

Pansit pansitan essay sample



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Pansit-pansitan is also known as:

Pansit-pansitan, Ulasimang bato, Clear weed, Shiny bush, Silver bush, Cao hu jiao Pansit-pansitan (*Peperomia pellucida* Linn) is a common fleshy shallow rooted herb that grows to about 15 to 45 cm in height in damp and lightly shaded areas. Pansit-pansitan has been used as food item as well as a medicinal herb for its analgesic, anti-arthritic, diuretic activity. The entire plant is edible both cooked or raw. Pansit-pansitan plant can grow wild but also grown as ornamental foliage. Pansit-pansitan is characterized by its shiny heart shaped leaves about 4 cm in length, growing from an erect translucent green stalks. Pansit-pansitan has tiny dot-like flowers that grow from erect and slender green spikes that turn brown when matured. The fruits are also very small, round to oblong, ridged, first green later black. Tiny seeds drop off that grows easily in groups.

Pansit-Pansitan, Health Benefits And Uses

Pansit-pansitan is used as an herbal medicine for the treatment of:

- * Eye inflammation,
- * Sore throat,
- * Diarrhea,
- * Prostate problems
- * High blood pressure
- * Arthritis
- * Gout
- * Skin boils,
- * Wounds,
- * Burns,

- * Skin inflammation,
- * abscesses,
- * pimples,
- * Headache
- * Fever,
- * Abdominal pains
- * Renal problems
- * Mental excitement disorder .

Pansit-Pansitan Benefits Supported By Scientific Study

Analgesic / Anti-inflammatory action of Pansit-pansitan

Pansit-pansitan has been traditionally used to treat fever, cough, common cold, headache and arthritis. In a study of aerial parts of peperomia extract in mice indicated that that it exhibited anti-inflammatory and analgesic activities. The anti-inflammatory activity was attributed to interference with prostaglandin synthesis. In another study done on rabbits, pansit-pansitan extract exhibited an anti-pyretic activity which indicates that it is comparable to standard aspirin. (ref) Anti-cancer Activity of Pansit-pansitan

A study have isolated compounds in P. Pellucida that has inhibitory actions against growth of some cancer cells. This shows its potential as an anti-cancer supplement. (ref) Antioxidant activity of Pansit-pansitan

In a study done on P. Pellucida extract, it has shown that it has a strong scavenging activity against free radicals suggesting that pansit-pansitan is a good natural anti-oxidant (ref) Anti-bacterial activity of Pansit-pansitan

A study has isolated a compound called patuloside A, a xanthone glycoside from *P. pellucida* that is found to have broad spectrum antibacterial activity (ref) Anti-arthritic Activity of Pansit-pansitan

A study have shown that extracts from pansit-pansitan combined with ibuprofen treatment has significantly improved the symptoms associated with arthritis. Particularly that of knee joint rheumatism.(ref) Uric Acid reduction in blood

In a controlled study involving rats, extracts from *P. pellucida* were administered and uric acid levels were monitored. The study have shown that rats that were subjected to pansit-pansitan extract indicated a 44% reduction of uric acid level in blood while those that are given allopurinol drug have shown 66% reduction in uric acid level. This results show that pansit-pansitan may contain compounds that maybe used as alternative to allopurinol to control uric acid levels in the blood. (ref) Depressant activity of Pansit-pansitan

In a study done in Bangladesh, mice were given nikethamide to induce excitement. The mice were later administered with extracts from *pepperomia pellucida* to determine its depressant activity. The results of the study suggest that pansit-pansitan extract has a dose dependent depressant activity that is beneficial for treatment of excessive mental excitement. disorder. (ref)

Pansit-Pansitan Herb Availability, Dosage, Preparation

Pepperomia Pellucida or pansit-pansitan grows wild in nooks and corners in damp lightly shaded areas. The whole plant can be harvested fresh, eaten

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raw as in salad ingredient or cooked with other vegetables and meat Pansit-pansitan juice can be prepared by collecting stems and leaves mixed with boiled water or formed into poultice to be applied topically over skin wounds and inflammation.

Pansit-Pansitan Herb Side Effects And Warning

Pepperomia Pellucida or pansit-pansitan use has no reported side effects. In a study done on pansit-pansitan extract overdose in mice, it was suggestive of a moderately wide margin of safety of the plant