

HEALING POWERS OF THE FISH POISON TREE OR BARRINGTONIA ASIATICA



This tree grows close to the sea, preferably on the beach. Its thick leaves provide necessary shade on tropical hot sand. Fruits with four sharp corners hang from its branches. What is inside this box? The box fruit is known by almost all islands and coastal inhabitants in the tropics, as the box that contains poisonous seeds for fish. Fish eat the seeds and die soon afterwards, after which the fish are eaten by humans. If you do not eat the organs, but only the fish meat, then humans can not get sick of it.

Naming

This tree has different names in many countries. In Papua New Guinea it is called mwanumbu, mbrut and putu. It is called the rain tree on the Cook Islands. The English name is sea poison tree or fish poison tree.

Beach giant

The barringtonia asiatica has beautiful flowers. These flowers are pink and white and together form a large plume. On the English-speaking Polynesian Cook Islands it is called the rain tree because the flowers are whirling after a rain shower. When the flowers are at their best, they are blown with the wind. On Rarotonga, the main island of the Cook Islands, you can see the tree regularly along the road and spread a pink carpet at times. They also grow on the beach itself, becoming very large and wide. Instead of a forest giant, this tropical tree can be called a real beach giant.

Medicinally active substances

The medicinal active substances in barringtonia asiatica are: Bartogenide acid, 19-epibartogenic acid, anhydrobartogenide acid, hydrocyanidic acid, saponins, gallic acid, monosaccharides.

Poisons or medicine?

The tree is known as poisonous. That's right. Every synthetic medicine is also toxic. Therefore, they should be taken with caution, and only on the basis of doctor's prescription. In small quantities, parts of this tree are used as medicine. But that is not something to experiment with. In the Philippines, the seeds of the square box fruit are used to grind and put on the skin against scabies. Great caution is recommended with oral use. The seeds are toxic to humans but in small quantities they only kill the intestinal worms. In the Philippines, it is a tea from a tiny amount of seed powder that is part of a cure that eliminates intestinal worms.

Barringtonia asiatica against stomach upset

In West Papua the red, young leaves are eaten against stomach pain and stomach ulcer. Older green leaves can not be eaten. If there are worms in the human intestines, they die by eating the seeds and red leaves and you get diarrhea as well. Diarrhea is important after killing the worms. Because when worms die, they first put a lot of eggs in the intestines, and the eggs want to attach themselves to the intestinal wall. If there is diarrhea, these eggs are quickly removed from the body. They can not attach themselves to the intestinal walls.

Poison of barringtonia asiatica as a mosquito killer

In Indonesia, many people suffer from the dengue disease. The mosquitoes that cause dengue are the same mosquitoes that cause malaria, the Aedes aegypti. Indonesian research at the University of Sulawesi shows that the seeds of the barringtonia are toxic enough to kill larvae of this mosquito. The disease dengue itself is not prevented. Only the spread of the mosquito can be somewhat countered in this way



Barringtonia asiatica against bacteria and candida albicans

Components in the leaves of the barringtonia asiatica are good against the intestinal fungus candida albicans. Candida albicans infection is an unpleasant disease that is often caused by excessive use of synthetic antibiotics. Antibiotics kill not only pathogenic bacteria, but also good bacteria, a side effect which in the long term, within a few months, creates an increased risk of developing new diseases, such as overgrowth of bacteria and fungi and the associated internal infectious diseases.

Normally, our body chooses to have an infection occurring against overgrowth of a bacterium. The infection can hurt for a few days, and it's relatively harmless and passes after a few days. After that, the balance between the 900+ different bacteria in our microbiome or intestinal flora has been restored to a more stable diversity of bacteria. In that way the bacteria stop each other from forming an overgrowth colony.

Unfortunately, doctors do not yet see this this way, yet. They still argue that you can best treat an internal infection with antibiotics. As a result, the self-healing process of the body is interrupted and due to the new antibiotic treatment we grow all conditions for 2, 3, or 4 months later to get an infection again. For this reason it is better to stop inflammation with plants or medicinal food. Then the body itself is stimulated to fight the infection. In other words: then we help the self-healing ability of the body.

Barringtonia A. versus Staphylococcus A.

A component from Barringtonia asiatica is good against the bacterium Staphylococcus aureus. This is one of the most notorious pathogenic bacteria. Scientific research has shown that an overgrowth of this bacterium is associated with the development of various diseases in the stomach and intestines. The use of the leaves of this tree against peptic ulcer is substantiated. This is apparent, for example, from [this research](#).

Tea from seeds barringtonia asiatica as a folk medication

A folk medicine use in Papua New Guinea is the use of a water-based infusion of the seed against cough, flu, sore throat and bronchitis. These diseases are often accompanied by bacterial overgrowth and these bacteria are killed by the infusion or tea. In case of sore throat and cough, people make a gargle drink. The bark of barringtonia asiatica is used in the Philippines as a cure for tuberculosis. When you combine that with the use of bronchitis on New Guinea, you might suspect that this plant is a tonic for the lungs. On the other hand, both diseases have to do with bacterial infections. So it may also be that this plant is a good natural antibiotic. In the past, tuberculosis was common but since hygiene has improved in many countries, this disease is rare now.

World Health Organization report

The anti-fungal activity, antibacterial activity and antiviral activity of the Barringtonia asiatica has been scientifically proven according to research by the WHO. The World Health Organization has prepared a report on all medicinal plants in Papua New Guinea, the independent part of the island of New Guinea. You can [download this report](#) on the website. Besides the fish poison tree, there are short monographies in this document, about many medicinal and nutritional plants.



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