of age or pregnant and lactating women due to lack of information.

**Side effects:** dry mouth, dry throat, taste changes

