

## **Kuppameni: A Potent Herbal Boon for Undernourished Malaysian Indian Plantation Workers**

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**ABSTRACT** Malaysian Indian plantation workers are economically deprived and suffer from malnutrition. This can be altered by consuming medicinal and nutritional herbs found aplenty in tropical Malaysia. The herb *acalypha indica linn*, or Indian nettle, which has high antioxidants, is of particular interest for Indian estate workers. Antioxidants in the plant help retard toxic free radicals found in the body. Considered an indigenous form of healthcare, consuming this plant on a regular basis has the potential to rejuvenate the health of the under-nourished Indian plantation worker.