

chapter

4

## Soul Treatment

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In this chapter various applications of birds will be explored. This chapter discusses birds in three main areas; food, therapy, and treatment. Birds of the same feathers flock together, is the most famous saying about birds.

Malaysians have enjoyed eating various kinds of birds, such as chicken, duck, and goose. Quail (Burung puyuh) meat is also widely demanded that it is commercially reared in farms throughout the country. The most precious bird meat would be those from the wild, White-breasted waterhen (Burung Wak Wak) which is abundant during the padi harvesting season and also the Jungle Fowl (Ayam Hutan). In the past, these birds could be found easily in the paddy fields. But today with so much development, these birds have become an endangered species. Silkie chicken also is another species that can be eaten, mainly for medicinal purposes. In the Chinese culture, this bird is served as a medicinal purpose during the confinement period. It is cooked with traditional Chinese herbs and it will warm and provide energy to the woman's body.

Birds' eggs have been commercially produced, especially chicken, duck, goose, and quail are the common eggs being consumed on a daily basis. Most countries in the world have their special eggs dishes and served during a special celebration. Eggs provide a good source of protein that

are required by our bodily functions as well. It can be cooked into many ways, from a simple fried egg to soups and curries to fabulous desserts. It can be said that every part of a bird can be used. Even its nest as typified by the swiftlet (burung walit) and burung layang-layang (sparrow, swallow) nest, or the bird's nest which has been known for several hundred years. There are many nutritional benefits of the bird's nest among others are; excellent for respiratory system and regenerative or building-up of certain tissues in the body. Additionally it is a good source for anti-aging thus if one practises taking bird nest, they will maintain good health and youthful looks. The bird's nest is normally simmered for several hours using double boiler to ensure all nutrients are retain and rock sugar is added to enhance the taste of the soup. Malaysia is known to produce the highest quality bird's nest in the world.

Other functions of birds also include art therapy that is using vibrant birds' painting to create joyful moments for the patients at the hospital. Additionally, UPM Veterinary Hospital provides treatment and medication for birds. There are several bird experts who are available in the clinic who will attend to your needs. So, next time if your birds are sick, bring them to our clinic. Finally, birds also are used as a symbol in our life, such as some birds symbolize courage, strength, and fertility. In summary, birds are close to every aspect of our life from food, culture and therapy as well.