DOCUMENTATION OF PHILIPPINE TRADITIONAL KNOWLEDGE AND PRACTICES IN HEALTH: THE PEOPLE OF SAMAR ISLAND NATURAL PARK, SAMAR ISLAND

A collaborative project of

Communities in Samar Island Natural Park, Samar Island:
Guirang, Balagon, San Isidro, San Vicente, Hiduroma, Pinamorotan, Burak, and Bagacay

Local governments of Basey, Canavid, Las Navas, Dolores, San Jose de Buan, Calbayog, Llorente, and Hinabangan

Philippine Institute of Traditional and Alternative Health Care – Department of Health

Protected Areas and Wildlife Bureau – Department of Environment and Natural Resources

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REMINDER

The knowledge and practices written in this report were obtained with full consent from informants belonging to various communities within Samar Island Natural Park, Samar Island. Any information from this study to be used for further academic research or commercial purposes should have the free and prior informed consent of the knowledge-owners. The knowledge-owners and this study should be properly acknowledged and cited if information in this report will be used. Any commercial benefits which may arise from the utilization of the people's traditional knowledge should be shared with the said knowledge-owners or the community.[1]

[1] Based on Elisabetsky and Posey 1994. From Posey and Dutfield 1996. Beyond Intellectual Property: Toward Traditional Resource Rights for Indigenous Peoples and Local Communities. p.48.

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ABSTRACT

An ethnopharmacological study of the communities within Samar Island Natural Park was conducted from August 2011 to February 2012. The knowledge was shared by 28 healers and 174 community members. The study covers the documentation of the traditional health knowledge and practices of eight communities representing the eight major watershed areas in the natural park.

The said communities were: Barangay Guirang, Basey in Basey Watershed; Barangay Balagon, Canavid in Canavid Watershed; Barangay San Isidro, Las Navas in Catubig Watershed; Barangay San Vicente, Dolores in Dolores Watershed; Barangay Hiduroma, San Jose de Buan in Gandara Watershed; Barangay Pinamorotan, Calbayog City in Pambujan Watershed; Barangay Burak, Llorente in Suribao Watershed, and Barangay Bagacay, Hinabangan in Taft Watershed.

273 plants and 12 animal products were documented to be used for more than 130 indications recognized by the eight communities. Documentation included the local names of plants and animals, therapeutic indications, plant or animal parts used, method of preparation, direction for use, precautionary measures, source of information, and other significant data. The plants were identified by their scientific names, where applicable.

A total of 178 different medicinal plants were brought to Manila for plant identification.

Many of the people already prefer to consult doctors in the hospital or municipal health units, but traditional healing practices still remain. Community members still rely on traditional healers especially in financially difficult times and during cases of illnesses which cannot be cured by conventional medicine.

Healers have also adapted to the changes brought about by mass media and interaction with different groups. Aside from the knowledge passed on to them by their elders, the peoples' utilization of the resources available in the forest or around their barangay are already based on information obtained from health workers, religious groups, revolutionary forces, government and nongovernment organizations, and television or radio. Some healers' treatments now combine medicinal plants with orasyon (Latin prayers), western medicine, and herbal supplements. Others refer to books and pamphlets on medicinal plants.

The health practices of the communities may evolve but what will not change is the communities' reliance on their natural environment. However, the community must do their part in conserving the natural resources of Samar Island Natural Park. This ethnopharmacological study shows the richness of the people's surroundings and also their wealth of knowledge. It is crucial to take steps in guiding the communities, especially the youth, to value and protect their environment that they greatly rely on.

SIGNIFICANCE OF THE STUDY

The Philippines is one of the richest countries in terms of cultural diversity, as well as of biodiversity. There are 110 indigenous communities and 175 ethnolinguistic groups in the country. Indigenous peoples and lowland mainstream rural communities have depended on plants and other natural products from the forest to prevent or treat sickness. But environmental degradation and the shift to western biomedical practices now threaten their healing traditions. Lack of supportive mechanisms to pass on knowledge are also leading to the discontinuation of their traditional healing practices.

Few studies have been conducted to document the ethnopharmacological knowledge and healing practices of our indigenous peoples. In 1947 to 1948, Fox documented approximately 500 plants utilized by the Pinatubo Negritos. Madulid of the National Museum documented the medicinal plants used by the Ati people in Nagpana, Iloilo, Panay. He also compiled a bibliography of almost 1,000 references on Philippine ethnobotanical and ethnopharmacological studies.

The Complementary and Traditional Medicine Study Group of the National Institutes of Health, University of the Philippines Manila (NIH – UPM) and the Philippine Institute of Traditional and Alternative Health Care (PITAHC) documented the ethnopharmacological knowledge and healing practices of the following ethnolinguistic groups: the Isnag, Kalinga, Ifugao, Kankana-ey, and Ibaloi peoples of the Cordillera; the Bugkalot people of Dupax del Sur, Nueva Vizcaya; the Kabulowan, Tagibulos, and Idimala Agtas of Sierra Madre; the Ayta people of Morong, Bataan; the Tadyawan, and Alangan Mangyans of Mindoro; the Pala'wan, Batak, and Tagbanua peoples of Palawan; and the Ata Manobo, Bagobo, Mansaka, Mandaya, and Dibabaon peoples of Mindanao.

Maramba in "Medicinal plants: their role in health and biodiversity," reported that in 1978 to 1983, Quintana conducted a nationwide documentation of traditional healers and medicinal plants used. Maramba and Dayrit reported that out of this survey, 120 medicinal plants were chosen for priority studies by the National Integrated Research Program on Medicinal Plants.

Landa Jocano did his seminal work on the healing traditions of Bay, Laguna from 1968 to 1973. Documentation of healing traditions has likewise been done by Filipino anthropologists Abaya, Estacio, Padilla, Tan, and the Community Medicine Foundation.

The documentation previously done, though seemingly numerous, is not enough to cover the breadth and depth of the immense body of traditional knowledge held by our indigenous peoples and mainstream rural communities. For one, the more than 20 Ayta/Agta/Alta/Ata groups have been represented in only 4 studies listed in this review. As a group of peoples, they are the most vulnerable to losing their oral

traditions because of the harsh conditions they are living in, the onslaught of mainstream cultures to the detriment of the local culture, and the lack of supportive mechanisms to pass on their traditions to the younger generations. Four Ayta languages are now considered extinct; with the loss of the language of a people, the people's traditional knowledge is also lost.

The ethnopharmacological study of the people of Samar Island Natural Park, Samar Island is a component of the Documentation of Philippine Traditional Knowledge and Practices in Health Program. This project aims to conserve both the biodiversity and cultural heritage of the indigenous communities and ethnolinguistic groups in the country.

Documenting with the local communities their health traditions may contribute in upholding their knowledge and practices. It is a way to transfer the healing traditions to succeeding generations. Elders may pass away but the community can still refer to the documentation for their ancestors' health practices.

The project recognizes that the Samar Island Natural Park, where the Samarnon people reside, is a rich source of potentially useful pharmacologic agents. The documentation may be used by communities or specific community members as evidence of particular health knowledge and practices which they posses and have rights to. Knowledge gathered may also help in providing the communities with culturally acceptable health care services, including health education materials.

The documentation may aid in spreading awareness that the cultural wealth of the indigenous peoples and diverse ethnolinguistic groups is inextricably tied to the rich biodiversity of their land. It may contribute in promoting the protection of their environment which they rely on not only for health but is their primary basis of life.

(See Appendix for bibliography of mentioned Philippine ethnobotanical, ethnopharmacological, and ethnomedical studies)

METHODOLOGY

Identification of partner communities

The communities within Samar Island Natural Park were selected based on the following criteria:

1) reputed richness of healing traditions (presence of traditional healers and community members knowledgeable of traditional healing practices),
2) the richness of the biodiversity in the land of the people,
3) the expressed willingness and capacity of the community to participate, and
4) there is peace and order in the area/community.

The eight study communities visited represented the eight major watershed areas in the Park. The said communities were: Barangay Guirang, Basey in Basey Watershed; Barangay Balagon, Canavid in Canavid Watershed; Barangay San Isidro, Las Navas in Catubig Watershed; Barangay San Vicente, Dolores in Dolores Watershed; Barangay Hiduroma, San Jose de Buan in Gandara Watershed; Barangay Pinamorotan, Calbayog City in Pambujan Watershed; Barangay Burak, Llorente in Suribao Watershed, and Barangay Bagacay, Hinabangan in Taft Watershed.

Recruitment and orientation of local research assistant

One of the objectives of the research project is the capacity building of regional institutions and individuals in conducting ethnopharmacological research. Dr. Isidro Sia, the project leader, carried out a search for research assistants in Samar which was held in the University of Eastern Philippines on July 2011 and in the University of the Philippines Tacloban on August 16, 2011. Randy Paco Luceriano was chosen from among 18 applicants, to be the research assistant who would conduct fieldwork in the Samar Island Natural Park (SINP). The orientation immediately followed which was held in the natural park in Paranas, Samar. The project and its objectives were presented to him. He was oriented regarding his tasks and responsibilities and was given new insights in undertaking the research.

Gathering of reference materials

Reference materials of previous work done were sought in the University of the Philippines Tacloban, the Samar Island Natural Park in Paranas, Samar, the Department of Environment and Natural Resources (DENR) regional office in Tacloban, the UP School of Health Sciences in Palo, Leyte, and in the University of Eastern Philippines, Catarman. Waray historian and professor, Rolando Borrinaga, also shared information regarding Spanish era documents written by priests which contain traditional healing practices of the people in Samar-Leyte.

Courtesy call on local government

Prior to entering the communities, the research assistant made courtesy calls to the mayor, barangay captain, and barangay councilors. He explained to them the purpose of his visit and asked for their assistance which he might need during his stay in the different barangays.

Identifying cultural consultants

The barangay officials assisted the researcher in identifying healers and elders who could participate in the documentation. In some areas, the *tambalan* (healers) were not well-known in their community because people already prefer going to hospitals rather than consulting healers. However, through continuous conversation and other ways of interaction, community members began to share the individuals whom they go to when there is an illness. Some community members even indirectly described themselves as healers.

Establishing rapport with the community

To establish good ties with the community members, the researcher went to their houses and introduced himself to them. He also told them the reason why he was in their barangay. In one community, a few people suspected that he had other tasks to do other than the research. The researcher honestly told them that he was there to conduct research. Although it was not easy gaining their trust, he was able to succeed after all his efforts.

Interview

The researcher spoke to the healers and elders, requesting their permission and time for interviews. The healers and elders were usually open in sharing their stories. However, in one barangay, one healer was uncomfortable in sharing his knowledge because he believed that he should always ask permission from his *tagbulig (*ancestors) who passed away many years ago. After doing his rituals for days, he eventually shared his knowledge. Although the researcher told the healers and elders to give only the knowledge they were comfortable in sharing, he made sure that he obtained accurate information for the research. Most of the interviews were done in the afternoon and evening or during the times when it was convenient for them.

Focus Group Discussion

The barangay officials assisted in identifying mothers who could attend the focus group discussions. Community members conversing in sari-sari stores, healers' homes, and the barangay captains' homes were also asked if they would like to share their knowledge in a casual discussion. The researcher discussed with them the project, its objectives, and its possible benefits to their community. They were asked to share their knowledge of medicinal plants and traditional practices in health care. The local and Filipino names of the plants gathered from the forest and the use of the said plants were also discussed. In one barangay, the captain and councilors themselves shared many medicinal plants which they knew were effective based on their experience.

Collecting plant specimen

The researcher requested the healers and community members knowledgeable in medicinal plants to assist him in gathering medicinal plants in the forest or around the barangay. In the different barangays, help was sought from elementary and high school students in labelling the plants and taking notes regarding the plant names and their uses. This was also a way to teach them the traditional knowledge their communities possess.

Gratuitous permit in collecting plant specimen was arranged through the Samar Island Natural Park staff in Paranas, Samar.

INFORMANTS IN THE EIGHT WATERSHED COMMUNITIES

Study Area	No. of healer informants	No. of community informants
Basey Watershed, Brgy Guirang, Basey	3	13
Canavid Watershed, Brgy Balagon, Canavid	3	20
Catubig Watershed, Brgy San Isidro, Las Navas	4	27
Dolores Watershed, Brgy San Vicente, Dolores	4	16
Gandara Watershed, Brgy Hiduroma, San Jose de Buan	3	18
Pambujan Watershed, Brgy Pinamorotan, Calbayog City	4	28
Suribao Watershed, Brgy Burak, Llorente	2	39
Taft Watershed, Brgy Bagacay, Hinabangan	5	13
TOTAL	**28**	**174**

TRADITIONAL USES AND METHODS OF PREPARATION

Preparation and use	Description
Decoction	This is the most common method of preparing medicinal plants. Plant materials are boiled in water. The end product is used as a drink while others use it as a gargle. When a plant material is boiled in water it is called *laso*. A concentrated decoction is called *itos*, wherein the plant material is boiled in 3 cups of water and one must wait until 1 cup remains.
Soak/steep	This is a method in which plant materials are soaked in a pitcher of water for a period of time. The liquid is then used as a medicinal drink. Multiple plants soaked together can make one medicinal drink.
Plant extract	This is a method in which a plant material is squeezed to obtain its extract or juice. The extract is taken orally. For other plants, the extract is applied on an affected body part such as the chest and abdomen.
Poultice	Plant parts such as leaves or scraped roots are applied directly on the affected body part. Some heat the plant parts while in other cases there is no need for it. Others also massage the plants onto the affected part.
Hair application	Plant parts used for dandruff or as shampoo are applied or rubbed directly on hair.
Pulverizing plant for medicinal drink	The plant part is pounded or pulverized and added to a drink. This may be used as substitute for coffee.
Smoke from plant part	In this method, the plant part is burnt and the affected body part is exposed to the smoke coming from the plant.
Plant oil	Oil is obtained from the plant and is applied on affected body part.
Plant part chew	The plant part, such as a scraped bark, is chewed and its juice is swallowed. The residue is disposed afterward.
Cooked plant	The plant is cooked and eaten.

PLANTS FOR DIAGNOSIS OF FOOD POISONING

Rub leaf on fingernail	To diagnose if one has been food poisoned, one rubs a leaf on the fingernail of the thumb. If the fingernail turns purple or black it means one has been poisoned.

PLANTS FOR POISON

Crush plant and mix with food	To prepare poison for animals or humans, crush the plant parts and mix it with food.

BASEY WATERSHED
Barangay Guirang, Basey, Samar

The study area

Barangay Guirang is found in the southern portion of Basey, alongside the banks of Salog Basey or Golden River. Its total land area is approximately 6,500 hectares (ha) which includes forest areas and the Rawis Cave. 410 ha of the barangay's total area are used for agriculture, 6 ha for residential, 1,600 ha are upland areas, and 4,484 ha are timberland.

Guirang is 18 kilometers from the town proper. To reach the barangay, one can take a 45 minute to 1 hour ride on a motorized pump boat. However, due to stop overs, it usually takes more than 2 hours to reach the said barangay. One can also opt to take a 45 minute habal-habal (motorcycle) ride from the town proper.

One of the 51 barangays of Basey, Barangay Guirang is also one of the most populated. It is composed of four Sitios: Rawis, Wespal, Bagong Silang, and San Isidro. Its total population is 2,204, comprised of 1,189 males and 1,015 females. According to a 2011 survey, there are 445 households in the barangay.

Farming and mat weaving are among the main source of livelihood of the people. Rice, coconut, root crops, and vegetables are the primary products of Guirang. In terms of religion, 95% of the population is Roman Catholic while 5% belong to other religious groups.

There are three day care centers and three elementary schools in the barangay, each may be found in the proper, Sitio Rawis, and Sitio Bagong Silang. The nearest secondary level school is Barangay Burgos Integrated National High School. Those who pursue further studies go to Tacloban or other areas. Waray language is spoken at home while the medium of instruction in school is Filipino and English.

Within Barangay Guirang there is a church and a covered basketball court. The community's source of electricity is the Tongonan Geothermal Power Plant through the Samar Electric Cooperative, Inc. (Samelco II). Households have televisions, radios, and cell phones. Smart network signal may be found in a specific area (the basketball court).

(Information obtained from the barangay and municipal hall)

Gathering of information and herbarium vouchers

Gathering of information was conducted from 2011 September 12 to October 2.

The researcher traveled to Basey and made a courtesy call to the mayor and the barangay captain wherein he introduced the documentation project. Barangay officials helped him identify the tambalan (healers) which he could interview in the 4 sitios of Barangay Guirang. He was told that there was a tambalan and an elder in Sitio Rawis, while there were two tambalan in Sitio Westpal. However there were no traditional healers in Sitio Bagong Silang and San Isidro.

Collection of herbarium vouchers and specimen was conducted on 2011 September 29 with the assistance of a healer, the chief tanod of Sitio Westpal, and a high school student.

Individual interviews and focus group discussion were conducted among the traditional healers, barangay officials including the health workers, and selected mothers. Information was also gathered during the walk-through in the forest.

The informants

Information was gathered from 3 traditional healers and 13 community members.

The traditional healers

Healer 1 is from Sitio Westpal. He is a well known healer in his barangay and in neighboring towns. His patients come from Borongan and even Leyte Province.

Healer 1's father was a healer who used herbal medicine. As a child, he observed everything his father did. He then began his healing practice at fourteen years of age.

According to Healer 1, he made friends with a bulalakaw at the time he got married. Bulalakaw live in the forest and are invisible to the eye but he is able to see it. There are good and bad kinds of bulalakaw. His friend is of the good kind.

There came a time when he informed his family that he would be dead for three days but they should not bury his body because he will come alive again. While his body lay lifeless his spirit was with the

bulalakaw, riding a golden chariot that looked like a ball of fire. The bulalakaw brought him to big towns which could only be found in the middle of the forest. When he woke up he became a very good and effective healer because his bulalakaw friend had guided him.

Healer 1 has different ways of diagnosing the illnesses of his patients. First, he uses *panhimulso* or pulse reading; second, he uses *telephone hangin* by obtaining patients' clothes which they have just worn, he puts this near his ears so he can hear what kind of sickness they have; and third, he uses a stethoscope to make sure if there are other ailments which his patients are suffering from. He also includes herbal medicine, o*rasyon (*Latin prayers), western medicine, and food supplements in his treatments for illnesses causeed by both human and unseen elements.

Healer 1 works as a farmer.

Mr. Emiliano Pacayra Mabajen (Mabajen EP), 73 years old (1938Apr13), is a healer who also hails from Sitio Westpal. He considers himself a simple person and never expected that he would one day become a healer.

Mabajen shared that he was called to become a healer one ordinary day when he was responding to the call of nature. The mangroves where he was situated in suddenly moved and a voice told him to become a healer. It spoke Latin words that could be used to heal men and women.

Mabajen said that though he cannot read or write, when he heard those Latin words, he immediately memorized it. He went to his brother and uttered the Latin prayers to see if his brother would understand its meaning, but his brother could not. He began to use the Latin prayers and to his surprise, he was able to cure many patients. From then on he became a healer.

It has been approximately 25 years since he began his practice. The plants he needs for the treatment of his patients are always revealed to him in his dreams. He looks for those plants in the forest. He knows that it is the correct plant if it remains fresh when he arrives home from his travel.

He also makes offerings during full moons, this is called *namamayaw.* The first offering he ever made was a chicken. He increases the offering every full moon until he is able to offer one whole pig. He does this to make sure his ability as a healer will remain effective.

He diagnoses patients' illness by reading their pulse, *panhimulso*. He also includes herbal medicine and o*rasyon (*Latin prayers) in his treatments for illnesses causeed by both human and unseen elements.

Mabajen works as a farmer. He has a wife and two sons.

Mr. Rolly Seňal Boleche (Boleche RS), 45 years old (1966Jul7), is a healer from Sitio Rawis. Unlike Healer 1 and Mabajen, Boleche learned to heal only by observing how his father cured illnesses using herbal medicine.

The first person he healed was the cousin of his close friend. The patient's eyes became swollen and no tambalan or doctor was able to help him. Boleche initially refused to cure the patient since he did not have any experience in healing. His friend insisted and told him that they trusted him. He then treated the patient using an herbal plant and Latin prayers. After three days, the patient noticed that his eyes had returned to its normal size. The patient was wiling to pay Boleche a great amount of money but he did not accept a single centavo. From then on he became known as a healer.

Boleche has 15 years of experience in helping cure people of their illnesses. He includes herbal medicine and o*rasyon (*Latin prayers) in his treatments for illnesses causeed by both human and unseen elements.

Boleche works as a farmer. He has a wife, two sons, and two daughters.

The community members

1 focus group discussion was conducted among community members.

The focus group discussion (FGD1 Sa Guirang) was held on 2011 September 30, 2:00 PM. This was attended by the barangay captain, barangay councilor, health workers, and selected mothers.

Name	Age	Sex	Occupation
Lydia J Anila		F	Homemaker
Emerita C Badal		F	Homemaker
Visitacion H Colinayo		F	Brgy Captain
Ma. Emma V Gacgacao		F	Homemaker
Bernarda E Galangue		F	Homemaker
Eva Y Jaingue		F	Homemaker
Natividad P Laurio		F	Homemaker
Eden B Macantan		F	Brgy Councilor
Raymunda S Manog		F	Homemaker
Carmelita P Ocila		F	Homemaker
Ma. Liza M Sabangan		F	Homemaker
Letecia G Vinas		F	Homemaker

The other informants from the community included:

Name	Age	Sex	Occupation
Alfredo Hadap		M	(Elder)

Common illnesses in the study area

The common illnesses among the people of Guirang are cough, runny nose, and flu. Among the children, *disapila* and *ugmad/lanti* are also common.

Ugmad/lanti is caused by a child being afraid of something. This will result to experiencing severe fever and boils.

Disapila is a 'fever within the internal body.'

Cough, colds, flu, and *disapila* are caused by bad weather. To manage these illnesses, the community buy and take medicine or consult the doctor. For *ugmad/lanti*, they ask help from healers who do *tayhup* or uttering of a Latin prayer.

Description of traditional concepts in the area

Illnesses caused by unseen elements

"I believe that there are unseen elements that live in this world. We call them: *guban-on,* those who live in the forest*; kahoynon,* those who reside in the woods, big trees, or plants; *tunan-on,* those who dwell in the soil, earth, or underground; and *dagatnon* or *tubignon,* those who inhabit the seas, oceans, and waters. They too own some things or creatures on earth. When people misuse and abuse those things that they claim as theirs, they take vengeance by afflicting people with illnesses. Those who have less faith in God also become sick even if they are not doing any harm to these elements.

Darahog – Spirits cause illness to people if they are disturbed (by noise, etc) or if their habitat is destroyed. To cure darahog, Healer 1 says one must return to the place where s/he experienced darahog. S/he must offer food, prayers, and ask for forgiveness for causing disturbance or destruction in the area.

Daay – If spirits want a person to leave her/his family and live with them forever, they will use hypnotism and lure her/him with different things. The unseen elements will replace the person's body with another that looks exactly like her/him.

Mabajen experienced this illness when he was already a healer and was living with his second wife. He was visited by a hentiles, she was a very beautiful woman who was not human. He was the only one who

could see her. The hentiles wanted him to leave his wife so he could become her husband and live with her. She would lie in bed with him. Mabajen was able to visit hentiles' homes which looked like mansions. He also rode their cars. He still remembers the exact location where hentiles' lives, in the middle of the forest in Guirang. He explained that while he was away with the hentiles woman, it replaced his body with wood. To his family, he appeared exactly the same. Eventhough the hentiles world could offer him pleasures, he realized he did not belong there and it would not do any good for all of them. He decided to go home by riding a vehicle. He sought help from his fellow healer. They performed a Latin prayer. They wrote it in a piece of paper, posted it on their door, and recited those prayers everyday until he got well.

Illnesses caused by human beings

Palakad - This illness can be acquired when someone buries a rebulto/graven image in front of the victim's door and then performs a Latin prayer. Healer 1 says that if the victim or the healer is not able to find that rebulto/image, the illness will continue until one dies. This type of illness cannot be healed by doctors and medicines. Only the healer can resolve this by identifying the person who buried the image, digging out the said rebulto, and then uttering Latin prayers.

Sumpit – Is afflicting illness through a voodoo doll-like method. The ritual-practitioner must obtain something from the victim's body (such as hair) and place it on the doll. S/he will use a sharp object (like a pin) and puncture the doll. The victim will feel pain in the part where the doll was pierced. To counter this, a healer must identify the person who did the *sumpit*, utter a Latin prayer, and give the victim a *pangontra*, like an M16 bullet. Inside that bullet are gold, copper, silver and a Latin prayer written on a small piece of paper. This bullet costs P1,500 if bought from other healers but Healer 1 charges P300. The victim also needs to drink an Ananayup decoction to complete the healing procedure.

Awug – So that fruits/plants will not be stolen by anyone, people hang a bottle on trees/plants which they own. This bottle contains sea water, coconut oil, roots from the sea, and a Latin prayer written on a small piece of paper. When someone eats the fruit or plant wherein a bottle is hung, his stomach becomes swollen during high tide and shrinks back to normal during low tide. Mabajen says he does not know how to heal this kind of illness; only the one who made the *awug* can heal a victim. The victim must go directly to the person and ask for forgiveness so that s/he may be healed.

TABLES OF ETHNOPHARMACOLOGICAL USES OF NATURAL MATERIALS IN BASEY WATERSHED, BARANGAY GUIRANG, BASEY, SAMAR, 2011

Table 1. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Mikania cordata* (Burm.) BL Robinson
Common name/s	
Local name/s	Akopar
Part/s used	Root
Preparation	Get 7 pieces of akopar roots. Wash thoroughly. Boil it in 6 glasses of water until 3 glasses of decoction remain. Let it cool.
Direction for use	Drink 1 glass of decoction before meals thrice a day until healed.
Additional information	
Informant/s (place and year)	Boleche RS (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 2. Body pain

Ethnopharmacological use	For body pain
Scientific name	*Ficus chrysolepis* Miq.
Common name/s	
Local name/s	Dalakit
Part/s used	Leaf
Preparation	Obtain 1 leaf of dalakit and pinch the leaf. If the patient suffers pain on the left part of the body, the leaf should be pinched on the left part and vice versa. Prepare fire using coal.
Direction for use	Place the leaf on the fire. Expose the affected part of the body to its smoke. Do this 6 times in the morning, noon, and at night. Do this process for 2 days.
Additional information	Pinching and roasting of the leaf should be based on which part of the body is suffering. The pain may be caused by a person or unseen being.
Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 3. Cramps

Ethnopharmacological use	For cramps
Scientific name	*Zingiber officinale* Roscoe
Common name/s	Luya, ginger
Local name/s	Luy-a
Part/s used	Rhizome
Preparation	Heat rock salt in a frying pan until it turns yellow. Wash ¼ kilo of luy-a and crush it. Mix crushed luy-a with 2 tablespoons of cooked salt. Wrap it in a banana leaf. Heat or roast it.
Direction for use	While still hot, apply it on affected area depending on how hot the patient can tolerate it. Do this before resting at night.
Additional information	
Informant/s (place and year)	Boleche RS (Sa Basey 2011)

Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 4. Dengue

Ethnopharmacological use	For dengue
Scientific name	1. *Begonia* sp. 2. *Chamaesyce hirta* (L.) Millsp.
Common name/s	1. – 2. Tawa-tawa
Local name/s	1. Ulasiman 2. Gatas-gatas
Part/s used	1. Leaf 2. Whole plant
Preparation	1. Get 3 pieces of ulasiman leaves and crush it. 2. Get enough amount of gatas-gatas plant. Wash thoroughly. Boil it in 2 glasses of water until 1 glass of decoction is left. Let it cool.
Direction for use	1. Apply on the abdomen. Leave it in place until leaves dry. 2. Drink 1 glass of decoction before meals thrice a day until fever subsides.
Additional information	
Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 5. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Mikania cordata* (Burm.) BL Robinson
Common name/s	
Local name/s	Akopar
Part/s used	Root
Preparation	Get 7 pieces of akopar roots. Wash thoroughly. Boil it in 6 glasses of water until 3 glasses of decoction remain. Let it cool.
Direction for use	Drink 1 glass of decoction before meals thrice a day until healed.
Additional information	
Informant/s (place and year)	Boleche RS (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 6. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Psidium guajava* L.
Common name/s	Bayabas
Local name/s	Mayabas
Part/s used	Young leaf (red and white color)
Preparation	Obtain 18 pieces each of young red and white leaves. Wash leaves thoroughly. Put 6 tablespoons of water in a bowl. Soak the leaves, crush, and squeeze to obtain extract.
Direction for use	Drink extract thrice a day. Apply extract below navel.
Additional information	

Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 7. Diarrhea with vomiting

Ethnopharmacological use	For diarrhea with vomiting
Scientific name	1. Uncollected, unidentified 2. Uncollected, unidentified
Common name/s	1. – 2. Wild abaca
Local name/s	1. Tagurabong 2. Ihalas nga abaka
Part/s used	1. Leaf 2. Sap
Preparation	1. Obtain 7 leaves and wash these thoroughly. Pour 1/8 glass of drinking water into a bowl then soak the leaves. Crush leaves and squeeze out green extract. 2. Get 1 stalk of wild abaca. To obtain the sap, cut stalk horizontally using a sharp knife. Mix the tagurabong extract and abaca sap.
Direction for use	Drink the mixture thrice a day until one is well.
Additional information	
Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 8. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	*Ficus* sp.
Common name/s	
Local name/s	Orukay
Part/s used	Root
Preparation	Obtain 3 pieces each of white and red roots, about 9 inches long. Wash roots well. Soak roots for 5 minutes in half a pitcher of drinking water.
Direction for use	Drink 1 glass thrice a day before meals until one is well.
Additional information	
Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 9. Fertility, To induce

Ethnopharmacological use	To induce fertility
Scientific name	1. *Theobroma cacao* L. 2. *Mimosa pudica* L.
Common name/s	1. Kakaw 2. Makahiya
Local name/s	1. Kakaw 2. Kiromkirom
Part/s used	Root
Preparation	Drink talimughat for 5 days. Do hilot three times. Crush kakaw roots and boil this in 2 glasses of water until 1 glass of decoction remains. Set this aside. Crush kiromkirom roots and boil in 2 glasses of water until 1 glass of decoction remains.
Direction for use	Drink 1 glass of kakaw decoction thrice a day for 5 days. After 5 days drink kiromkirom decoction thrice a day for 3 days.
Additional information	Patients taking the decoction should not take crackers and drinks that contain soda.
Informant/s (place and year)	Healer 1 (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 10. Glaucoma

Ethnopharmacological use	For glaucoma
Scientific name	Alliaceae family, Genus Indet.
Common name/s	
Local name/s	Gandayapi
Part/s used	Leaf
Preparation	Obtain 7 pieces of gandayapi leaves. Wash it thoroughly. Heat and crush leaves. Squeeze out extract directly onto the eye.
Direction for use	Put 3 drops per eye. Do it once daily.
Additional information	
Informant/s (place and year)	Boleche RS (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 11. Hepatitis

Ethnopharmacological use	For hepatitis
Scientific name	*Uncaria* sp.
Common name/s	
Local name/s	Kawilan
Part/s used	Vine
Preparation	Chop vine into small pieces. Obtain 5 glasses of chopped vine. Boil this in 5 glasses of water until 2 glasses of decoction remain. Let it cool.
Direction for use	Drink 1 glass of decoction in the morning and afternoon before meals. Do this for 15 days. After 15 days take Masa Squalene capsule twice a day for 5 days.
Additional information	
Informant/s (place and year)	Healer 1 (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 12. Internal organ infection/inflammation

Ethnopharmacological use	For internal organ infection/inflammation
Scientific name	1. *Ficus minahassae* (Teijsm. & Vriese) Miq. 2. *Oroxylum indicum* (L.) Vent. 3. *Uncaria* sp. 4. *Poikilospermum* sp. 5. *Ficus* sp. 6. *Lithocarpus woodii* (Hance) A Camus
Common name/s	
Local name/s	1. Hagimit 2. Karayakay 3. Kawilan 4. Litid 5. Orukay 6. Ulayan
Part/s used	Root
Preparation	Obtain roots of hagimit, karayakay, kawilan, litid, orukay, and ulayan, 3 pieces for each plant. Each root must be 3 inches in length. Wash these thoroughly. Boil these in 6 glasses of water until 3 glasses of decoction remain. Let it cool.
Direction for use	Drink 1 glass of decoction thrice a day before meals. Do this for 1 week.
Additional information	While taking the decoction, one should not eat papaya, jackfruit, eggplant, squash, and fish that can cause pabughat (binat).
Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 13. Joint and bone pain

Ethnopharmacological use	For joint and bone pain
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Batitis
Part/s used	Sap
Preparation	Obtain whole plant of batitis. Cut portion of trunk to obtain sap.
Direction for use	Rub sap on affected area. Do this every afternoon or before resting at night.
Additional information	
Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 14. Kanser

Ethnopharmacological use	For kanser
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Angheliko ha guba
Part/s used	Whole plant
Preparation	Obtain 3 whole plants of angheliko ha guba and wash thoroughly. Boil these in 3 glasses of water until 1 ½ glass of decoction remain. Let it cool.
Direction for use	Drink 1 glass of decoction before meals, thrice a day for a week or until one feels better.
Additional information	
Informant/s (place and year)	- (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 15. Kanser ha panit

Ethnopharmacological use	For *kanser ha panit*
Scientific name	1. Uncollected, unidentified 2. *Dioscorea* sp.
Common name/s	
Local name/s	1. Angheliko ha guba 2. Banag
Part/s used	1. Leaf 2. Tuber
Preparation	Obtain 7 pieces of angheliko ha guba leaves and crush these. Obtain a banag tuber. Wash it well. Heat or roast the tuber.
Direction for use	Place crushed leaves and roasted tuber directly on the affected area.
Additional information	Indication refers to skin cancer wherein boils or wounds are present.
Informant/s (place and year)	Healer 1 (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 16. Kidney stone, To expel

Ethnopharmacological use	To expel kidney stone
Scientific name	1. *Imperata cylindrica* (L.) P. Beauv. 2. *Zea mays* L. 3. *Callicarpa* sp. 4. *Lagerstroemia speciosa* (L.) Pers.
Common name/s	
Local name/s	1. Kogon 2. Mais 3. Manaba 4. Pamalawagon
Part/s used	1. Young stem 2. Hair 3. Leaf 4. Bark
Preparation	Obtain 6 pieces of manaba leaves, 1/8 kilo of mais hair, a young stem of kogon 4 inches long and 3 inches wide, and a 6

	inch long pamalawagon bark. Wash these thoroughly and boil in 4 glasses of water until 2 glasses of decoction remain. Let it cool.
Direction for use	Drink 1 glass of decoction before meals twice a day until urine becomes colorless/clear.
Additional information	
Informant/s (place and year)	Healer 1 (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 17. **Lice infestation**

Ethnopharmacological use	For lice infestation
Scientific name	*Entada phaseoloides* (L.) Merr.
Common name/s	Gugo
Local name/s	Balugo
Part/s used	Bark
Preparation	Get a balugo bark, 5 fingers wide and 6 inches long. Wash thoroughly and pound. Add a small amount of water on bark. Squeeze out juice and place on a clean container.
Direction for use	Wash hair with detergent soap. Apply extract on hair. Cover hair with cloth. Leave it on for 30 minutes, then rinse.
Additional information	Not to be used for patients who have *puno* or wounds on head.
Informant/s (place and year)	Healer 1 (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 18. Measles

Ethnopharmacological use	For measles
Scientific name	1. *Dischidia* sp. 2. Family indet. 3. Family indet.
Common name/s	
Local name/s	1. Dalikupkop 2. Hasmin pula 3. Pilamuros
Part/s used	1. Leaf 2. Young leaf 3. Leaf
Preparation	Obtain 6 leaves of dalikupkop, 1 young leaf of hasmin, and 12 leaves of red pilamuros. Wash plants thoroughly. Pound plants to obtain extract. For children under 3 years of age, mix this with 250mg cotrimoxazole. For adults, mix this with 500mg cotrimoxazole.
Direction for use	Drink the mixture once a day for 3 days.
Additional information	For infants 0 to 12 months old and pregnant women, do not add cortimoxazole.
Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 19. Myoma

Ethnopharmacological use	For myoma
Scientific name	*Stachytarpheta jamaicensis* (L.) Vahl
Common name/s	
Local name/s	Dikula
Part/s used	Leaf
Preparation	Obtain 42 pieces of dikula leaves. Wash these thoroughly. Crush leaves and wrap it in a banana leaf. Heat wrapped leaves over fire.
Direction for use	Apply dikula leaves below the navel once a day for 6 days. On the seventh day, begin drinking Roots herbal capsule twice a day before meals. Do this for 1 week.
Additional information	
Informant/s (place and year)	Healer 1 (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 20. Poison, Dog

Ethnopharmacological use	As poison for dog
Scientific name	*Strychnos ignatii* Berg.
Common name/s	
Local name/s	Igasud
Part/s used	Fruit
Preparation	Roast the igasud fruit, pulverize it, and mix it with food to be given to the dog.
Direction for use	Feed the food to the dog.
Additional information	It will take about 5-10 minutes before the dog dies.
Informant/s (place and year)	Boleche RS (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 21. Sumpit

Ethnopharmacological use	Sumpit
Scientific name	*Callicarpa* sp.
Common name/s	
Local name/s	Ananayup
Part/s used	Bark
Preparation	Obtain a palm sized ananayup bark. Wash it thoroughly. Boil it in 1 cup of water until ½ cup of decoction remains.
Direction for use	Drink the decoction twice a day until one is fully recovered.
Additional information	Sumpit is an illness inflicted on a person through a voodoo doll-like method. A ritual practitioner who performs this obtains something from the victim's body (such as hair). This will be placed on the doll. The practitioner will then use a sharp object, like a pin, so the victim will feel pain depending on the part of the doll which the practitioner punctured.
Informant/s (place and year)	Healer 1 (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 22. TB

Ethnopharmacological use	For TB
Scientific name	1. Uncollected, unidentified 2. Family indet.
Common name/s	
Local name/s	1. Aman-uray 2. Lasona nga kahoy
Part/s used	1. Whole plant 2. Bark
Preparation	Obtain 1 whole aman-uray plant and a lasona bark 3 fingers wide and 6 inches long. Wash these thoroughly. Boil these in 3 glasses of water for 10 minutes or until 2 glasses of decoction remain.
Direction for use	Drink ½ glass of decoction thrice day before meals for 1 month.
Additional information	This should not be taken by pregnant women and children who suffer asthma. Those with TB must avoid food that are magkatul (makati sa panlasa) and also food that cause pabughat (binat).
Informant/s (place and year)	Healer 1 (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 23. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	*Strychnos ignatii* Berg.
Common name/s	
Local name/s	Igasud
Part/s used	Fruit
Preparation	1. Obtain 1 piece of igasud fruit. Wash this thoroughly. Boil 2 glasses of water until 1 glass remains. Dispose of the water. Sun-dry the boiled fruit for a day. 2. Boil the fruit again, this time in 1 glass of water until half a glass remains. Dispose of the water. Sun-dry the fruit well. 3. Boil fruit in 1 glass of water until half a glass remains. Let it cool.
Direction for use	Drink half a glass of decoction once a day before sleeping at night. Continue treatment until one is well.
Additional information	Should not be taken by pregnant women. Follow procedure carefully otherwise this can cause extreme dizziness.
Informant/s (place and year)	Boleche RS (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 24. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	1. *Callicarpa* sp. 2. *Lagerstroemia speciosa* (L.) Pers. 3. *Sandoricum koetjape* (Burm. f.) Merr.
Common name/s	1. Manaba 2. Pamalawagon 3. Santol
Local name/s	Bark
Part/s used	
Preparation	Obtain a manaba, pamalawagon, and santol bark, 6 inches long and 3 inches wide. Wash plant materials thoroughly. Boil these in 3 glasses of water until 1 ½ glass of decoction is left. Let it cool.
Direction for use	Drink half a glass of decoction thrice a day before meals. Do this for 1 week.
Additional information	
Informant/s (place and year)	Mabajen EP (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 25. Vomiting blood

Ethnopharmacological use	For vomiting blood
Scientific name	*Paspalum* sp.
Common name/s	
Local name/s	Lakatan
Part/s used	Young leaf
Preparation	Obtain 7 pieces of young lakatan leaves. Boil in 3 glasses of water until 1 glass of decoction is left.
Direction for use	Drink the decoction in the afternoon before meals. Continue treatment until the patient gets well.
Additional information	
Informant/s (place and year)	Boleche RS (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

Table 26. Wound, Bleeding

Ethnopharmacological use	For bleeding wound
Scientific name	*Paspalum* sp.
Common name/s	
Local name/s	Lakatan
Part/s used	Young leaf
Preparation	Obtain 7 pieces of young lakatan leaves and crush these.
Direction for use	Apply leaves on wound.
Additional information	
Informant/s (place and year)	Boleche RS (Sa Basey 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Basey 2011)

CANAVID WATERSHED
Barangay Balagon, Canavid, Eastern Samar

The study area

Barangay Balagon is located in Canavid Watershed within the Samar Island Natural Park. It is the farthest barangay of Canavid Municipality. It is found along the Canavid and Ulot rivers. The neighbouring communities are Barangay Tula in the south and Barangay Boco in the north. It is surrounded by forests on its eastern and western sides. It has one sitio named Biga. The term balagon means thick vegetation of vines. Barangay Balagon is named after the Balagon stream found in the southwest portion of the community, about 200 meters away from the barangay proper. The barangay's total land area is 1,303.14 hectares.

The barangay is 45 kilometers away from Canavid proper and is accessible by pump boat. There is no regular public transportation to and from the barangay. Trips are made only if there are passengers who will go to Canavid or Balagon. It takes 6 hours of travel from Canavid to Balagon and 4 hours travel from Balagon to return to Canavid proper. The community is warned not to travel during rainy days to avoid accidents if the river is swollen or flooded.

Barangay Balagon has a total population of 403 people, 203 are male and 200 are female. Within the barangay, one can find an elementary school building, a day-care center, basketball court, church building, and 4 sari-sari stores. The peoples' source of water is a spring. They have 4 main faucets for community consumption. The source of electric supply is through a generator. It operates 3 hours during the night. They previously had solar power but it was ruined by the 20 feet flood which occurred on January 8, 2011.

Farming is the main source of income in the barangay. Their primary products are coconut, abaca, and corn. Some of the community members hunt for wild boar (baboy damo) and wild deer (bugsok). Others catch fish, shrimps, and crabs in the river for their daily consumption.

The community follow the Roman Catholic faith. They celebrate their barangay fiesta every October 3 to 4, commemorating their patron saint, Francisco De Asis.

For their leisure, women and children watch television, while the men drink tuba or hard liquor to unwind especially when they are able to catch wild boar.

The community is led by their barangay captain and councilors. The people speak Waray language and can understand Tagalog.

The community prefer to consult with the healers and barangay health workers rather than the doctors because they do not have enough money and are far from the hospital.

(Information obtained from the barangay and municipal hall)

Gathering of information and herbarium vouchers

Gathering of information was conducted from 2011 October 27 -30 and November 22-30.

Conduct of the study was facilitated with the help of the municipal mayor of Canavid, the barangay captain of Balagon, the councilors of the barangay, and other officials. They also helped in identifying the key informants.

Collection of herbarium vouchers and specimen was conducted on 2011 November 29 with the assistance of one of the healers and his 14 year old son, Dennis.

Individual interviews and focus group discussion were conducted among the traditional healers and community members. Information was also gathered during the walk-through in the community and in the forest.

The informants

Information was gathered from 3 traditional healers and 20 community members.

The traditional healers

Gaundincio O. Ladisla (Ladisla GO), 50 years old (1962Jan29), is a healer with 13 years of experience. He learned his healing methods from his great grandfather Ando Montances who used herbal medicine. Guandincio makes medicine for pamughat (binat) using bunak roots steeped in siok tong (Chinese medicine wine). He sells this for P150 per bottle.

Ladisla works as a farmer and is the chief tanod of their barangay. He has 4 children.

Francisco O. Ladisla (Ladisla FO), 57 years old (1954Dec11), has been a healer for 10 years. He learned his healing methods from his tambalan (healer) friend Ambrocio Abarcar who lives in Kampo Uno, Tenani, Paranas. He uses orasyon (Latin prayers) and prayer when treating his patients.

Ladisla is a well known baboy damo (wild boar) hunter. He performs orasyon and prayer in the forest to ask Mother Nature's help in catching wild animals. Ladisda does not focus much on being a healer because he is always busy hunting. He is also a farmer.

Elpidio Macawili Pamor (Pamor EM), is a 43 year old (1968Dec14) healer with 20 years of experience. He began his practice since he got married. His grandfather was also a healer. He learned from his grandfather's method of healing and put these into practice. He is well-known and trusted by other healers. He uses orasyon and herbal medicine and sometimes adapts the practices of other healers.

Pamor has 6 children. He is a farmer and a barangay councilor.

The community members

2 focus group discussions were conducted among community members.

The first focus group discussion (FGD1 ES Canavid) was held on 2011 October 28, 3:00 PM to 5: 30 PM in the house of Barangay Councilor Fructoso Jocosol:

Name	Age	Sex	Occupation
Boboy Capada	30	M	-
Bernard Gales	36	M	Brgy Captain
Fructoso Jocosol	56	M	Brgy Councilor
Samuel Jocosol	-	M	Brgy Treasurer
Lina Orale	30	F	Brgy Sectretary

The second focus group discussion (FGD2 ES Canavid) was held on 2011 November 30, 8:30 AM to 12:00 PM in the barangay hall:

Name	Age	Sex	Occupation
Marife H Acol	40	F	Homemaker
Girlie Gales	35	F	Brgy Health Worker
Ulsiana Hobayan	76	F	Homemaker
Marilyn O Hubuit	44	F	Homemaker
Paita Jocosol	59	F	Store owner
Angeles Jualines	56	F	Homemaker
Aretas D Juliado	49	F	Homemaker
Guadincio O Ladisla	48	M	Chief tanod
Lita Ladisla	49	F	Homemaker
Lorna J Ladisla	46	F	Homemaker
Mary Charon Ladisla	20	F	Homemaker
Ronelza Ladisla	34	F	Homemaker
Vivian L Leguia	26	F	Homemaker
Rudina B Orabelis	38	F	Homemaker
Emmarin Orale	36	F	Homemaker
Lina Orale	34	F	Homemaker

The other informants from the community included:

Name	Age	Sex	Occupation
Dennis Ladisla	14	M	Student

TABLES OF ETHNOPHARMACOLOGICAL USES OF NATURAL MATERIALS IN CANAVID WATERSHED, BARANGAY BALAGON, CANAVID, EASTERN SAMAR, 2011

Table 1. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Vavea amicorum* Benth. *Lunasia amara* Blanco
Common name/s	
Local name/s	Bunak
Part/s used	Root
Preparation	Steep plant in siok tong (Chinese medicine wine).
Direction for use	Take concoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 2. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Ginsen, regin C
Part/s used	Root
Preparation	Steep plant in siok tong (Chinese medicine wine) or Tanduay white.
Direction for use	Take concoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 3. Bughat

Ethnopharmacological use	For bughat
Scientific name	*Tinospora* sp.
Common name/s	
Local name/s	Palyawan
Part/s used	Vine
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 4. Cough

Ethnopharmacological use	For cough
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Bark, root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO, Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 5. Cough

Ethnopharmacological use	For cough
Scientific name	*Annona muricata* L.
Common name/s	Guyabano
Local name/s	Guwardabano
Part/s used	Bark, root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 6. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Citrus microcarpa* Bunge 2. *Coleus aromaticus* Benth.
Common name/s	1. Kalamansi 2. Oregano
Local name/s	1. Kidya 2. Klabo
Part/s used	1. Fruit 2. Leaf
Preparation	Pound klabo leaves. Express juice. Add juice of kidya fruit.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 7. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Citrus microcarpa* Bunge 2. Family indet.
Common name/s	1. Kalamansi 2. -
Local name/s	1. Kidya 2. Kusol
Part/s used	1. Fruit 2. Leaf
Preparation	Pound kusol leaves. Express juice. Add juice of kidya fruit.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 8. Dengue

Ethnopharmacological use	For dengue
Scientific name	*Chamaesyce hirta* (L.) Millsp.
Common name/s	Tawa-tawa
Local name/s	Gatas-gatas
Part/s used	Whole plant
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 9. Dengue

Ethnopharmacological use	For dengue
Scientific name	*Carica papaya* L.
Common name/s	Papaya
Local name/s	Kapayas
Part/s used	Young leaf
Preparation	Pound plant material. Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 10. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Muntingia calabura* L.
Common name/s	Aratiles
Local name/s	Mansanitas
Part/s used	Root, young leaf
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 11. Diarrhea with vomiting

Ethnopharmacological use	For diarrhea with vomiting
Scientific name	1. *Persea americana* 2. *Psidium guajava* L. 3. *Chrysophyllum cainito* L.
Common name/s	1. Abokado 2. Bayabas 3. Kaymito
Local name/s	1. Abokado 2. Mayabas 3. Kaymito
Part/s used	Bark
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 12. Dusol

Ethnopharmacological use	For dusol
Scientific name	*Vavea amicorum* Benth. *Lunasia amara* Blanco
Common name/s	
Local name/s	Bunak
Part/s used	Root
Preparation	Steep plant in siok tong (Chinese medicinal wine).
Direction for use	Take concoction by mouth.
Additional information	
Informant/s (place and year)	Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 13. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	*Muntingia calabura* L.
Common name/s	Aratiles
Local name/s	Mansanitas
Part/s used	Root, young leaf
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 14. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	*Leea* sp.
Common name/s	
Local name/s	Tabulyan
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 15. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	Family indet.
Common name/s	
Local name/s	Tangulon
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	This should not be taken by pregnant women.
Informant/s (place and year)	FGD1, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 16. Fever

Ethnopharmacological use	For fever
Scientific name	1. Uncollected, unidentified 2. Family indet. or rubiaceae family 3. Gramineae family, genus indet.
Common name/s	
Local name/s	1. Abaka 2. Buyon 3. Puti
Part/s used	1. Leaf sheath (saha) 2. Root 3. Root stem
Preparation	Roast the plant materials except the buyon roots. Express juice from plant materials. Scrape buyon roots and mix with juice. Set aside the sapal (strained plant materials).
Direction for use	Take juice by mouth. Apply sapal as poultice on forehead.
Additional information	Add gallbladder (apdo) of sawa if available.
Informant/s (place and year)	FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 17. Fever

Ethnopharmacological use	For fever
Scientific name	*Chamaesyce hirta* (L.) Millsp.
Common name/s	Tawa-tawa
Local name/s	Gatas-gatas
Part/s used	Whole plant
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 18. Fever

Ethnopharmacological use	For fever
Scientific name	*Annona muricata* L.
Common name/s	Guyabano
Local name/s	Guardabano
Part/s used	Leaf
Preparation	Pound plant material.
Direction for use	Apply as poultice on forehead.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 19. Flatulence

Ethnopharmacological use	For flatulence
Scientific name	1. *Acorus calamus* L. 2. Rubiaceae family, genus indet. or *Justicia gendarussa* Burm.*f.* 3. *Senna alata* (L.) Roxb. 4. Zingiberaceae family, genus indet.
Common name/s	
Local name/s	1. Lubigan 2. Panhauli 3. Sunting 4. Tanmanan
Part/s used	1. Rhizome 2. Leaf 3. Leaf 4. Leaf
Preparation	Heat plant materials over fire.
Direction for use	Apply as a poultice on stomach.
Additional information	
Informant/s (place and year)	Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 20. Flu-like symptoms

Ethnopharmacological use	For flu-like symptoms
Scientific name	1. Uncollected, unidentified 2. Family indet. or rubiaceae family 3. Gramineae family, genus indet.
Common name/s	
Local name/s	1. Abaka 2. Buyon 3. Puti
Part/s used	1. Leaf sheath (saha) 2. Root 3. Root stem
Preparation	Roast the plant materials except the buyon roots. Express juice from plant materials. Scrape buyon roots and mix with juice.
Direction for use	Take juice by mouth.
Additional information	Add gallbladder (apdo) of sawa if available.
Informant/s (place and year)	Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 21. Flu-like symptoms

Ethnopharmacological use	For flu-like symptoms
Scientific name	*Musa sapientum* L.
Common name/s	Saba
Local name/s	Sab-a
Part/s used	Stem
Preparation	Scrape plant material using a spoon.
Direction for use	Apply as poultice on forehead.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 22. Headache

Ethnopharmacological use	For headache
Scientific name	*Annona muricata* L.
Common name/s	Guyabano
Local name/s	Guardabano
Part/s used	Leaf
Preparation	Pound plant material.
Direction for use	Apply as poultice on forehead.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 23. Headache

Ethnopharmacological use	For headache
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Herba buena
Part/s used	Leaf
Preparation	Pound plant material.
Direction for use	Apply as poultice on forehead.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 24. Headache

Ethnopharmacological use	For headache
Scientific name	1. *Acorus calamus* L. 2. Rubiaceae family, genus indet. or *Justicia gendarussa* Burm.*f*. 3. *Senna alata* (L.) Roxb. 4. Zingiberaceae family, genus indet.
Common name/s	
Local name/s	1. Lubigan 2. Panhauli 3. Sunting 4. Tanmanan
Part/s used	1. Rhizome 2. Leaf 3. Leaf 4. Leaf
Preparation	Heat plant materials over fire.
Direction for use	Apply as a poultice on forehead.
Additional information	
Informant/s (place and year)	Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 25. Hepatitis

Ethnopharmacological use	For hepatitis
Scientific name	1. *Coleus aromaticus* Benth. 2. *Vitex negundo* L. 3. *Blumea balsamifera* L.
Common name/s	1. Oregano 2. Lagundi 3. Sambong
Local name/s	1. Klabo 2. Lagundi 3. Lakdan
Part/s used	Leaf (fresh)
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 26. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Allium sativum* L.
Common name/s	Bawang
Local name/s	Lasona
Part/s used	Bulb
Preparation	Obtain a bulb of lasona. Wash plant material well.
Direction for use	Eat plant material.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 27. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Andropogon citratus* (DC.)
Common name/s	
Local name/s	Tanglad
Part/s used	Whole plant
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 28. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Centella asiatica*
Common name/s	Takip kuhol
Local name/s	Yahong-yahong
Part/s used	Whole plant
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 29. Hoarse Voice

Ethnopharmacological use	For hoarse voice
Scientific name	*Zingiber officinale* Roscoe
Common name/s	Luya
Local name/s	Luy-a
Part/s used	Rhizome
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 30. Internal organ infection

Ethnopharmacological use	For internal organ infection
Scientific name	*Arcangelisia flava* (L.) Merr. or *Merremia* sp.
Common name/s	
Local name/s	Burakan (red)
Part/s used	Sap (fresh)
Preparation	Obtain a large burakan vine. Cut the vine crosswise. Express sap from vine.
Direction for use	Take sap by mouth.
Additional information	This should not be taken by pregnant women and children
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 31. Internal organ infection (lungs)

Ethnopharmacological use	For internal organ infection (lungs)
Scientific name	*Lagerstroemia speciosa* (L.) Pers.
Common name/s	
Local name/s	Pamalawagon
Part/s used	Leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 32. Lumiliwan

Ethnopharmacological use	For lumiliwan
Scientific name	*Vavea amicorum* Benth. or *Lunasia amara* Blanco
Common name/s	
Local name/s	Bunak
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Indication refers to removing retained blood in the uterus after child delivery.
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 33. Pasma

Ethnopharmacological use	For pasma
Scientific name	*Arcangelisia flava* (L.) Merr. or *Merremia* sp.
Common name/s	
Local name/s	Burakan (red)
Part/s used	Sap (fresh)
Preparation	Obtain a large burakan vine. Cut the vine crosswise. Express sap from vine.
Direction for use	Take sap by mouth.
Additional information	This should not be taken by pregnant women and children. Pasma is manifested by hand tremor, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to the cold.
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 34. Pasma

Ethnopharmacological use	For pasma
Scientific name	*Parasponia rugosa* Blume
Common name/s	
Local name/s	Hanadgong
Part/s used	Bark
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Pasma is manifested by hand tremor, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to the cold.
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 35. Poison, Fish

Ethnopharmacological use	For fish poison
Scientific name	*Derris elliptica*
Common name/s	Tubli
Local name/s	Tubli
Part/s used	Root
Preparation	Pound roots.
Direction for use	Cast pounded plant material on the river.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 36. Poisoning, Antidote for

Ethnopharmacological use	Antidote for poisoning
Scientific name	*Arcangelisia flava* (L.) Merr. or *Merremia* sp.
Common name/s	
Local name/s	Burakan (red)
Part/s used	Sap (fresh)
Preparation	Obtain a large burakan vine. Cut the vine crosswise. Express sap from vine.
Direction for use	Take sap by mouth.
Additional information	This should not be taken by pregnant women and children
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 37. Poisoning, Antidote for

Ethnopharmacological use	Antidote for poisoning
Scientific name	Family indet.
Common name/s	
Local name/s	Kalibre
Part/s used	Leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 38. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	Zingiberaceae family, genus indet.
Common name/s	
Local name/s	Tanmanan
Part/s used	Rhizome
Preparation	Obtain plant material. Add salt and vinegar. Wrap plant material on a leaf. Heat over fire.
Direction for use	Apply plant material on affected part.
Additional information	This should not be done by pregnant women.
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 39. Skin Infectiion

Ethnopharmacological use	For skin infection
Scientific name	*Cassia alata* L.
Common name/s	Akapulko
Local name/s	Kasikas
Part/s used	Leaf (fresh)
Preparation	Gather 3 glasses of chopped kasikas leaves. Add 1 glass of coconut oil (lana). Boil plant materials for 15 minutes. Pour 1 glass of scraped candle on boiled plant materials.
Direction for use	Apply on the affected area.
Additional information	Skin infection may include athlete's foot (alipunga), tinea versicolor (an-an), buni (ringworm), galis aso (itch), puno, etc.
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 40. Skin infection

Ethnopharmacological use	For skin infection
Scientific name	*Arcangelisia flava* (L.) Merr.
Common name/s	Abutra
Local name/s	Albutra
Part/s used	Root, vine
Preparation	Chop and sun-dry plant material. Place it on a bottle. Add coconut oil (lana).
Direction for use	Apply on affected area.
Additional information	
Informant/s (place and year)	Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 41. Stomach pain

Ethnopharmacological use	For stomach pain
Scientific name	Family indet.
Common name/s	
Local name/s	Kalibre
Part/s used	Leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 42. TB

Ethnopharmacological use	For TB
Scientific name	*Lagerstroemia speciosa* (L.) Pers.
Common name/s	
Local name/s	Pamalawagon
Part/s used	Leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 43. Teeth, To strengthen

Ethnopharmacological use	To strengthen teeth
Scientific name	1. Calcium hydroxide 2. *Areca catechu* L. 3. *Piper* sp. 4. *Nicotiana tabacum* L.
Common name/s	
Local name/s	1. Apog 2. Bunga 3. Dapun 4. Tabako
Part/s used	1. - 2. Seed 3. Leaf 4. Leaf
Preparation	Combine plant materials.
Direction for use	Take by mouth and chew.
Additional information	
Informant/s (place and year)	FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 44. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	*Arcangelisia flava* (L.) Merr. or *Merremia* sp.
Common name/s	
Local name/s	Burakan (red)
Part/s used	Sap (fresh)
Preparation	Obtain a large burakan vine. Cut the vine crosswise. Express sap from vine.
Direction for use	Take sap by mouth.
Additional information	This should not be taken by pregnant women and children
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 45. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Ladisla GO, Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 46. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Sap (fresh)
Preparation	Cut the vine crosswise. Express sap from plant material.
Direction for use	Take sap by mouth.
Additional information	
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 47. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	1. Rubiaceae family, genus indet. 2. *Ligustrum* sp.
Common name/s	
Local name/s	1. Magsumpay 2. Polipog
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 48. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	Uncollected
Common name/s	
Local name/s	Saging kosta
Part/s used	Fruit (unripe)
Preparation	Slice fruit into thin pieces. Sun-dry plant materials. Pulverize when already dry.
Direction for use	Add to water or drink. Can be used as substitute for coffee.
Additional information	
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 49. UTI

Ethnopharmacological use	For UTI
Scientific name	*Mimosa pudica* L.
Common name/s	
Local name/s	Kiromkirom
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Ladisla FO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 50. Worms, Intestinal

Ethnopharmacological use	For intestinal worms
Scientific name	Family indet.
Common name/s	
Local name/s	Tangulon
Part/s used	Fruit, seed (fresh)
Preparation	Obtain fruit and seed of tangulon. Wash plant materials well.
Direction for use	Eat.
Additional information	Do not eat too much for it can cause dizziness.
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 51. Wound

Ethnopharmacological use	For wound
Scientific name	1. Rubiaceae family, genus indet. 2. *Ligustrum* sp.
Common name/s	
Local name/s	1. Magsumpay 2. Polipog
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pamor EM (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

Table 52. Wound, Severe

Ethnopharmacological use	For severe wound
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Ladisla GO (ESa Canavid 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Canavid 2011)

CATUBIG WATERSHED
Barangay San Isidro, Las Navas, Northern Samar

The study area

Barangay San Isidro is one of the 53 barangays of Las Navas, Northern Samar.

It may be reached from the town proper of Las Navas by a 45-minute boat ride through Catubig River or by land during the dry season.

The barangay is cut by the Catubig River even as most of the settled areas are on the eastern side of the river bank. It has rice fields, coconut farms, and forest area mostly on the eastern side of the river bank.

The barangay settlement is divided into three – Barangay Proper, Borobaryo, and Extension – by 2 streams that empty into the Catubig River.

The 3 sub-settlements are connected by concrete bridges. Some families also live in Hanjin, a site near the Catubig Dam.

From 1965 to 1985, a concession logged the forest of the barangay. Workers from the other areas settled in what is now called Extension or Logging or Ginloggingan. At the height of the logging operations, it was said to have 5,000 registered voters (versus the current voting population of 1,535).

The barangay experiences occasional flooding, the last one was in 2009.

The barangay has piped water obtained from the mountain spring. This is distributed through 4 public faucets in Barangay Proper, 2 in Borobaryo, and 5 in Extension. Some households get electricity through household generators which operate usually from 6 to 10 PM.

The barangay has a total population 2,259 (National Statistics Office 2007). Waray is the lingua franca but Filipino is widely spoken.

The most common sources of livelihood are coconut farming and abaca production. Others earn their livelihood by working as farm labourers and informal logging storekeepers.

The barangay has several commercial establishments – grocery, bakery, and dry goods stores. Neighboring barangays buy their goods in San Isidro instead of the Las Navas town proper.

People also grow vegetables during the dry season. Fish are caught in the river for home consumption.

The barangay is headed by the barangay chairman. He is assisted by 7 barangay councilors who each help in the administration of 7 puroks (or districts). The barangay chairman advocates many worthwhile projects including those on environment (tree planting), ecotourism, and irrigation.

Several government and nongovernmental entities have developed projects in the barangay such as those of the Department of Environment and Natural Resources (tree planting), the municipal government unit, the Department of Tourism, Plan Philippines (advocacy on children's rights), Department of Health (Schistosomiasis project), Nutrition Council of the Philippines, and the National Irrigation Administration Authority, There is a military detachment in Extension.

The barangay has a complete elementary school and secondary school in Extension. Children from neighboring barangays come to San Isidro to attend high school. In addition, the barangay has a primary school (up to Grade 3) in the barangay proper. The barangay has two catholic chapels. Religious fiesta is celebrated on May 1 and May 25. Most barrio folk are Catholic, others are Born-again, Seventh Day Adventist, and Jehovah's Witness. Leisure activities include basketball, card games (tong-its), drinking to unwind, television/DVD watching, and karaoke.

San Isidro has a well-maintained barangay hall which doubles as a health station. The barangay midwife lives in the area and she is assisted by 7 barangay health workers (BHW) and barangay nutrition scholars. The leading cause of morbidity includes diarrhea, bronchitis, trangkaso (influenza), and high blood pressure.

People seek help from local healers (tambalan), the BHWs and midwife, the barangay health station, and the Catubig district hospital.

Gathering of information and herbarium vouchers

Gathering of information was conducted from 2012 January 9 to 13.

The study team was composed of the project leader, the co-investigator, and research assistants.

Conduct of the study was facilitated with the help of the town mayor of Las Navas, the barangay chairman of San Isidro, the first councilors of the barangay, and the wife of the barangay captain. They also helped in identifying the key informants.

Collection of herbarium vouchers and specimen was conducted on 2012 January 12 with the assistance of one of the traditional healers.

Individual interviews and focus group discussion were conducted among the traditional healers and community members. Information was also gathered during the walk-through in the community and in the forest.

The informants

Information was gathered from 4 traditional healers and 27 community members.

The traditional healers

Mr. Frank Corona (Corona F) is also known as Donding.

A cave in San Isidro was named after him (Donding's cave) by Italian explorers who recognized the assistance of local guides during the exploration of caves in the area.

He is 50 years old and has 15 years of practice. He claims that his healing ability was a gift of Ginoo (God). He uses mostly plant materials gathered from the forest.

He now refrains from directly treating patients. He believes that he has lost 3 of his children in exchange of the hundreds of people in the community that he has treated. He works in the forest and has a vast knowledge of the natural resources found there.

Mr. Mauricio Lambino (Lambino M) is referred to as Erdot by the community and is the most well-regarded healer in San Isidro. He is 66 years old and has 40 years of experience in healing. In addition to the use of medicinal plants, he also employs hilot and orasyon in his healing. He does not receive payment for his services. He works as a farmer. He learned his healing methods from friends who are also healers.

Ms. Maria Pahinado (Pahinado M) is 72 years old and has 42 years of experience as a tambalan (healer) for her clan. She employs medicinal plants and animal products as well as human urine in her practice. She learned her healing methods from her mother and from elders whom she interacted with in Dapdap.

Mr. Julio Galit (Galit J) is 61 years old and has 5 years of experience. He uses plants and hilot in his healing. He is a farmer who grows abaca, coconut, kamote, and palawan.

Mr. Nestor Golondrina, Mr. Ronald "Ka Ando" Mente, and Honorio Rosco were identified as key informants knowledgeable in healing but were not available during the period that the study team was in the area.

The community members

3 focus group discussions were conducted among the community members.

The first focus group discussion (FGD1 NSa Las Navas) was held on 2012 January 10, 10:00 AM – 12:15 PM at the Barangay Hall:

Name	Age	Sex	Occupation
Nilo Bayabay	44	M	Farmer, Brgy Councilor
Imelda Cabe	59	F	Homemaker
Antonio Lagrimas	53	M	Brgy Councilor
Hellen Marco	53	F	Brgy Councilor

The second focus group discussion (FGD2 NSa Las Navas) was held on 2012 January 11, 10:00 – 11:00 AM at the waiting shed in Barangay Proper:

Name	Age	Sex	Occupation
Alfredo Durian	57	M	Farmer
Manita Olegario	50	F	Homemaker
Crescencia Quimbo	72	F	Homemaker

The third focus group discussion (FGD3 NSa Las Navas) was held on 2012 January 12, 10:00 – 11:45 AM at the residence of Mr Almer Valle in Hanjin:

Name	Age	Sex	Occupation
Elena Silahis	58	F	Homemaker
Iron Silahis	-	M	Copra labourer
Almer Valle	27	M	Copra labourer

The other informants from the community included:

Name	Age	Sex	Occupation
Nymfa Aurel	43	F	Homemaker
Ivan Botorres	53	F	Homemaker
Dionedes Dakles	53	F	Homemaker
Danilo Empago	-	M	
Alden Golondrina	-	M	SK Treasurer
Eva Legaspi	-	F	Store owner
Rey Olegario	17	M	High school student
Lynlyn Pahanustan	38	F	Homemaker
Melecio Parado	40	M	-
Gloria Pialogo	52	F	Homemaker
Julio Rebay	-	M	Barangay captain
Mona Rebay	-	F	Homemaker, store owner
Cecilyn Rolea	32	F	Midwife
Melvin Rotamula	16	M	High school student
Lourdes Sakai	68	F	Homemaker
Antonieto Tesoro	52	M	Farmer
Joan Tilbe	17	F	SK Chairperson

The other informants from the municipality included:

Name	Age	Sex	Occupation
Lilian Dapong	-	F	High school teacher
Maridel Liktana	-	F	Grade school teacher
Minda Mercader-Tan	-	F	Las Navas Mayor

TABLES OF ETHNOPHARMACOLOGICAL USES OF NATURAL MATERIALS IN CATUBIG WATERSHED, BARANGAY SAN ISIDRO, LAS NAVAS, NORTHERN SAMAR, 2012

Table 1. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	1. *Amischotolype hispida* (Less. & A Rich.) Hong 2. *Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone
Common name/s	
Local name/s	1. Alimbabangon 2. Malasuha
Part/s used	Leaf
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 2. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Kalanchoe pinnata* (Lam.) Pers.
Common name/s	
Local name/s	Angheliko
Part/s used	Leaf
Preparation	Heat plant material over fire.
Direction for use	Apply on abdomen.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 3. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	1. *Vavea amicorum* Benth. 2. *Osmoxylon* sp. 3. Rubiaceae family, genus indet. 4. *Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone 5. *Friesodielsia* sp. 6. Zingiberaceae family, genus indet. or *Goniothalamus* sp. 7. *Bauhinia integrifolia* Roxb ssp. cumingiana (Benth) K. & S.S. Larsen var. cumingiana
Common name/s	
Local name/s	1. Bunak 2. Ginpasandigan 3. Magsumpay 4. Malasuha 5. Pangagwason 6. Puonan 7. Salibangbanganay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 4. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Ginsen
Part/s used	Root
Preparation	Steep the plant material in gin.
Direction for use	Take ginsen extract, 1 gin bottle cap full each time.
Additional information	Ginsen roots are said to grow in the bottle while soaked in gin.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 5. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Thottea philippinensis* Quisumb.
Common name/s	
Local name/s	Kotikot
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 6. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 7. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone
Common name/s	
Local name/s	Malasuha
Part/s used	Root
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Preparation is bitter.
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 8. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	Loranthaceae family, genus indet.
Common name/s	
Local name/s	Mampol
Part/s used	Leaf
Preparation	Boil 12 leaves in 3 glasses of water to make 1 glass of decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Olegario M, Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 9. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Tagetes erecta* L.
Common name/s	
Local name/s	Rosas de empacho
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Dakles D (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 10. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Tagetes erecta* L.
Common name/s	
Local name/s	Rosas de empacho
Part/s used	Leaf
Preparation	Prepare poultice from plant material.
Direction for use	Apply on abdomen.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 11. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Gallbladder (apdo)
Preparation	Air-dry gallbladder over cooking area. Put a pinch of gallbladder in a glass of lukewarm water.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 12. Abortifacient

Ethnopharmacological use	As abortifacient
Scientific name	*Mimosa pudica* L.
Common name/s	
Local name/s	Kiromkirom
Part/s used	Root
Preparation	Prepare strong decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 13. Alcohol tolerance, To increase

Ethnopharmacological use	To increase alcohol tolerance
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Gallbladder (apdo)
Preparation	Air-dry gallbladder over cooking area. Put a pinch of gallbladder in a glass of lukewarm water.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 14. Anemia

Ethnopharmacological use	For anemia
Scientific name	1. *Momordica charantia* L. 2. *Moringa oleifera* (Lam.) 3. *Ipomoea batatas* (L.) Lam
Common name/s	1. Ampalaya 2. Malunggay 3. Kamote
Local name/s	1. Marigoso 2. Kamalunggay 3. Kamote
Part/s used	1. Fruit 2. Leaf 3. Young leaf
Preparation	Prepare as vegetable dish.
Direction for use	Eat.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 15. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	1. *Persea americana* 2. *Blumea balsamifera* L. 3. *Citrus decumana* L.
Common name/s	1. Abokado 2. Sambong 3. Suha
Local name/s	1. Abokado 2. Lakdan 3. Suha
Part/s used	Leaf
Preparation	Boil 6 abokado leaves, lakdan leaves, and 12 suha leaves to make decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Olegario M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 16. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Ginsen
Part/s used	Root
Preparation	Steep the plant material in gin.
Direction for use	Take ginsen extract, 1 gin bottle cap full each time.
Additional information	Ginsen roots are said to grow in the bottle while soaked in gin.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 17. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	1. *Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone 2. *Friesodielsia* sp. 3. Zingiberaceae family, genus indet. or *Goniothalamus* sp.
Common name/s	
Local name/s	1. Malasuha 2. Pangagwason 3. Puonan
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 18. Asthma

Ethnopharmacological use	For asthma
Scientific name	
Common name/s	Pagong
Local name/s	Bao
Part/s used	Soft part
Preparation	Roast and pulverize. Mix with coffee.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 19. Asthma

Ethnopharmacological use	For asthma
Scientific name	1. *Gynotroches axillaris* Blume 2. Rubiaceae family, genus indet.
Common name/s	
Local name/s	1. Dabodabo 2. Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pialogo G (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 20. Asthma

Ethnopharmacological use	For asthma
Scientific name	1. *Citrus microcarpa* Bunge 2. *Tamarindus indica* L.
Common name/s	1. Kalamansi 2. Sampalok
Local name/s	1. Kidya 2. Sampalok
Part/s used	1. Fruit 2. Leaf
Preparation	Prepare decoction from sampalok leaves. Add juice of kidya fruit.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 21. Asthma

Ethnopharmacological use	For asthma
Scientific name	
Common name/s	Butiki
Local name/s	Taguto
Part/s used	Whole animal
Preparation	Roast and pulverize. Mix with coffee.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 22. Boil

Ethnopharmacological use	For boil
Scientific name	*Graptophyllum pictum* (L.) Griff.
Common name/s	
Local name/s	Huwas
Part/s used	Leaf
Preparation	Prepare poultice from plant material.
Direction for use	Apply on boil.
Additional information	
Informant/s (place and year)	Olegario M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 23. Boil

Ethnopharmacological use	For boil
Scientific name	*Nicotiana tabacum* L.
Common name/s	
Local name/s	Tabako
Part/s used	Leaf
Preparation	Apply oil on dried roasted leaves.
Direction for use	Apply plant material on affected area.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 24. Bruises

Ethnopharmacological use	For bruises
Scientific name	*Kalanchoe pinnata* (Lam.) Pers.
Common name/s	
Local name/s	Angheliko
Part/s used	Leaf
Preparation	Pound leaves.
Direction for use	Apply on affected part.
Additional information	
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 25. Buang

Ethnopharmacological use	For buang
Scientific name	*Mimosa pudica* L.
Common name/s	
Local name/s	Kiromkirom
Part/s used	Root
Preparation	Prepare about 105 pieces of dapal – long roots. Boil 63 pieces in 3 glasses of water until 1 glass is left. When consumed, boil another set of odd-number pieces of the plant material to make a strong decoction.
Direction for use	Let patient take decoction by mouth whenever she/he is afflicted by the condition, ie, pasma ha gutom, blangko ang isip.
Additional information	One dapal is the width of four fingers. One may become 'buang' or 'blangko ang isip' because of pasma ha gutom. Pasma ha gutom is caused by frequent skipping of meals then drinking something cold like coconut water. It is manifested by headache, cold perspiration; may lead to epilepsy.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 26. Bughat

Ethnopharmacological use	For bughat
Scientific name	1. Uncollected, unidentified 2. *Marattia pellucida* C. Presl. 3. *Lagerstroemia speciosa* (L.) Pers. 4. *Friesodielsia* sp.
Common name/s	
Local name/s	1. Abaka 2. Amamangpang 3. Pamalawagon 4. Pangagwason
Part/s used	1. Leaf sheath (saha) 2. Shoot 3. Root 4. Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth. Perform uslob using kamangyan (incense).
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 27. Bughat

Ethnopharmacological use	For bughat
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 28. Bughat

Ethnopharmacological use	For bughat
Scientific name	Rubiaceae family, genus indet.
Common name/s	Magsumpay
Local name/s	Root
Part/s used	
Preparation	
Direction for use	
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 29. Bughat

Ethnopharmacological use	For bughat
Scientific name	1. *Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone 2. *Friesodielsia* sp. 3. Zingiberaceae family, genus indet. or *Goniothalamus* sp.
Common name/s	
Local name/s	1. Malasuha 2. Pangagwason 3. Puonan
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 30. Bughat

Ethnopharmacological use	For bughat
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Gallbladder (apdo)
Preparation	Air-dry gallbladder over cooking area. Put a pinch of gallbladder in a glass of lukewarm water.
Direction for use	Take by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 31. Burn

Ethnopharmacological use	For burns
Scientific name	*Saccharum officinarum* L.
Common name/s	Sugar
Local name/s	
Part/s used	
Preparation	
Direction for use	Apply sugar on burnt skin.
Additional information	This is done to prevent blister formation.
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 32. Chest pain

Ethnopharmacological use	For chest pain
Scientific name	*Kalanchoe pinnata* (Lam.) Pers.
Common name/s	
Local name/s	Angheliko
Part/s used	Leaf
Preparation	Pound leaves.
Direction for use	Apply on forehead.
Additional information	
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 33. Chest pain

Ethnopharmacological use	For chest pain
Scientific name	*Cinnamomum oblongum* Kosterm.
Common name/s	
Local name/s	Kalingag
Part/s used	Bark
Preparation	Obtain bark from stem above your height. Scrape bark and steep in lukewarm water.
Direction for use	Drink infusion and apply strained material on chest.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 34. Colds

Ethnopharmacological use	For colds
Scientific name	1. *Mentha* sp. 2. *Coleus aromaticus* Benth. 3. Family indet. 4. *Acorus calamus* L. 5. Family indet.
Common name/s	
Local name/s	1. Herba buena 2. Klabo 3. Kusol 4. Lubigan 5. Poliyo
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. Rhizome 5. Leaf
Preparation	Express juice from plant materials.
Direction for use	Take juice by mouth. Apply sapal (strained plant materials) as poultice on forehead.
Additional information	
Informant/s (place and year)	Pahinado M, Ursolino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 35. Constipation

Ethnopharmacological use	For constipation
Scientific name	Apocynaceae family, genus indet.
Common name/s	
Local name/s	Alibutbot
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 36. Constipation

Ethnopharmacological use	For constipation
Scientific name	*Ipomoea batatas* (L.) Lam
Common name/s	
Local name/s	Kamote
Part/s used	Tuber
Preparation	Boil tuber.
Direction for use	Eat.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 37. Convulsion, Febrile

Ethnopharmacological use	For febrile convulsion
Scientific name	1. *Piper* sp. 2. *Chrysanthemum indicum* L.
Common name/s	
Local name/s	1. Dapun 2. Mansanilya
Part/s used	Leaf
Preparation	Heat plant materials, crush, and add heated vinegar.
Direction for use	Apply all over body. Cover child with blanket until she/he perspires.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 38. Cough

Ethnopharmacological use	For cough
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Abaka
Part/s used	Leaf sheath (saha)
Preparation	Roast plant material on one side only. Strain to obtain juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 39. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Gynotroches axillaris* Blume 2. Rubiaceae family, genus indet.
Common name/s	
Local name/s	1. Dabodabo 2. Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pialogo G (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 40. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Ficus* sp. 2. *Coleus aromaticus* Benth. 3. *Blumea balsamifera* L.
Common name/s	
Local name/s	1. Hawili 2. Klabo 3. Lakdan
Part/s used	1. Bark 2. Leaf 3. Leaf
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 41. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Mentha* sp. 2. *Coleus aromaticus* Benth. 3. Family indet. 4. *Acorus calamus* L. 5. Family indet.
Common name/s	
Local name/s	1. Herba buena 2. Klabo 3. Kusol 4. Lubigan 5. Poliyo
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. Rhizome 5. Leaf
Preparation	Express juice from plant material.
Direction for use	Take juice by mouth. Apply sapal (strained plant materials) as poultice on forehead.
Additional information	
Informant/s (place and year)	Ursolino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 42. Cough

Ethnopharmacological use	For cough
Scientific name	*Cinnamomum oblongum* Kosterm.
Common name/s	
Local name/s	Kalingag
Part/s used	Bark
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 43. Cough

Ethnopharmacological use	For cough
Scientific name	*Cinnamomum oblongum* Kosterm.
Common name/s	
Local name/s	Kalingag
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 44. Cough

Ethnopharmacological use	For cough
Scientific name	*Citrus microcarpa* Bunge
Common name/s	
Local name/s	Kidya
Part/s used	Fruit
Preparation	Prepare ade from kidya fruit.
Direction for use	Take ade by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 45. Cough

Ethnopharmacological use	For cough
Scientific name	*Coleus aromaticus* Benth.
Common name/s	
Local name/s	Klabo
Part/s used	Leaf
Preparation	Heat plant material on lid of pot while rice is about to be completely cooked. Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD3 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 46. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Coleus aromaticus* Benth. 2. *Blumea balsamifera* L.
Common name/s	
Local name/s	1. Klabo 2. Lakdan
Part/s used	Leaf
Preparation	Pound and express juice from plant materials.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 47. Cough

Ethnopharmacological use	For cough
Scientific name	*Blumea balsamifera* L.
Common name/s	
Local name/s	Lakdan
Part/s used	Leaf
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 48. Cough

Ethnopharmacological use	For cough
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 49. Cough

Ethnopharmacological use	For cough
Scientific name	*Coleus blumei* Benth
Common name/s	
Local name/s	Maryapa
Part/s used	Leaf
Preparation	Express juice after heating leaves.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 50. Cough

Ethnopharmacological use	For cough
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Whole plant
Preparation	Wash plant material. Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 51. Cough

Ethnopharmacological use	For cough
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	
Local name/s	Taheebo
Part/s used	Leaf
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 52. Cough

Ethnopharmacological use	For cough
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	
Local name/s	Taheebo
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 53. Cure-all

Ethnopharmacological use	As cure-all
Scientific name	*Citrus microcarpa* Bunge
Common name/s	
Local name/s	Kidya
Part/s used	
Preparation	
Direction for use	
Additional information	Use for any indication such as cough, fever, and abdominal pain.
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 54. Dengue

Ethnopharmacological use	For dengue
Scientific name	*Chamaesyce hirta* (L.) Millsp.
Common name/s	Tawa-tawa
Local name/s	Gatas-gatas
Part/s used	Whole plant
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 55. Diabetes

Ethnopharmacological use	For diabetes
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Young leaf
Preparation	Heat plant material over fire. Pound and extract juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 56. Diabetes

Ethnopharmacological use	For diabetes
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Young leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth daily for 1 month.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 57. Diabetes

Ethnopharmacological use	For diabetes
Scientific name	*Pterocarpus indicus* Willd.
Common name/s	Narra
Local name/s	Naga
Part/s used	Bark
Preparation	Prepare concentrated decoction from inner bark of naga.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 58. Diabetes

Ethnopharmacological use	For diabetes
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	
Local name/s	Taheebo
Part/s used	Young leaf
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth, in place of water, as agua tiempo.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 59. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	1. Uncollected, unidentified 2. *Allium sativum* L.
Common name/s	1. Abaka 2. Bawang
Local name/s	1. Abaka 2. Lasona
Part/s used	1. Trunk 2. Clove
Preparation	Express juice from abaka pith and bawang.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Botorres I, Parado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 60. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	1. *Persea americana* 2. *Psidium guajava* L. 3. *Chrysophyllum cainito* L. 4. *Syzygium cumini* L.
Common name/s	
Local name/s	1. Abokado 2. Bayabas 3. Kaymito 4. Duhat
Part/s used	Leaf
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 61. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	Apocynaceae family, genus indet.
Common name/s	
Local name/s	Alibutbot
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 62. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pialogo G (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 63. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Eucalyptus* sp.
Common name/s	Eucalyptus
Local name/s	Eucalyptus
Part/s used	Wood
Preparation	Burn eucalyptus wood. Add water.
Direction for use	Take mixture by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 64. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	Loranthaceae family, genus indet.
Common name/s	
Local name/s	Mampol
Part/s used	Leaf
Preparation	Boil 12 leaves in 3 glasses to make 1 glass of decoction.
Direction for use	Take decoction by mouth.
Additional information	This decoction is said to be more effective than Oresol but has a bitter taste.
Informant/s (place and year)	Olegario M, Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 65. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Pterocarpus indicus* Willd.
Common name/s	Narra
Local name/s	Naga
Part/s used	Bark
Preparation	Boil 1 dapal-long bark to make concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	One dapal is the width of four fingers.
Informant/s (place and year)	Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 66. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Pterocarpus indicus* Willd.
Common name/s	Narra
Local name/s	Naga
Part/s used	Bark
Preparation	Prepare concentrated decoction from inner bark of naga.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 67. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Apdo
Preparation	Air-dry gallbladder over cooking area. Put a pinch of gallbladder in a glass of lukewarm water.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 68. Duros

Ethnopharmacological use	For duros
Scientific name	*Thottea philippinensis* Quisumb.
Common name/s	
Local name/s	Kotikot
Part/s used	Root
Preparation	Prepare strong decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Apply hilot (massage) on abdomen before taking decoction. Duros is manifested by stomach pain and flank pain migrating. The patient will die if pain migrates up above the stomach. If pain migrates down it will cause buyong or hernia. Illness is due to carrying heavy objects or drinking coconut water on an empty stomach.
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 69. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Abaka
Part/s used	Leaf sheath
Preparation	Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Lambino M, Galit J (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 70. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	1. *Vavea amicorum* Benth. 2. *Osmoxylon* sp. 3. Rubiaceae family, genus indet. 4. *Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone 5. *Friesodielsia* sp. 6. Zingiberaceae family, genus indet. or *Goniothalamus* sp. 7. *Bauhinia integrifolia* Roxb ssp. cumingiana (Benth) K. & S.S. Larsen var. cumingiana
Common name/s	
Local name/s	1. Bunak 2. Ginpasandigan 3. Magsumpay 4. Malasuha 5. Pangagwason 6. Puonan 7. Salibangbanganay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 71. Edema

Ethnopharmacological use	For edema
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Root
Preparation	Prepare decoction from inner bark of the root.
Direction for use	Take decoction by mouth.
Additional information	Dabodabo decoction is red. This may be drunk as beverage, in place of coffee.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 72. Fatigue

Ethnopharmacological use	For fatigue
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Ginsen
Part/s used	Root
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 73. Fever

Ethnopharmacological use	For fever
Scientific name	1. *Mentha* sp. 2. *Artemisia* sp. 3. *Coleus aromaticus* Benth. 4. Family indet. 5. Gramineae family, genus indet.
Common name/s	
Local name/s	1. Herba buena 2. Herba Maria 3. Klabo 4. Poliyo 5. Puti
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. Leaf 5. Stem
Preparation	Prepare strong decoction from 3 pieces of each of the plant materials.
Direction for use	Take decoction by mouth. Apply the sapal (strained plant materials) on the forehead.
Additional information	
Informant/s (place and year)	Lambino M, Galit J (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 74. Fever

Ethnopharmacological use	For fever
Scientific name	1. *Mentha* sp. 2. *Coleus aromaticus* Benth. 3. Family indet. 4. *Acorus calamus* L. 5. Family indet.
Common name/s	
Local name/s	1. Herba buena 2. Klabo 3. Kusol 4. Lubigan 5. Poliyo
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. Rhizome 5. Leaf
Preparation	Express juice from plant material.
Direction for use	Take juice by mouth. Apply sapal (strained plant materials) as poultice on forehead.
Additional information	
Informant/s (place and year)	Lambino M, Galit J, Pahinado M, Ursolino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 75. Fever

Ethnopharmacological use	For fever
Scientific name	1. *Artemisia* sp. 2. Family indet. 3. Family indet.
Common name/s	
Local name/s	1. Herba Maria 2. Kusol 3. Poliyo
Part/s used	
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 76. Fracture

Ethnopharmacological use	For fracture
Scientific name	*Ficus chrysolepis* Miq.
Common name/s	
Local name/s	Dalakit
Part/s used	Bark
Preparation	Pound bark.
Direction for use	Apply on affected area.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 77. Goiter

Ethnopharmacological use	For goiter
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Taba ng sawa
Preparation	Obtain python's fat.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 78. Hal-on

Ethnopharmacological use	For hal-on
Scientific name	1. *Melastoma malabathricum* L. 2. *Costus speciosus* (Koenig) Smith 3. Rubiaceae family, genus indet. 4. *Plectranthus* sp. 5. *Graptophyllum pictum* (L.) Griff. 6. Uncollected, unidentified 7. *Artocarpus heterophyllus* L. 8. *Donax cannaeformis* (G Forst.) K Schum. 9. *Psidium guajava* L. 10. *Justicia gendarussa* Burm.f. 11. *Ananas comosus* L. 12. Malvaceae family, genus indet.
Common name/s	
Local name/s	1. Alintutungaw 2. Bangig 3. Buyon 4. Hagonoy 5. Huwas 6. Kalipayan 7. Langka 8. Manban 9. Mayabas 10. Panhauli 11. Pinya 12. Sumpa
Part/s used	1. Flower 2. Flower 3. Flower 4. Flower 5. Leaf 6. Leaf 7. Root 8. Flower 9. Root 10. Leaf 11. Root 12. Leaf
Preparation	Steep the flowers and roots of plant materials in water. Express juice of leaves. Add coconut milk.
Direction for use	Take coconut milk with leaf juice on the first day. Take infusion by mouth on the second day.
Additional information	Hal-on occurs when a mother eats forbidden food like fish, squid, shrimp, cat fish caught by dynamite, mango, pineapple, langka. These food cause pabughat (nagpapabinat na pagkain). Suckling baby will have puno, an itchy scalp, if the mother eats the said food.
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 79. Hang-over

Ethnopharmacological use	For hang-over
Scientific name	*Eucalyptus* sp.
Common name/s	
Local name/s	Eucalyptus
Part/s used	Wood
Preparation	Burn eucalyptus wood. Add water.
Direction for use	Take mixture by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 80. Headache

Ethnopharmacological use	For headache
Scientific name	*Kalanchoe pinnata* (Lam.) Pers.
Common name/s	
Local name/s	Angheliko
Part/s used	Leaf
Preparation	Pound leaves.
Direction for use	Apply on forehead.
Additional information	
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 81. Headache

Ethnopharmacological use	For headache
Scientific name	1. *Coleus aromaticus* Benth. 2. *Nothopanax fruticosum* (Linn.) Miq.
Common name/s	
Local name/s	1. Klabo 2. Mapua
Part/s used	Leaf
Preparation	Heat over fire.
Direction for use	Apply on forehead.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 82. Herpes zoster

Ethnopharmacological use	For herpes zoster
Scientific name	*Dioscorea alata* L.
Common name/s	
Local name/s	Ube, ubi
Part/s used	Tuber
Preparation	Heat over strong fire.
Direction for use	Apply on affected area.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 83. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	1. *Gynotroches axillaris* Blume 2. Rubiaceae family, genus indet.
Common name/s	
Local name/s	1. Dabodabo 2. Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pialogo G (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 84. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 85. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	
Local name/s	Taheebo
Part/s used	Leaf
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 86. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	
Local name/s	Taheebo
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 87. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Andropogon citratus* (DC.)
Common name/s	Tanglad
Local name/s	Tanglad
Part/s used	Aerial part
Preparation	Boil odd-number pieces of plant material to make strong decoction. Do not cover pot while boiling.
Direction for use	Take decoction by mouth.
Additional information	Informants say they do not cover the cooking pot so God can bless the medicinal preparation.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 88. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Andropogon citratus* (DC.)
Common name/s	
Local name/s	Tanglad
Part/s used	Aerial part
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Dakles D, Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 89. Insect repellent (chigger)

Ethnopharmacological use	As insect repellent for chiggers
Scientific name	*Securinega* sp.
Common name/s	
Local name/s	Laglag
Part/s used	
Preparation	
Direction for use	Burn plant in an outdoor area where there are chiggers.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 90. Insomnia

Ethnopharmacological use	For insomnia
Scientific name	*Securinega* sp.
Common name/s	
Local name/s	Laglag
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 91. Kanser

Ethnopharmacological use	For kanser
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Taba ng sawa
Preparation	Obtain python's fat.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 92. Kidney disease

Ethnopharmacological use	For kidney disease
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Galit J (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 93. Lice infestation

Ethnopharmacological use	For lice infestation
Scientific name	*Entada phaseoloides* (L.) Merr.
Common name/s	Gugo
Local name/s	Balugo
Part/s used	Bark of vine
Preparation	Pound vine.
Direction for use	Use as shampoo.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 94. Lice infestation

Ethnopharmacological use	For lice infestation
Scientific name	*Cocos nucifera* L.
Common name/s	
Local name/s	Lubi
Part/s used	Fruit
Preparation	Grate coconut meat and extract its 'milk'. Do not add water.
Direction for use	Apply milk on hair.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 95. Liver disease

Ethnopharmacological use	For liver disease
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	
Local name/s	Taheebo
Part/s used	Young leaf
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth, in place of water, as agua tiempo.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 96. Measles

Ethnopharmacological use	For measles
Scientific name	1. *Areca catechu* L. 2. *Scleria scrobiculata* Nees & Meyen ex Nees 3. *Clerodendrum intermedium* Cham.
Common name/s	
Local name/s	1. Bunga 2. Daat 3. Kusong
Part/s used	Root
Preparation	Soak plant materials in water.
Direction for use	Take infusion by mouth.
Additional information	
Informant/s (place and year)	Lambino M, Galit J (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 97. Measles

Ethnopharmacological use	For measles
Scientific name	*Scleria scrobiculata* Nees & Meyen ex Nees
Common name/s	
Local name/s	Daat
Part/s used	Fruit
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 98. Measles

Ethnopharmacological use	For measles
Scientific name	1. *Scleria scrobiculata* Nees & Meyen ex Nees 2. *Zea mays* L.
Common name/s	
Local name/s	1. Daat 2. Mais
Part/s used	1. Fruit 2. Corn silk
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Let child drink decoction.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 99. Measles

Ethnopharmacological use	For measles
Scientific name	1. *Mentha* sp. 2. -
Common name/s	1. Herba buena 2. Kambing
Local name/s	1. Herba buena 2. Kanding
Part/s used	1. Leaf 2. Stool
Preparation	Roast 3 pieces of goat stool. Add 1 spoon of water and herba buena leaf juice.
Direction for use	Let child drink mixture.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 100. Measles

Ethnopharmacological use	For measles
Scientific name	1. *Mentha* sp. 2. *Syzygium aqueum* (Burm.f.) Alston 3. *Centella asiatica* 4. -
Common name/s	
Local name/s	1. Herba buena 2. Tambis 3. Yahong-yahong 4. Sawa
Part/s used	1. Leaf 2. Root 3. Aerial part 4. Gallbladder
Preparation	Prepare infusion of plant materials in water. Add sawa gallbladder.
Direction for use	Let child drink the infusion.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 101. Measles

Ethnopharmacological use	For measles
Scientific name	1. *Mentha* sp. 2. *Syzygium aqueum* (Burm.f.) Alston 3. *Centella asiatica* 4. -
Common name/s	
Local name/s	1. Herba buena 2. Tambis 3. Yahong-yahong 4. Sawa
Part/s used	1. Leaf 2. Root 3. Aerial part 4. Gallbladder
Preparation	Pound and express juice of plant materials. Add sawa gallbladder.
Direction for use	Let child drink the mixture.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 102. Measles

Ethnopharmacological use	For measles
Scientific name	
Common name/s	
Local name/s	Kanding
Part/s used	Stool
Preparation	Roast stool until it turns into ashes. Mix with water.
Direction for use	Let child drink decoction.
Additional information	The stool used for treatment because goats eat leaves which are medicinal.
Informant/s (place and year)	Olegario M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 103. Menstrual pain

Ethnopharmacological use	For menstrual pain
Scientific name	*Artemisia* sp.
Common name/s	
Local name/s	Herba Maria
Part/s used	Leaf
Preparation	Heat plant material over fire.
Direction for use	Apply on lower abdomen.
Additional information	
Informant/s (place and year)	Rolea C (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 104. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	Unidentified, uncollected
Common name/s	
Local name/s	Bibe
Part/s used	Leaf
Preparation	Prepare concentrated decoction from 3 bibe leaves.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Olegario M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 105. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	1. *Artemisia* sp. 2. *Moringa oleifera* (Lam.) 3. *Citrus decumana* L. 4. *Hibiscus rosa-sinensis* L. 5. *Andropogon citratus* (DC.)
Common name/s	
Local name/s	1. Herba Maria 2. Kamalunggay 3. Suha 4. Tarukanga 5. Tanglad
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. - 5. Aerial part
Preparation	Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Olegario M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 106. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	1. *Moringa oleifera* (Lam.) 2. *Blumea balsamifera* L. 3. *Coleus blumei* Benth
Common name/s	
Local name/s	1. Kamalunggay 2. Lakdan 3. Maryapa
Part/s used	Leaf
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 107. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	*Blumea balsamifera* L.
Common name/s	
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 108. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	1. *Acorus calamus* L. 2. *Coleus blumei* Benth
Common name/s	
Local name/s	1. Lubigan 2. Maryapa
Part/s used	1. Rhizome 2. Leaf
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 109. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	*Coleus blumei* Benth
Common name/s	
Local name/s	Maryapa
Part/s used	Leaf
Preparation	Express juice after heating leaves.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 110. Menstruation, To replace lost blood during

Ethnopharmacological use	To replace lost blood during menstruation
Scientific name	1. *Acorus calamus* L. 2. *Coleus blumei* Benth
Common name/s	
Local name/s	1. Lubigan 2. Maryapa
Part/s used	1. Rhizome 2. Leaf
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Olegario M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 111. Milk production, To increase

Ethnopharmacological use	To increase milk production
Scientific name	1. *Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone 2. *Friesodielsia* sp. 3. Zingiberaceae family, genus indet. or *Goniothalamus* sp.
Common name/s	
Local name/s	1. Malasuha 2. Pangagwason 3. Puonan
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 112. Mouth sore

Ethnopharmacological use	For mouth sore
Scientific name	*Syzygium aqueum* (Burm.f.) Alston
Common name/s	
Local name/s	Tambis
Part/s used	Trunk
Preparation	Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Aurel N (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 113. Mouth thrush

Ethnopharmacological use	For mouth thrush
Scientific name	*Parasponia rugosa* Blume
Common name/s	
Local name/s	Hanadgong
Part/s used	Bark
Preparation	Express juice from inner bark.
Direction for use	Apply on mouth thrush.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 114. Mouth thrush

Ethnopharmacological use	For mouth thrush
Scientific name	1. Uncollected, unidentified 2. *Physalis* sp.
Common name/s	
Local name/s	1. Karamas 2. Lubi-lubi
Part/s used	1. - 2. Leaf
Preparation	Crush plant material. Add oil.
Direction for use	Apply on neck.
Additional information	
Informant/s (place and year)	Rotamula M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 115. Nervous breakdown

Ethnopharmacological use	For nervous breakdown
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Root
Preparation	Prepare decoction from inner bark of the root.
Direction for use	Take decoction by mouth.
Additional information	Dabodabo decoction is red. This may be drunk as beverage, in place of coffee.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 116. Nervous breakdown

Ethnopharmacological use	For nervous breakdown
Scientific name	1. *Mimosa pudica* L. 2. *Securinega* sp.
Common name/s	1. Makahiya 2. -
Local name/s	1. Kiromkirom 2. Laglag
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 117. Pasma

Ethnopharmacological use	For pasma
Scientific name	1. *Marattia pellucida* C. Presl. 2. *Thottea philippinensis* Quisumb. 3. *Musa sapientum* L. 4. Uncollected, unidentified
Common name/s	
Local name/s	1. Amamangpang 2. Kotikot 3. Sab-a 4. Tindok
Part/s used	1. Shoot 2. Root 3. Leaf sheath 4. Leaf sheath
Preparation	Express juice from plant materials. Add water from young coconut.
Direction for use	Take 1 glass by mouth. Apply sapal (strained plant materials) on affected part.
Additional information	Pasma is manifested by hand tremors, cold perspiration, headache, and/or fainting. It is caused by exposure to heat followed by exposure to cold.
Informant/s (place and year)	Lambino M, Galit J (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 118. Pasma ha regla

Ethnopharmacological use	For pasma ha regla
Scientific name	*Blumea balsamifera* L.
Common name/s	
Local name/s	Lakdan
Part/s used	Leaf
Preparation	
Direction for use	
Additional information	Pasma ha regla is manifested by irregular menstruation and scanty bleeding. It is the effect of bathing during the menstrual period.
Informant/s (place and year)	Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 119. Placenta, Retained

Ethnopharmacological use	For retained placenta
Scientific name	*Nicotiana tabacum* L.
Common name/s	Tabako
Local name/s	Leaf
Part/s used	Prepare poultice from plant material.
Preparation	Apply on abdomen.
Direction for use	
Additional information	
Informant/s (place and year)	Olegario M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 120. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Callicarpa formosana* Rolfe
Common name/s	
Local name/s	Tigaw
Part/s used	Leaf
Preparation	Pound leaves.
Direction for use	Cast pound leaves on the river.
Additional information	Fish are not killed but area temporarily immobilized.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 121. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Derris elliptica*
Common name/s	
Local name/s	Tubli
Part/s used	Root
Preparation	Obtain tubli roots and cut these into small pieces. Bury the plant materials underground for 3 days. Retrieve and pound it.
Direction for use	Cast the roots on the river.
Additional information	Some people do not like the smell (masungot) of the preparation.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 122. Poisoning, Antidote for

Ethnopharmacological use	Antidote for poisoning
Scientific name	1. *Afzelia rhomboidea* (Blanco) Vidal 2. *Pterocarpus indicus* Willd.
Common name/s	1. – 2. Narra
Local name/s	1. Barayong 2. Naga
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 123. Poisoning, Antidote for

Ethnopharmacological use	Antidote for poisoning
Scientific name	*Osmoxylon* sp.
Common name/s	
Local name/s	Ginpasandigan
Part/s used	Root
Preparation	Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 124. Poisoning, Antidote for

Ethnopharmacological use	Antidote for poisoning
Scientific name	*Citrus microcarpa* Bunge
Common name/s	
Local name/s	Kidya
Part/s used	Fruit
Preparation	Express juice from 20-25 pieces of kidya fruit. Add ½ glass of coconut oil and 3 spoons of sugar. Mix.
Direction for use	Take mixture by mouth.
Additional information	According to Botorres, If there is no kidya available, one may use vinegar.
Informant/s (place and year)	Pahinado M, Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 125. Poisoning, Food

Ethnopharmacological use	For food poisoning
Scientific name	Family indet.
Common name/s	
Local name/s	Tambalagisa
Part/s used	Seed
Preparation	
Direction for use	Eat seeds.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 126. Post-partum bath

Ethnopharmacological use	As post-partum bath
Scientific name	*Vavea amicorum* Benth.
Common name/s	
Local name/s	Bunak
Part/s used	Leaf
Preparation	Prepare decoction from plant material.
Direction for use	Use as bath.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 127. Post-partum bath

Ethnopharmacological use	As post-partum bath
Scientific name	1. *Artemisia* sp. 2. *Moringa oleifera* (Lam.) 3. *Citrus decumana* L. 4. *Hibiscus rosa-sinensis* L. 5. *Andropogon citratus* (DC.)
Common name/s	
Local name/s	1. Herba Maria 2. Kamalunggay 3. Suha 4. Tarukanga 5. Tanglad
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. - 5. Aerial part
Preparation	Prepare concentrated decoction.
Direction for use	Use as bath.
Additional information	
Informant/s (place and year)	Olegario M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 128. Post-partum bath

Ethnopharmacological use	As post-partum bath
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Kadlum
Part/s used	Leaves
Preparation	Prepare decoction from plant material.
Direction for use	Use as bath.
Additional information	
Informant/s (place and year)	Botorres I, Legaspi E (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 129. Post-partum drink

Ethnopharmacological use	As post-partum drink
Scientific name	*Artemisia* sp.
Common name/s	
Local name/s	Herba Maria
Part/s used	Leaf
Preparation	Steep plant material on siok tong (Chinese medicine wine).
Direction for use	Drink concoction.
Additional information	Concoction can replace use of ergot.
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 130. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	1. *Osmoxylon* sp. 2. Rubiaceae family, genus indet.
Common name/s	
Local name/s	1. Ginpasandigan 2. Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 131. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	1. *Allium sativum* L. 2. *Zingiber officinale* Roscoe 3. *Allium cepa* L.
Common name/s	1. Bawang 2. Luya 3. Sibuyas
Local name/s	1. Lasona 2. Luy-a 3. Sibuyas
Part/s used	1. Clove 2. Rhizome 3. Bulb
Preparation	Fry chopped plant materials. Add kerosene and alkampor.
Direction for use	Apply on affected joint.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 132. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Apdo
Preparation	Air-dry gallbladder over cooking area. Put a pinch of gallbladder in a glass of lukewarm water.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 133. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Taba ng sawa
Preparation	Obtain python's fat.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 134. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Whole plant
Preparation	Wash plant material. Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 135. Sakit ha ginhawa

Ethnopharmacological use	For sakit ha ginhawa
Scientific name	1. *Vavea amicorum* Benth. 2. *Osmoxylon* sp. 3. Rubiaceae family, genus indet. 4. *Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone 5. *Friesodielsia* sp. 6. Zingiberaceae family, genus indet. or *Goniothalamus* sp. 7. *Bauhinia integrifolia* Roxb ssp. cumingiana (Benth) K. & S.S. Larsen var. cumingiana
Common name/s	
Local name/s	1. Bunak 2. Ginpasandigan 3. Magsumpay 4. Malasuha 5. Pangagwason 6. Puonan 7. Salibangbanganay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	Sakit ha ginhawa are afflictions of internal organs such as kidney, liver, or pancreas.
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 136. Scabies

Ethnopharmacological use	For scabies
Scientific name	1. *Curcuma longa* L. 2. *Cocos nucifera* L.
Common name/s	
Local name/s	1. Dulaw 2. Lubi
Part/s used	1. Rhizome 2. Fruit
Preparation	Wash dulaw rhizome and pound to obtain juice. Mix with 'milk' obtained from grated coconut meat.
Direction for use	Apply mixture on affected part.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 137. Scabies

Ethnopharmacological use	For scabies
Scientific name	*Colocasia esculenta* (L.) Schott,
Common name/s	
Local name/s	Gaway
Part/s used	Stem
Preparation	Heat plant material over fire. Squeeze to obtain juice.
Direction for use	Apply juice on affected part.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 138. Scabies

Ethnopharmacological use	For scabies
Scientific name	*Dendrocnide* sp.
Common name/s	
Local name/s	Lingatong
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 139. Skin allergy

Ethnopharmacological use	For skin allergy
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. *Cocos nucifera* L. 3. Rubiaceae family, genus indet. 4. *Derris elliptica*
Common name/s	
Local name/s	1. Balukas 2. Lubi 3. Magsumpay 4. Tubli
Part/s used	1. Root 2. Fruit 3. Root 4. Root
Preparation	Chop plant materials and sun-dry. Add coconut oil obtained from bugtong (single fruit facing the east, not to be dropped when being harvested).
Direction for use	Apply on affected part.
Additional information	Gather plant materials on a Tuesday or Friday because it is believed to be more potent.
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)

Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 140. Skin fungal infection

Ethnopharmacological use	For skin fungal infection
Scientific name	*Senna alata* (L.) Roxb.
Common name/s	
Local name/s	Sunting
Part/s used	Leaf
Preparation	Crush fresh leaves to extract juice.
Direction for use	Apply on affected part daily.
Additional information	
Informant/s (place and year)	FGD2 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 141. Sore eyes

Ethnopharmacological use	For sore eyes
Scientific name	
Common name/s	Human urine
Local name/s	Ihi
Part/s used	
Preparation	
Direction for use	Drop fresh urine on affected eye.
Additional information	
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 142. Sprain

Ethnopharmacological use	For sprain
Scientific name	*Ficus chrysolepis* Miq.
Common name/s	
Local name/s	Dalakit
Part/s used	
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 143. Sprain

Ethnopharmacological use	For sprain
Scientific name	*Theobroma cacao* L.
Common name/s	
Local name/s	Kakaw
Part/s used	Usbong of kakaw
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 144. Sprain

Ethnopharmacological use	For sprain
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Root
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 145. Stomach pain

Ethnopharmacological use	For stomach pain
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Ginsen
Part/s used	Root
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 146. Stomach pain

Ethnopharmacological use	For stomach pain
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	
Local name/s	Taheebo
Part/s used	Young leaf
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 147. Tabardilyo

Ethnopharmacological use	For tabardilyo
Scientific name	1. *Ficus* sp. 2. *Oroxylum indicum* (L.) Vent. 3. *Sandoricum koetjape* (Burm. f.) Merr.
Common name/s	
Local name/s	1. Hawili 2. Karayakay 3. Santol
Part/s used	Bark
Preparation	Prepare concentrated decoction by boiling 3 pieces each of dapal – long in 3 glasses of water until 1 glass is left.
Direction for use	Take decoction by mouth.
Additional information	One dapal is the width of four fingers. Tabardilyo is due to pasma ha gutom. Pasma ha gutom is manifested by headache, cold perspiration, and may lead to epilepsy. It is caused by frequent skipping of meals then drinking something cold like coconut water.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 148. Tabardilyo

Ethnopharmacological use	For tabardilyo
Scientific name	*Artemisia* sp.
Common name/s	
Local name/s	Herba Maria
Part/s used	Leaf
Preparation	Heat leaves. Pound.
Direction for use	Apply on forehead.
Additional information	Tabardilyo is due to pasma ha gutom. Pasma ha gutom is manifested by headache, cold perspiration, and may lead to epilepsy. It is caused by frequent skipping of meals then drinking something cold like coconut water.
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 149. Tabardilyo

Ethnopharmacological use	For tabardilyo
Scientific name	*Artemisia* sp.
Common name/s	
Local name/s	Herba Maria
Part/s used	Leaf
Preparation	Put herba Maria leaves on a heated stone. Drop spouse's urine. Express juice from leaves and mix with urine.
Direction for use	Take by mouth.
Additional information	Tabardilyo is due to pasma ha gutom. Pasma ha gutom is manifested by headache, cold perspiration, and may lead to epilepsy. It is caused by frequent skipping of meals then drinking something cold like coconut water.
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 150. Tonic

Ethnopharmacological use	As tonic
Scientific name	1. Uncollected, unidentified 2. *Vavea amicorum* Benth. 3. Uncollected, unidentified 4. Uncollected, unidentified 5. Rubiaceae family, genus indet. 6. Uncollected, unidentified 7. Uncollected, unidentified
Common name/s	
Local name/s	1. Banaba 2. Bunak 3. Ginseng 4. Orupa 5. Panhauli 6. Plant name forgotten 7. Plant name forgotten
Part/s used	1. Leaf 2. Leaf 3. Root 4. - 5. Leaf 6. – 7. –
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	Son of informant made a 'pito-pito' tonic using seven medicinal plants from the forest.
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 151. Tonic

Ethnopharmacological use	As tonic
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Ginsen
Part/s used	Root
Preparation	Steep the plant material in gin.
Direction for use	Take ginseng extract, 1 gin bottle cover full each time.
Additional information	Ginseng roots are said to grow in the bottle with gin.
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 152. Toothache

Ethnopharmacological use	As toothache
Scientific name	Apocynaceae family, genus indet.
Common name/s	
Local name/s	Alibutbot
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Gargle 3 times a day.
Additional information	
Informant/s (place and year)	FGD2, Rebay J, Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 153. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	1. *Vavea amicorum* Benth. 2. *Osmoxylon* sp. 3. Rubiaceae family, genus indet. 4. *Glycosmis cyanocarpa* (Blume) Spreng. var. philippinensis Stone 5. *Friesodielsia* sp. 6. Zingiberaceae family, genus indet. or *Goniothalamus* sp. 7. *Bauhinia integrifolia* Roxb ssp. cumingiana (Benth) K. & S.S. Larsen var. cumingiana
Common name/s	
Local name/s	1. Bunak 2. Ginpasandigan 3. Magsumpay 4. Malasuha 5. Pangagwason 6. Puonan 7. Salibangbanganay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 154. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Wrap lakdan leaves and salt in banana leaf. Heat over fire. Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 155. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Roots
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 156. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	*Psidium guajava* L.
Common name/s	Bayabas
Local name/s	Mayabas
Part/s used	Root
Preparation	Prepare concentrated decoction by boiling 3 pieces of dapal – long roots in 3 glasses of water until 1 glass of decoction remains.
Direction for use	Take decoction by mouth.
Additional information	One dapal is the width of four fingers. The healing property of mayabas is attributed to its acrid taste (mapakla).
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 157. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	*Psidium guajava* L.
Common name/s	Bayabas
Local name/s	Mayabas
Part/s used	Trunk
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Aurel N (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 158. Urination, Difficult

Ethnopharmacological use	For difficult urination
Scientific name	*Cocos nucifera* L.
Common name/s	Coconut
Local name/s	Lubi
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Aurel N (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 159. Urination, Difficult

Ethnopharmacological use	For difficult urination
Scientific name	*Caesalpinia pulcherrima* (L.) Swartz
Common name/s	
Local name/s	Sibukaw
Part/s used	Bark
Preparation	Prepare decoction from plant material. One may also soak the plant material instead of preparing a decoction.
Direction for use	Take decoction or infusion by mouth.
Additional information	It is said to help clean the kidneys.
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 160. Urination, Difficult

Ethnopharmacological use	For difficult urination
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Whole plant
Preparation	Wash plant. Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 161. Urine flow, To increase

Ethnopharmacological use	To increase urine flow
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Root
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 162. UTI

Ethnopharmacological use	For UTI
Scientific name	*Cocos nucifera* L.
Common name/s	
Local name/s	Lubi
Part/s used	Fruit
Preparation	Obtain water from young coconut (buko).
Direction for use	Take water by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 163. Vomiting blood

Ethnopharmacological use	For vomiting blood
Scientific name	Gramineae family, genus indet.
Common name/s	
Local name/s	Puti (Tigbaw)
Part/s used	Shoot
Preparation	Prepare concentrated decoction.
Direction for use	Take half glass of decoction by mouth daily for 6 months.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 164. Wound

Ethnopharmacological use	For wound (carabao)
Scientific name	*Parasponia rugosa* Blume
Common name/s	
Local name/s	Hanadgong
Part/s used	Bark
Preparation	Pound bark.
Direction for use	Apply on wound.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 165. Wound

Ethnopharmacological use	For wound
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Root
Preparation	Prepare decoction from plant material.
Direction for use	Use decoction as wash for wound 2 times a day.
Additional information	Magsumpay may be used for wounds afflicted by kirighan, a tooth-bladed cutting instrument used in abaka fiber production. Magsumpay decoction is a bit mapakla (acrid).
Informant/s (place and year)	Botorres I, FGD1, Tesoro A (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 166. Wound

Ethnopharmacological use	For wound
Scientific name	*Psidium guajava* L.
Common name/s	Bayabas
Local name/s	Mayabas
Part/s used	Young leaf
Preparation	Prepare decoction from plant material.
Direction for use	Use as wash.
Additional information	
Informant/s (place and year)	FGD1 (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 167. Wound, Gun shot

Ethnopharmacological use	For gun shot wound
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Cobra vine
Part/s used	Vine
Preparation	Express juice.
Direction for use	Apply juice.
Additional information	
Informant/s (place and year)	Botorres I (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 168. Wound, Infected

Ethnopharmacological use	For infected wound
Scientific name	*Kalanchoe pinnata* (Lam.) Pers.
Common name/s	
Local name/s	Angheliko
Part/s used	Leaf
Preparation	Pound leaves.
Direction for use	Apply on infected part.
Additional information	
Informant/s (place and year)	Pahinado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 169. Wound, Infected

Ethnopharmacological use	For infected wound
Scientific name	*Alocasia macrorhizos* (L.) G Don
Common name/s	
Local name/s	Badyang
Part/s used	Stalk
Preparation	Wrap badyang stalk and salt in banana leaf. Heat over fire. Pound.
Direction for use	Apply pounded plant material on affected part.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 170. Wound, Infected

Ethnopharmacological use	For infected wound
Scientific name	*Solanum* sp.
Common name/s	
Local name/s	Tagutong
Part/s used	Root
Preparation	Prepare concentrated decoction.
Direction for use	Take ½ glass of decoction. Soak wound in a pail of decoction.
Additional information	
Informant/s (place and year)	Corona F (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 171. Wound, Inflamed

Ethnopharmacological use	For inflamed wound
Scientific name	*Alocasia heterophylla* (C Presl) Merr.
Common name/s	
Local name/s	Handuroy
Part/s used	Shoot
Preparation	Heat over fire.
Direction for use	Apply on affected part.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 172. Wound, Inflamed

Ethnopharmacological use	For inflamed wound
Scientific name	*Capsicum frutescens* L.
Common name/s	Siling labuyo
Local name/s	Harang
Part/s used	Fruit
Preparation	Express juice.
Direction for use	Apply directly on wound.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 173. Wound, Inflamed

Ethnopharmacological use	For inflamed wound
Scientific name	*Citrus microcarpa* Bunge
Common name/s	Kalamansi
Local name/s	Kidya
Part/s used	Fruit
Preparation	Express juice of kidya. Add apog.
Direction for use	Apply on affected part.
Additional information	
Informant/s (place and year)	Pajenado M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 174. Wound, Inflamed

Ethnopharmacological use	For inflamed wound
Scientific name	*Ligustrum* sp.
Common name/s	
Local name/s	Polipog
Part/s used	Bark
Preparation	Scrape bark.
Direction for use	Apply on wound.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

Table 175. Wound, Inflamed

Ethnopharmacological use	For inflamed wound
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Apdo
Preparation	Air-dry gallbladder over cooking area. Put a pinch of gallbladder in a glass of lukewarm water.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Lambino M (NSa Las Navas 2012)
Information gatherer/s (place and year)	Sia IC, Mendoza MTB, Luceriano RP, Aparentado MGU (NSa Las Navas 2012)

DOLORES WATERSHED
Barangay San Vicente, Dolores, Eastern Samar

The study area

Barangay San Vicente is one of the 46 barangays of Dolores, Eastern Samar. It has a total land area of 411,761.50 hectares. The barangay has 4 sitios: Sitio Hetuyan located in the south, Sitio Sale-ang in the west, Sitio Bongog in the southeast, and Sitio Tapa in the northwest. The neighbouring barangays are Rizal in the south and Villahermosa in the north.

San Vicente can only be reached by boat, wherein one must travel 4 hours in the Dolores River.

Before people settled in the area, Barangay San Vicente was known as Kanharuan. Families moved there after experiencing a destructive flood in their previous settlement. Melecio Lazarra, who was said to be the owner of the vast land, donated an area for the people to live in. It was during the 1960's that, Alfonso Libanan, the fourth barangay captain, changed the name from Kanharuan to San Vicente, the patron saint of the barangay.

San Vicente has a total population of 659 people or 98 households. The primary source of income is farming while others work as labourers. The primary agricultural products are kopra, grains, kamote, palawan root crops, and vegetables.

In the barangay, one can find an elementary school with levels Grade 1 up to Grade 6. The nearest high school is in Dolores town proper. Those who go to college either study in the town proper, Canavid, Borongan, or Tacloban.

There are a few sari-sari stores in the barangay. A Catholic church can also be found there wherein mass is held once a month. There is also a health center in the barangay which has eight health workers.

Generators are used for the barangay's electric supply. The power runs for 3 hours during night time, 6pm to 9pm. A spring is the source of the barangay's water. They have put up 10 faucets for household consumption.

For their leisure, children enjoy watching DVDs of movies and cartoons, men play billiards and basketball, and women play cards (tong-its). They also like to drink siok tong wine to unwind.

Waray is the lingua franca in the barangay but Filipino is widely spoken.

Gathering of information and herbarium vouchers

Gathering of information was conducted from 2011 December 10 to 12.

Conduct of the study was facilitated with the help of the town mayor of Dolores, the barangay captain of San Vicente, the councilors of the barangay, and the wife of the barangay captain. They also helped in identifying the key informants.

Collection of herbarium vouchers and specimen was conducted on 2011 December 12. A healer and a community member knowledgeable of medicinal plants assisted one researcher in collecting medicinal plants in the forest. Other individuals assisted in identifying and gathering herbarium specimen near their homes.

Individual interviews and focus group discussion were conducted among the traditional healers and community members. Information was also gathered during the walk-through in the community and in the forest. The project team walked around the barangay to visit the elementary school and homes of healers. While strolling along the area, community members would share their knowledge by pointing out the medicinal plants they use in their yard, along the street, in a neighbor's garden, or an abandoned lot.

Focus group discussion was conducted among mothers who confirmed the commonly used medicinal plants and added new information regarding liquor and food (rootcrops) used as medicine. One mother also based her knowledge on a book/pamphlet regarding medicinal plants.

Additional activities

During discussions, the informants shared that many in the barangay sufferd from high blood pressure. The project leader taught a barangay health worker how to measure the blood pressure of different community members, using a sphygmomanometer, a cuff, and aneroid guage. He also guided them regarding what diet to follow so high blood pressure may be avoided.

The informants

Information was gathered from 4 traditional healers and 16 community members.

In the initial discussion, it was noticable that the barangay captain, his wife, his councilors, and secretary had many to share regarding their use of medicinal plants. The knowledge of herbal medicine was not only limited to the healers. It was found out that the knowledge and practices in health among the people of San Vicente were said to be learned from their elders and the media.

The traditional healers

Joseph Pajares (Pajares J), a 46 year old farmer, is a healer with 16 years of practice. He learned his healing methods from his grandfather. He uses medicinal plants and Latin prayers (orasyon) when treating the sick. Pajares does not accept cash payment from his patients. He freely shares knowledge to villagers who are interested in learning.

Pajares took up science in college but was not able to finish his degree. He has a wife and 6 children.

Wenefrida Lazarra (Lazarra W) is a 72 year old healer. She learned healing methods from her mother and began her practice as a young woman, when she was not yet married. She has helped many mothers in the community in giving birth to their children. She also uses medicinal plants to treat the sick. She receives voluntary donation from the people she has treated or assisted.

Carmen Cabite (Cabite C), is approximately 72 years old. She comes from a family of healers. She is a parag-suna, one who is able to treat venomous/poisonous animal bites using only her saliva. She uses Latin prayers (orasyon) and medicinal plants in her healing methods.

Luis Dalina (Dalina L) does not consider himself a healer. However he has helped relieve his family and other people's illnesses using hilot (massage). He is knowledgeable of some medicinal plants in the forest.

The community members

5 focus group discussions were conducted among the community members.

The first focus group discussion (FGD1 ESa Dolores) was held on 2011 December 10 in the house of the barangay captain:

Name	Age	Sex	Occupation
Almazan, Maricel	30	F	Homemaker, Brgy secretary
Alvarez, Elisa	-	F	Homemaker
Alvarez, Rolando	48	M	Farmer, Brgy captain
Cabe, Terso	26	M	Farmer, Brgy councilor
Dalina, Luis	-	M	Farmer
Lazarra, Jose	34	M	Farmer
Lazarra, Wenefrida	72	F	Hilot
Lorezo, Analyn		F	Homemaker
Roa, Benjamin	72	M	

The second focus group discussion (FGD2 ESa Dolores) was also held on 2011 December 10 in the house of the barangay captain:

Name	Age	Sex	Occupation
Alvarez, Elisa	-	F	Homemaker
Dalina, Emerita	26	F	Homemaker
Dalina, Luis	-	M	Farmer

The third focus group discussion (FGD3 ESa Dolores) was held on 2011 December 11 in the store of Natividad Libanan:

Name	Age	Sex	Occupation
Cabite, Enriqueta	59	F	Homemaker
Cabite, Mary	45	F	Homemaker
Guballo, Niña	22	F	Homemaker
Libanan, Natividad	60	F	Homemaker

The fourth focus group discussion (FGD4 ESa Dolores) was held on 2011 December 11 in the house of the Pajares family:

Name	Age	Sex	Occupation
Montes, Eileen	32	F	Homemaker
Montes, Hilarion	36	M	Farmer
Pajares, Joseph	46	M	Healer, farmer
Pajares, Marlyn	43	F	Homemaker

The fifth focus group discussion (FGD5 ESa Dolores) was held on 2011 December 12 in the house of the Pajares family:

Name	Age	Sex	Occupation
Dalina, Luis	-	M	Farmer
Montes, Hilarion	36	M	Farmer
Pajares, Joseph	46	M	Healer, farmer

TABLES OF ETHNOPHARMACOLOGICAL USES OF NATURAL MATERIALS IN DOLORES WATERSHED, BARANGAY SAN VICENTE, DOLORES, EASTERN SAMAR, 2011

Table 1. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Mikania cordata* (Burm.) BL Robinson
Common name/s	
Local name/s	Akopar
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 2. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Alocasia macrorhizos* (L.) G Don
Common name/s	
Local name/s	Badyang
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 3. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Clerodendrum* sp.
Common name/s	
Local name/s	Danata
Part/s used	Leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Lazarra W, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 4. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Herba buena agta
Part/s used	Aerial part or whole plant (fresh)
Preparation	Prepare concentrated decoction or common decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 5. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Acorus calamus* L.
Common name/s	
Local name/s	Lubigan
Part/s used	Rhizome (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 6. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Tinospora* sp.
Common name/s	
Local name/s	Palyawan
Part/s used	Vine
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 7. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	Family indet.
Common name/s	
Local name/s	Poliyo
Part/s used	Leaf (fresh)
Preparation	Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 8. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	1. Fabaceae family, genus indet. 2. Malvaceae family, genus indet. 3. Fabaceae family, genus indet.
Common name/s	
Local name/s	1. Ragangdang 2. Sumpa 3. Sunting
Part/s used	1. Root (fresh) 2. Leaf (fresh) 3. Leaf (fresh)
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 9. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	Fabaceae family, genus indet.
Common name/s	
Local name/s	Sunting
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 10. Anthelmintic

Ethnopharmacological use	As anthelmintic
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Abod
Part/s used	Bulb
Preparation	Clean bulb and cut in half. Scrape bulb and extract juice.
Direction for use	Take juice by mouth.
Additional information	Patient usually passes worm ball; sometimes may vomit moving worm.
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 11. Anthelmintic

Ethnopharmacological use	As anthelmintic
Scientific name	*Cocos nucifera* L.
Common name/s	
Local name/s	Lubi
Part/s used	Tuba (fermented coconut sap)
Preparation	
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 12. Anthelmintic

Ethnopharmacological use	As anthelmintic
Scientific name	*Ananas comosus* L.
Common name/s	Pineapple
Local name/s	Pinya
Part/s used	Fruit (fresh)
Preparation	
Direction for use	Eat fruit daily for a week.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 13. Anthelmintic

Ethnopharmacological use	As anthelmintic
Scientific name	Family indet.
Common name/s	
Local name/s	Tangulon
Part/s used	Fruit
Preparation	Obtain mature seeds.
Direction for use	Eat the seeds.
Additional information	

Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 14. Appendicitis

Ethnopharmacological use	For appendicitis
Scientific name	*Cordyline fruticosa* (L.) A Chev.
Common name/s	
Local name/s	Kilala
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 15. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 16. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Herba buena agta
Part/s used	Whole plant (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 17. Asthma

Ethnopharmacological use	For asthma
Scientific name	
Common name/s	Flying lizard
Local name/s	Buka-buka
Part/s used	Whole animal
Preparation	Burn animal to a crisp. Add powdered animal material in a glass of water.
Direction for use	Take concoction by mouth.
Additional information	
Informant/s (place and year)	FGD4, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 18. Aswang, To ward-off

Ethnopharmacological use	To ward-off aswang
Scientific name	*Citrus* sp.
Common name/s	
Local name/s	Tabulilid
Part/s used	Fruit (young)
Preparation	Pin tabulilid fruit on clothes of young children.
Direction for use	
Additional information	Smell of fruit repels aswang.
Informant/s (place and year)	FGD 4, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 19. Body pain

Ethnopharmacological use	For body pain
Scientific name	1. Alliaceae, genus indet. 2. Uncollected, unidentified 3. *Citrus microcarpa* Bunge
Common name/s	
Local name/s	1. Gandayapi 2. Hasmin na burok 3. Kidya
Part/s used	1. Leaf 2. Leaf 3. Fruit
Preparation	Heat plant materials over fire. Add kidya juice.
Direction for use	Apply on back.
Additional information	
Informant/s (place and year)	Cabite C (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 20. Body pain

Ethnopharmacological use	For body pain
Scientific name	*Hibiscus rosa-sinensis* L.
Common name/s	Gumamela
Local name/s	Tarukanga
Part/s used	Leaf (fresh)
Preparation	
Direction for use	Apply onto affected part, after healer has said oracion.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 21. Boil

Ethnopharmacological use	For boil
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Abod
Part/s used	
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 22. Boil

Ethnopharmacological use	For boil
Scientific name	Family indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Root (fresh or dried)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	One patient took magsumpay decoction daily for 6 months for multiple consistent boils that did not respond to conventional hospital treatment.
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 23. Boil

Ethnopharmacological use	For boil
Scientific name	*Hibiscus rosa-sinensis* L.
Common name/s	Gumamela
Local name/s	Tarukanga
Part/s used	Leaf (fresh)
Preparation	Pound leaves.
Direction for use	Apply as poultice.

Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 24. Bughat

Ethnopharmacological use	For bughat
Scientific name	1. *Clerodendrum* sp. 2. Alliaceae, genus indet. 3. Family indet. 4. Family indet. 5. *Artemisia* sp. 6. *Coleus aromaticus* Benth. 7. *Blumea balsamifera* L. 8. *Acorus calamus* L. 9. *Coleus blumei* Benth 10. Family indet. 11. Fabaceae family, genus indet. 12. Malvaceae family, genus indet.
Common name/s	1. - 2. - 3. - 4. Yerba buena 5. Damong Maria 6. Oregano 7. Sambong 8. Lubigan 9. Mayana 10. - 11. - 12. -
Local name/s	1. Danata 2. Gandayapi 3. Hasmin pula 4. Herba buena mahamot 5. Herba Maria 6. Klabo 7. Lakdan 8. Lubigan 9. Maryapa 10. Poliyo 11. Ragangdang 12. Sumpa
Part/s used	1. Leaf (fresh) 2. Leaf (fresh) 3. Leaf (fresh) 4. Leaf (fresh) 5. Leaf (fresh) 6. Leaf (fresh) 7. Leaf (fresh) 8. Rhizome (fresh) 9. Leaf (fresh) 10. Leaf (fresh) 11. Root (fresh)

	12. Leaf (fresh)
Preparation	Prepare decoction from plant materials.
Direction for use	Let mother drink 1 cup of decoction and use reminder as bath.
Additional information	This is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	FGD1, Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011);

Table 25. Bughat

Ethnopharmacological use	For bughat
Scientific name	*Tinospora* sp.
Common name/s	
Local name/s	Palyawan
Part/s used	Vine
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	This is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 26. Carminative

Ethnopharmacological use	As carminative
Scientific name	*Curcuma longa* L.
Common name/s	Luyang dilaw
Local name/s	Tanmanan
Part/s used	Rhizome (fresh)
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 27. Cleansing diet

Ethnopharmacological use	As cleansing diet
Scientific name	*Ipomoea batatas* (L.) Lam
Common name/s	Kamote
Local name/s	Kamote
Part/s used	Tuber
Preparation	Boil kamote tuber.
Direction for use	Eat.
Additional information	
Informant/s (place and year)	Dalina L, FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 28. Cleansing diet

Ethnopharmacological use	As cleansing diet
Scientific name	*Cyrtosperma merkusii* (Hassk.) Schott
Common name/s	
Local name/s	Palawan
Part/s used	Tuber
Preparation	Boil palawan tuber.
Direction for use	Eat.
Additional information	
Informant/s (place and year)	Dalina L, FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 29. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Kalanchoe pinnata* (Lam.) Pers. 2. Alliaceae, genus indet. 3. *Coleus aromaticus* Benth. 4. Family indet. 5. *Acorus calamus* L.
Common name/s	
Local name/s	1. Angheliko 2. Gandayapi 3. Klabo 4. Kusol 5. Lubigan
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. Leaf 5. Rhizome
Preparation	Wrap leaves in banana leaf. Add kidya juice. Heat leaves. Express juice.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 30. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Gynotroches axillaris* Blume 2. Family indet.
Common name/s	
Local name/s	1. Dabodabo 2. Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 31. Cough

Ethnopharmacological use	For cough
Scientific name	*Clerodendrum* sp.
Common name/s	
Local name/s	Danata
Part/s used	Leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Lazarra W, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 32. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Clerodendrum* sp. 2. *Coleus aromaticus* Benth. 3. *Blumea balsamifera* L.
Common name/s	
Local name/s	1. Danata 2. Klabo 3. Lakdan
Part/s used	Leaf
Preparation	Crush plant materials to express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Dalina L (ESa Dolores 2011)
Information gatherer/s (place and year	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 33. Cough

Ethnopharmacological use	For cough
Scientific name	Gramineae family, genus indet.
Common name/s	
Local name/s	Puti
Part/s used	Shoot (fresh)
Preparation	Obtain clean fresh shoot.
Direction for use	Gnaw shoot and take in juice.
Additional information	Medicinal plant will suppress the cough.
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 34. Cough

Ethnopharmacological use	For cough
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Leaves (fresh)
Preparation	Wrap leaves with salt in banana leaf. Heat over fire. Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 35. Cough, Blood-streaked

Ethnopharmacological use	For blood-streaked cough
Scientific name	1. *Gynotroches axillaris* Blume 2. Family indet. 3. *Ligustrum* sp.
Common name/s	
Local name/s	1. Dabodabo 2. Magsumpay 3. Polipog
Part/s used	Roots
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 36. Cure-all

Ethnopharmacological use	As cure-all
Scientific name	1. *Persea Americana* 2. *Premna odorata* Bl. 3. *Psidium guajava* L. 4. *Mangifera indica* L. 5. *Lagerstroemia speciosa* (L.) Pers. 6. *Pandanus odorus* Ridley 7. *Coriandrum sativum* L.
Common name/s	1. Abokado 2. Alagaw 3. Bayabas 4. Mangga 5. - 6. Pandan-mabango 7. Kulantro
Local name/s	1. Abokado 2. Adgaw 3. Mayabas 4. Mangga 5. Pamalawagon 6. Pandan Tsina 7. Kulantro
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. Leaf 5. Leaf 6. Leaf 7. Seed
Preparation	Prepare concentrated decoction from 3 leaves of each of the plant material (except for kulantro seeds)
Direction for use	Take decoction by mouth.
Additional information	Used as cure all for: UTI, diarrhea, ulcer, as smoking cessation, etc.
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 37. Cure-all

Ethnopharmacological use	As cure-all
Scientific name	Uncollected, unidentified
Common name/s	Ginseng
Local name/s	Ginsen
Part/s used	Root
Preparation	Steep plant in gin.
Direction for use	Take gin by mouth.
Additional information	Ginsen is used as cure-all for cancer, high blood pressure, ect.
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 38. Cure-all

Ethnopharmacological use	As cure-all
Scientific name	
Common name/s	Sawa
Local name/s	Halas
Part/s used	Snake bile (dried)
Preparation	Mix dried bile with beverage or water
Direction for use	Take by mouth.
Additional information	As cure all, may be used for flu-like symptoms, cough, asthma, and measles.
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 39. Dengue

Ethnopharmacological use	For dengue
Scientific name	*Chamaesyce hirta* (L.) Millsp.
Common name/s	Tawa-tawa
Local name/s	Gatas-gatas
Part/s used	Whole plant
Preparation	Wash plant. Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 40. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	1. Uncollected, unidentified 2. *Alocasia macrorhizos* (L.) G Don
Common name/s	
Local name/s	1. Abaka 2. Badyang
Part/s used	1. Root or stem 2. Root
Preparation	a. Pound plant materials. b. Prepare concentrated decoction from 3 pieces of badyang roots and abaka roots.
Direction for use	a. Apply as poultice. b. Take decoction by mouth
Additional information	
Informant/s (place and year)	Dalina L, FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 41. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Toona* sp.
Common name/s	
Local name/s	Alawihaw
Part/s used	Bark of stem
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Dalina L (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 42. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Alocasia macrorhizos* (L.) G Don
Common name/s	
Local name/s	Badyang
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 43. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Pseudoelephantopus spicatus* (Juss.) Rohr
Common name/s	
Local name/s	Higutbaluto
Part/s used	Root (fresh)
Preparation	Prepare decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 44. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	1. *Mangifera indica* L. 2. *Lagerstroemia speciosa* (L.) Pers. 3. Unidentified
Common name/s	
Local name/s	1. Mangga 2. Pamalawagon 3. Saging-saging
Part/s used	1. Bark 2. Bark 3. Root
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 45. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Tylophora* sp.
Common name/s	
Local name/s	Ronas
Part/s used	Vine
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabite C (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 46. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Peperomia pellucida* (Linn.)
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Whole plant
Preparation	Wash plant material. Crush to express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 47. Diarrhea, Blood-streaked

Ethnopharmacological use	For blood-streaked diarrhea
Scientific name	Family indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 48. Duros

Ethnopharmacological use	For duros
Scientific name	*Coriandrum sativum* L.
Common name/s	
Local name/s	Kulantro
Part/s used	Root
Preparation	Wash roots.
Direction for use	Eat plant material.
Additional information	Duros is manifested by stomach pain and flank pain migrating. Patient will die if pain migrates up above the stomach. If pain migrates down it will cause buyong or hernia. This is due to carrying heavy objects or drinking coconut water on an empty stomach.
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 49. Duros

Ethnopharmacological use	For duros
Scientific name	Family indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	
Preparation	
Direction for use	
Additional information	Duros is manifested by stomach pain and flank pain migrating. Patient will die if pain migrates up above the stomach. If pain migrates down it will cause buyong or hernia. This is due to carrying heavy objects or drinking coconut water on an empty stomach.
Informant/s (place and year)	Cabite C (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 50. Duros

Ethnopharmacological use	For duros
Scientific name	*Elephantopus scaber* L.
Common name/s	
Local name/s	Narotabako
Part/s used	Root
Preparation	Wash roots. Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	Duros is manifested by stomach pain and flank pain migrating. Patient will die if pain migrates up above the stomach. If pain migrates down it will cause buyong or hernia. This is due to carrying heavy objects or drinking coconut water on an empty stomach.
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 51. Duros

Ethnopharmacological use	For duros
Scientific name	*Ligustrum* sp.
Common name/s	
Local name/s	Polipog
Part/s used	
Preparation	
Direction for use	
Additional information	Duros is manifested by stomach pain and flank pain migrating. Patient will die if pain migrates up above the stomach. If pain migrates down it will cause buyong or hernia. This is due to carrying heavy objects or drinking coconut water on an empty stomach.
Informant/s (place and year)	Cabite C (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 52. Eyes, sore

Ethnopharmacological use	For sore eyes
Scientific name	*Chamaesyce hirta* (L.) Millsp.
Common name/s	Tawa-tawa
Local name/s	Gatas-gatas
Part/s used	Aerial part
Preparation	Wash plant.
Direction for use	Cut plant and let sap drop on affected eye.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 53. Eyes, sore

Ethnopharmacological use	For sore eyes
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Panhauli ha guba
Part/s used	Leaf
Preparation	Wrap plant material in banana leaf.
Direction for use	Express juice and let drop onto affected eye.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 54. Fever

Ethnopharmacological use	For fever
Scientific name	1. *Kalanchoe pinnata* (Lam.) Pers. 2. *Coleus aromaticus* Benth. 3. *Peperomia pellucida* (Linn.)
Common name/s	
Local name/s	1. Angheliko 2. Klabo 3. Sinaw-sinaw
Part/s used	1. Leaf 2. Leaf 3. Whole plant
Preparation	Pound plant materials.
Direction for use	Apply as poultice on forehead.
Additional information	This can also be used for high fever.
Informant/s (place and year)	Dalina L (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 55. Fever

Ethnopharmacological use	For fever
Scientific name	*Musa sapientum* L.
Common name/s	
Local name/s	Sab-a
Part/s used	Trunk (fresh)
Preparation	Scrape inner layer of trunk.
Direction for use	Apply on forehead, secure with cloth.
Additional information	For fever that is ‘malalim, di agad lumalabas.’
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 56. Fever (High)

Ethnopharmacological use	For fever (high)
Scientific name	*Peperomia pellucida* (Linn.)
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Whole plant
Preparation	Wash plant material. Crush.
Direction for use	Apply on forehead.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 57. Flu-like symptoms

Ethnopharmacological use	For flu-like symptoms
Scientific name	*Mikania cordata* (Burm.) BL Robinson
Common name/s	
Local name/s	Akopar
Part/s used	Leaf (young and fresh)
Preparation	Prepare decoction from plant material.
Direction for use	Take 1 cup decoction by mouth. Use the rest as sponge bath and foot bath while lukewarm.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 58. Flu-like symptoms

Ethnopharmacological use	For flu-like symptoms
Scientific name	1. Family indet. 2. Family indet.
Common name/s	
Local name/s	1. Herba buena mahamot 2. Poliyo
Part/s used	Leaf (fresh)
Preparation	Heat leaves. Express juice from plant materials.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 59. Flu-like symptoms

Ethnopharmacological use	For flu-like symptoms
Scientific name	*Carica papaya* L.
Common name/s	
Local name/s	Papaya lalaki
Part/s used	Stem
Preparation	Cut stem lengthwise. Scrape core. Squeeze to express juice.
Direction for use	Drink juice and apply onto the body.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 60. Flu-like symptoms

Ethnopharmacological use	For flu-like symptoms
Scientific name	*Peperomia pellucida* (Linn.)
Common name/s	
Local name/s	SInaw-sinaw
Part/s used	Whole plant (fresh)
Preparation	Wash plant material. Chop, crush, and prepare plant material as poultice.
Direction for use	Apply poultice on forehead.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 61. Gum infection

Ethnopharmacological use	For gum infection
Scientific name	1. *Marattia pellucida* C. Presl. 2. *Psidium guajava* L.
Common name/s	
Local name/s	1. Amamangpang 2. Bayabas
Part/s used	Root
Preparation	Prepare concentrated decoction from plant materials. Add salt.
Direction for use	Use decoction as mouth wash twice a day for 5 days.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 62. Headache

Ethnopharmacological use	For headache
Scientific name	Family indet.
Common name/s	
Local name/s	Herba buena mahamot
Part/s used	Leaf (fresh)
Preparation	Prepare poultice from fresh plant material.
Direction for use	Apply poultice on forehead.
Additional information	
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 63. Headache

Ethnopharmacological use	For headache
Scientific name	*Coleus aromaticus* Benth.
Common name/s	
Local name/s	Klabo
Part/s used	Leaf (fresh)
Preparation	
Direction for use	Apply on forehead.
Additional information	
Informant/s (place and year)	Cabite C (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 64. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Annona muricata* L.
Common name/s	Guyabano
Local name/s	Guwardabano
Part/s used	Bark of stem or leaf (young and fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD4, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 65. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Polyalthia longifolia* Benth & Hook.f.
Common name/s	Indian tree
Local name/s	Pine tree
Part/s used	Bark of stem
Preparation	Obtain bark from stem after first layer has been discarded. Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 66. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Peperomia pellucida* (Linn.)
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Whole plant (fresh)
Preparation	Wash plant material. Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Dalina L, FGD1, FGD2 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 67. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Andropogon citratus* (DC.)
Common name/s	
Local name/s	Tanglad
Part/s used	Whole plant
Preparation	Wash plant. Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Dalina L, FGD1, FGD2 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 68. Insect repellent

Ethnopharmacological use	As insect repellent
Scientific name	*Schismatoglottis* sp.
Common name/s	
Local name/s	Payaw
Part/s used	Leaf
Preparation	Crush leaves to express juice.
Direction for use	Apply juice on skin.
Additional information	May cause itchiness. Repels mosquito, chigger, bees (ligwan).
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 69. Insect repellent (bed bugs)

Ethnopharmacological use	As insect repellent (bed bugs)
Scientific name	
Common name/s	Kambing
Local name/s	Kanding
Part/s used	Stool
Preparation	Gather and dry goat stool.
Direction for use	Burn stool.
Additional information	Smoke will repel bed bugs.
Informant/s (place and year)	FGD4 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 70. Insomnia

Ethnopharmacological use	For insomnia
Scientific name	*Leucaena glauca* Linn.
Common name/s	Ipil-ipil
Local name/s	
Part/s used	Stem and branch
Preparation	Burn stem and branches to make charcoal powder and add water.
Direction for use	Take concoction by mouth.
Additional information	
Informant/s (place and year)	FGD4, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 71. Itchiness

Ethnopharmacological use	For itchiness
Scientific name	*Arcangelisia flava* (L.) Merr.
Common name/s	Abutra
Local name/s	Albutra
Part/s used	Bark of vine
Preparation	Scrape bark. Add coconut oil.
Direction for use	Apply on affected area.

Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 72. Kidney disease

Ethnopharmacological use	For kidney disease
Scientific name	
Common name/s	Pig
Local name/s	Baboy
Part/s used	Bugna ng baboy or mutya obtained from bladder of pig
Preparation	Steep bugna in water.
Direction for use	Take concoction by mouth.
Additional information	
Informant/s (place and year)	Dalina L (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 73. Lakip

Ethnopharmacological use	To suppress lakip
Scientific name	*Schismatoglottis* sp.
Common name/s	
Local name/s	Payaw
Part/s used	Leaf
Preparation	Heat plant material over fire. Apply coconut oil on leaf.
Direction for use	Apply on abdomen of pregnant woman.
Additional information	Lakip are small blood vessels developed during pregnancy, if not managed by the birth attendant it will cause bleeding during delivery. Payaw will suppress the blood vessels (lakip) that causes bleeding.
Informant/s (place and year)	FGD1, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 74. Lice infestation

Ethnopharmacological use	For lice infestation
Scientific name	*Cocos nucifera* L.
Common name/s	
Local name/s	Lubi
Part/s used	Fruit (mature and fresh)
Preparation	Grate the coconut meat and express the milk. Add juice of kidya.
Direction for use	Apply the above preparation on hair. Brush hair using finely-toothed comb.
Additional information	
Informant/s (place and year)	FGD 3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 75. Lumiliwan

Ethnopharmacological use	For lumiliwan
Scientific name	
Common name/s	
Local name/s	
Part/s used	
Preparation	Wrap plant material in banana leaf. Heat over fire. Express juice.
Direction for use	Let mother take juice by mouth.
Additional information	To remove retained blood in the uterus after child dellvery.
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 76. Lumiliwan

Ethnopharmacological use	For lumiliwan
Scientific name	*Nauclea orientalis* (L.) L.
Common name/s	
Local name/s	Kabak
Part/s used	Bark of stem
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	To remove retained blood in the uterus after child dellvery.
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 77. Lumiliwan

Ethnopharmacological use	Lumiliwan
Scientific name	*Tinospora* sp.
Common name/s	
Local name/s	Palyawan
Part/s used	Vine
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	To remove retained blood in the uterus after child dellvery.
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 78. Measles

Ethnopharmacological use	For measles
Scientific name	
Common name/s	Python
Local name/s	Halas
Part/s used	Bile
Preparation	Dry and powder bile.
Direction for use	Take bile by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 79. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	*Clerodendrum* sp.
Common name/s	
Local name/s	Danata
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 80. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	1. *Clerodendrum* sp. 2. Family indet. 3. *Coleus aromaticus* Benth. 4. *Blumea balsamifera* L. 5. Family indet.
Common name/s	
Local name/s	1. Danata 2. Hasmin pula 3. Klabo 4. Lakdan 5. Yapana
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 81. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	Family indet.
Common name/s	
Local name/s	Hasmin pula
Part/s used	Leaf (fresh)
Preparation	Roast leaves. Express juice from plant material.
Direction for use	Take juice by mouth. Apply some juice on fontanel area.
Additional information	
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 82. Miscarriage, To prevent

Ethnopharmacological use	To prevent miscarriage
Scientific name	1. Family indet. 2. *Coleus aromaticus* Benth. 3. *Blumea balsamifera* L.
Common name/s	
Local name/s	1. Hasmin pula 2. Kalabo 3. Lakdan
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	This is called a 'pampakapit ng bata.'
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 83. Pasma

Ethnopharmacological use	For pasma
Scientific name	Arcangelisia flava (L.) Merr. Or *Merremia* sp.
Common name/s	
Local name/s	Burakan
Part/s used	
Preparation	
Direction for use	
Additional information	Pasma is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to the cold.
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 84. Pasma

Ethnopharmacological use	For pasma
Scientific name	*Ficus minahassae* (Teijsm. & Vriese) Miq.
Common name/s	
Local name/s	Hagimit
Part/s used	Stem
Preparation	Express juice from stem.
Direction for use	Take juice by mouth.
Additional information	Hagimit juice is considered malamig/bugnaw (cold). Pasma is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to the cold.
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 85. Pasma

Ethnopharmacological use	For pasma
Scientific name	*Carica papaya* L.
Common name/s	
Local name/s	Kapayas lalaki
Part/s used	Stem
Preparation	Cut stem lengthwise. Scrape core. Squeeze to express juice.
Direction for use	Drink juice and apply on affected part.
Additional information	Pasma is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to the cold.
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 86. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Balingasag
Part/s used	Fruit
Preparation	Pound fruits.
Direction for use	Cast pounded plant material on the river.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 87. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Kurisaw
Part/s used	Leaf
Preparation	Pound leaves
Direction for use	Cast pounded plant material on the river.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 88. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Lagtang
Part/s used	Fruit
Preparation	Pound fruitf
Direction for use	Cast pounded plant material on the river.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 89. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Saging-saging
Part/s used	Bark of stem
Preparation	Pound bark
Direction for use	Cast pounded plant material on the river.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 90. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Archidendron scutiferum* (Blanco) Nielsen
Common name/s	
Local name/s	Salokigi
Part/s used	Bark of stem
Preparation	Pound bark
Direction for use	Cast pounded plant material on the river.
Additional information	

Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 91. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Callicarpa formosana* Rolfe
Common name/s	
Local name/s	Tigaw
Part/s used	Leaf or root
Preparation	Pound leaves or roots.
Direction for use	Cast pounded plant material on the river
Additional information	
Informant/s (place and year)	FGD1, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 92. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Jatropha curcas* L.
Common name/s	Tubang bakod
Local name/s	Tuba-tuba
Part/s used	Fruit (ripe)
Preparation	Pound fruits.
Direction for use	Cast pounded plant material on the river.
Additional information	
Informant/s (place and year)	Dalina L, FGD1, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 93. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Derris elliptica*
Common name/s	
Local name/s	Tubli
Part/s used	Root
Preparation	Pound roots
Direction for use	Cast pounded plant material on the river.
Additional information	
Informant/s (place and year)	FGD1, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 94. Poison, Human

Ethnopharmacological use	As poison
Scientific name	Unidentified, uncollected
Common name/s	
Local name/s	Paluha
Part/s used	
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 95. Puno

Ethnopharmacological use	For puno
Scientific name	*Artemisia* sp.
Common name/s	
Local name/s	Herba Maria
Part/s used	Leaf (fresh)
Preparation	Express juice from fresh plant material. Add coconut oil.
Direction for use	Apply the above preparation on baby's head.
Additional information	A child is afflicted with puno of her/his scalp itches. Itching may cause wounds on scalp.
Informant/s (place and year)	Lazarra W (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 96. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	*Sambucus javanica* Reinw. ex Blume
Common name/s	
Local name/s	Bungliw
Part/s used	Root
Preparation	Wrap in banana leaf. Add vinegar. Express juice.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 97. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	1. *Allium sativum* L. 2. *Piper nigrum* L. 3. *Allium cepa* L.
Common name/s	
Local name/s	1. Lasona 2. Paminta 3. Sibuyas
Part/s used	1. Clove 2. Fruit 3. Bulb
Preparation	Combine lasona, paminta, sibuyas, and gasoline.
Direction for use	Apply on affected part.
Additional information	
Informant/s (place and year)	Dalina L (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 98. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	1. *Zingiber officinale* Roscoe 2. Zingiberaceae family, genus indet.
Common name/s	
Local name/s	1. Luy-a 2. Tanmanan
Part/s used	Rhizome
Preparation	Chop plant materials. Add kerosene and salt.
Direction for use	Apply on affected part.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 99. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	*Pterocarpus indicus* Willd.
Common name/s	Narra
Local name/s	Naga
Part/s used	Bark or bark of stem
Preparation	Obtain bark after outer layer has been scraped-off. a. Prepare decoction from plant material b. Prepare concentrated decoction from plant material
Direction for use	a. Take 1 cup decoction and the rest as bath. b. Take decoction by mouth. Apply some portion of decoction on affected area.
Additional information	
Informant/s (place and year)	FGD1, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 100. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	*Peperomia pellucida* (Linn.)
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Whole plant (fresh)
Preparation	Wash plant material. Prepare concentrated decoction of plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 101. Scabies

Ethnopharmacological use	For scabies
Scientific name	*Senna timoriensis* (DC) Irwin & Barneby
Common name/s	
Local name/s	Apyan
Part/s used	Bark
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Use decoction as wash. Do this once daily for 3 days.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 102. Scabies

Ethnopharmacological use	For scabies
Scientific name	*Derris elliptica*
Common name/s	
Local name/s	Tubli
Part/s used	Root
Preparation	Pound roots to express juice.
Direction for use	Apply juice on affected parts of the body.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 103. Skin fungal infection

Ethnopharmacological use	For skin fungal infection
Scientific name	*Cassia alata* L.
Common name/s	Akapulko
Local name/s	Kasikas
Part/s used	Leaf
Preparation	Crush leaves to express juice.
Direction for use	Apply juice on affected parts of the body.

Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 104. Skin, To smoothen

Ethnopharmacological use	To smoothen skin
Scientific name	Unidentified, uncollected
Common name/s	
Local name/s	Abod
Part/s used	Bulb
Preparation	Clean bulb and cut in half.
Direction for use	Apply on face.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 105. Sleep, To induce

Ethnopharmacological use	To induce sleep
Scientific name	*Dioscorea hispida* Dennst.
Common name/s	Nami
Local name/s	Korot
Part/s used	Tuber
Preparation	Cut tuber into thin slices. Crush to express juice. Let juice stand. Discard crushed tuber. Let dry the sediment. Gather the powder. Put a very little amount of powder in the alcoholic drink
Direction for use	This practice is done as a prank for drinking mates who are boisterous. Known to have caused death if bigger amount is used.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 106. Sleep, To induce

Ethnopharmacological use	To induce sleep
Scientific name	*Cocos nucifera* L.
Common name/s	
Local name/s	Lubi
Part/s used	Tuba (fermented coconut sap)
Preparation	Obtain fresh tuba. One may add Chinese medicine wine (siok tong).
Direction for use	Drink concoction.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 107. Snake bite

Ethnopharmacological use	For snake bite
Scientific name	*Osmoxylon* sp.
Common name/s	
Local name/s	Ginpasandigan
Part/s used	Root (fresh)
Preparation	
Direction for use	Eat fresh root.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 108. Sprain

Ethnopharmacological use	For sprain
Scientific name	*Jatropha curcas* L.
Common name/s	Tubang bakod
Local name/s	Tuba-tuba
Part/s used	Leaf
Preparation	Heat leaves over fire. Apply coconut oil.
Direction for use	Apply plant material on affected part.
Additional information	
Informant/s (place and year)	Dalina L, FGD4 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 109. Tabardilyo

Ethnopharmacological use	For tabardilyo
Scientific name	*Ipomoea batatas* (L.) Lam
Common name/s	
Local name/s	Kamote
Part/s used	Tuber
Preparation	Boil tuber
Direction for use	Inhale steam from boiling kamote.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 110. TB

Ethnopharmacological use	For TB
Scientific name	1. *Kalanchoe pinnata* (Lam.) Pers. 2. Alliaceae, genus indet. 3. *Coleus aromaticus* Benth. 4. Family indet. 5. *Acorus calamus* L. 6. Gramineae family, genus indet.
Common name/s	
Local name/s	1. Angheliko 2. Gandayapi 3. Klabo 4. Kusol 5. Lubigan 6. Puti
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. Leaf 5. Rhizome 6. Shoot
Preparation	Pound plant materials, 3 pieces of each. Add kidya juice.
Direction for use	Take concoction by mouth. Take daily.
Additional information	
Informant/s (place and year)	Cabe T (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 111. Teeth, To strengthen

Ethnopharmacological use	To strengthen teeth
Scientific name	1. Calcium hydroxide 2. *Areca catechu* L. 3. *Piper* sp. 4. *Nicotiana tabacum* L.
Common name/s	
Local name/s	1. Apog 2. Bunga 3. Dapun 4. Tabako
Part/s used	1. Apog 2. Fruit 3. Leaf 4. Leaf
Preparation	Combine the four ingredients.
Direction for use	Chew, spit saliva.
Additional information	One may use bayuto or labilab as substitute for dapun. Mama (betel chewing) heats up the body and is useful during cold days.
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 112. Toothache

Ethnopharmacological use	For toothache
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Karupay babayi
Part/s used	Aerial part (fresh)
Preparation	Express juice from plant material.
Direction for use	Apply on affected tooth.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 113. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	1. *Leucyosyke capitellata* (Poir.) Wedd. 2. *Parasponia rugosa* Blume 3. *Canarium ovatum* Engl. 4. *Alphitonia excelsa* (Fenzl) Reiss. ex Endl.
Common name/s	
Local name/s	1. Anagasi 2. Hanadgong 3. Pili 4. Tulo
Part/s used	Bark
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 114. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	Family indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Root (fresh or dried)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 115. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	Family indet. Family indet.
Common name/s	
Local name/s	1. Magsumpay 2. Polipog
Part/s used	1. Root 2. Vine
Preparation	Chop plant materials. Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 116. Ulcer in drunk person

Ethnopharmacological use	Ulcer in drunk person
Scientific name	*Tinospora* sp.
Common name/s	
Local name/s	Palyawan
Part/s used	
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 117. UTI

Ethnopharmacological use	For UTI
Scientific name	1. *Gynotroches axillaris* Blume 2. Family indet.
Common name/s	
Local name/s	1. Dabodabo 2. Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 118. UTI

Ethnopharmacological use	For UTI
Scientific name	*Clerodendrum* sp.
Common name/s	
Local name/s	Danata
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 119. Urinary tract infection

Ethnopharmacological use	For UTI
Scientific name	*Lagerstroemia speciosa* (L.) Pers.
Common name/s	
Local name/s	Pamalawagon
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD5 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 120. Vision, blurred

Ethnopharmacological use	For blurred vision
Scientific name	Family indet.
Common name/s	
Local name/s	Kusol
Part/s used	Shoot (fresh)
Preparation	Heat plant material over fire. Express juice.
Direction for use	Let drop on affected eye.
Additional information	
Informant/s (place and year)	FGD3 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 121. Vomiting

Ethnopharmacological use	For vomiting
Scientific name	*Alocasia macrorhizos* (L.) G Don
Common name/s	
Local name/s	Badyang
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	

Informant/s (place and year)	Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 122. Wound

Ethnopharmacological use	For wound
Scientific name	*Arcangelisia flava* (L.) Merr.
Common name/s	Abutra
Local name/s	Albutra
Part/s used	Vine bark or stem
Preparation	Scrape second layer of bark after first layer has been discarded. Add coconut oil (lana).
Direction for use	Apply on wound.
Additional information	
Informant/s (place and year)	FGD3, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 123. Wound

Ethnopharmacological use	For wound
Scientific name	1. *Gynotroches axillaris* Blume 2. Family indet.
Common name/s	
Local name/s	1. Dabodabo 2. Magsumpay
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 124. Wound

Ethnopharmacological use	For wound
Scientific name	*Tinospora* sp.
Common name/s	
Local name/s	Palyawan
Part/s used	
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 125. Wound

Ethnopharmacological use	For wound
Scientific name	*Eclipta prostrata* (L.) L.
Common name/s	
Local name/s	Tinta-tinta
Part/s used	Aerial part
Preparation	Wash plant material. Crush to express juice.
Direction for use	Apply juice on affected part.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 126. Wound, Bleeding

Ethnopharmacological use	For bleeding wound
Scientific name	*Paspalum* sp.
Common name/s	
Local name/s	Lakatan
Part/s used	Whole plant or root (fresh)
Preparation	Wash plant material. Pound.
Direction for use	Apply onto bleeding wound or chew plant prior to application.
Additional information	
Informant/s (place and year)	FGD1, FGD3, FGD 5, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 127. Wound, Infected

Ethnopharmacological use	For infected wound
Scientific name	*Arcangelisia flava* (L.) Merr.
Common name/s	Abutra
Local name/s	Albutra
Part/s used	Vine bark or vine
Preparation	Scrape second layer of bark or chop vine. Add coconut oil (lana).
Direction for use	Apply on wound.
Additional information	
Informant/s (place and year)	Cabite C, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 128. Wound, Stab

Ethnopharmacological use	For stab wound
Scientific name	Family indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	
Preparation	
Direction for use	
Additional information	
Informant/s (place and year)	Cabite C, Pajares J (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

Table 129. Wound, Stab

Ethnopharmacological use	For stab wound
Scientific name	Family indet.
Common name/s	
Local name/s	Polipog
Part/s used	Vine
Preparation	Chop vine. Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1 (ESa Dolores 2011)
Information gatherer/s (place and year)	Sia IC, Luceriano RP, Aparentado MGU (ESa Dolores 2011)

GANDARA WATERSHED
Barangay Hiduroma, San Jose de Buan, Samar

The study area

Barangay Hiduroma is one of the 15 barangays of San Jose de Buan, Samar.

It may be reached from the town proper of San Jose de Buan by a 20 minute bus ride.

Barangay Hiduroma covers a total land area of 60 hectares. The barangay is cut by the San Jose de Buan highway even as most of the settled areas are on the eastern side. Facing north is San Jose de Buan proper and on its south is Barangay Babaclayon. Forest areas are found in the eastern side and to the west are the mountains, Hiduroma stream, Hiduroma rapids, and Hiduroma cave.

Barangay Hiduroma was once one of the sitios of Barangay Babaclayon. It was established in 1989 and became an independent barangay through the leadership of then barangay captain Gregorio Valles.

The barangay has piped water obtained from the mountain spring. This is distributed through 3 public faucets in the Barangay Proper, Some households get electricity through the Samar Electric Cooperative, Inc. (Samelco ll) which operates 24 hours. Half of the community have toilets.

The barangay has a total population of 318 individuals and 42 households. Waray is the lingua franca but Filipino is widely spoken.

The most common source of livelihood is growing corn and grains, coconut farming, and abaca production. People also grow vegetables during the dry season. Others earn their livelihood by working as farm labourers. The barangay also has 3 sari sari stores.

The barangay is headed by the barangay chairman. He is assisted by 7 barangay councilors who each help in the administration of their barangay. The barangay chairman advocates many worthwhile projects such as the “pintakasi” - cleaning the barangay’s sorroundings, ecotourism, and building of a school.

Several government entities have developed projects in the barangay such as those of the Department of Environment and Natural Resources (tree planting), the Department of Health RHU (TB DOTS), DSWD KALAHI CIDSS (school buildings, barangay multipurpose center), and the Pantawid Pamilyang Pilipino Program (4Ps).

The barangay has a day care center with one teacher and also an elementary school with one teacher for students from Grade 1 to 3. The community follow the Roman Catholic faith. Religious fiesta is celebrated every October 5 and 6 for their patron saint Nuestra Sra. Del Rosario. Leisure activities include basketball, drinking to unwind, and television/DVD watching.

The barangay midwife lives in San Jose De Buan proper. She visits the community once a month. She is assisted by barangay health workers (BHW). The leading cause of morbidity in Hiduroma includes diarrhea, bronchitis, trangkaso (influenza), and high blood pressure.

People seek help from local healers (tambalan), the barangay health workers, midwife, and the Municipal Rural Health Unit (RHU).

Gathering of information and herbarium vouchers

Gathering of information was conducted from 2012 January 4 to 7 and January 19 to 28.

Conduct of the study was facilitated with the help of the municipal vice mayor of San Jose de Buan, the barangay captain of Hiduroma, the barangay councilors, and the wife of the barangay captain. They also helped in identifying the key informants.

Collection of herbarium vouchers and specimen was conducted on 2012 January 27. The researcher was accompanied by the barangay captain, selected barangay officials, and one traditional healer.

Individual interviews and focus group discussion were conducted among the traditional healers and community members. Information was also gathered during the walk-through in the community and in the forest.

The informants

Information was gathered from 2 traditional healers and 18 community members.

The traditional healers

Mrs. Clarita J. Cabariban (Cabariban C) is 56 years old and has 22 years of practice. Her healing ability came from her father. She was taught at a young age to use herbal medicine to treat the sick. She is also a manaram, a local birth attendant in their barangay. She even assisted when her daughter was giving birth. Her healing abilty includes treating lanti and bughat. She uses orasyon in treating any kind of illness.

Mr. Juanito Jabolin (Jabolin J), a 50 year old farmer, is referred to as Weto by the community. He is a well-regarded healer in Hiduroma with 10 years of experience. In addition to the use of medicinal plants he also employs hilot and orasyon to treat the sick. He does not charge his patients and accepts any amount of cash or goods that a patient or client can offer. He learned his healing methods from his grandfather who was also a healer.

Jabolin goes to a cave during the Holy Week to perform tahas or sacrifice in order to enhance or improve his healing ability.

Mr. Fedirico Hadap (Hadap F) works as a farmer. He learned to use medicinal plants from his healer friends but he only use his skills for his family. He knows herbal plants in forest.

Mr. Serrafin Gabiana, 65 yrs old, is considered as one of the skilled and talented healers in their barangay. He could not be interviewed due to his work in the farm.

The community members

2 focus group discussions were conducted among community members.

The first focus group discussion (FGD1 Sa San Jose de Buan) was held on 2012 January 20, 10:35 AM – 12: 40 PM in the barangay captain's residence:

Name	Age	Sex	Occupation
Rolly E. Rebato	33	M	Brgy Captain
Leonora Beduya	48	F	Brgy Councilor
Lourdes Saldino	48	F	Brgy Councilor
Maria Cabasaris	58	F	Brgy Councilor
Diocito Mabilangan	-	M	Brgy Secretary, farmer

The second focus group discussion (FGD2 Sa San Jose de Buan) was held on 2012 January 22, 3:00 – 5:00 PM at the waiting shed in Barangay Proper:

Name	Age	Sex	Occupation
Cabariban, Ma. Dayne	18	F	SK Chairwoman
Cabariban, Marissa	29	F	Homemaker
Cabasaris, Jocelyn	-	F	Homemaker
Dakles, Rochelle	31	F	Homemaker
Gabani, Nida	40	F	Homemaker
Hadap, Leah B	36	F	Store owner, Brgy Treasurer
Jabolin, Julita	45	F	Homemaker
Mabilangan, Nilda B.	46	F	Homemaker
Manozo, Elina	22	F	Homemaker
Rebato, Elma	32	F	Store owner

The other informants from the community and town proper included:

Name	Age	Sex	Occupation
Hadap, Fedirico		M	Farmer
Cabariban, Junior		M	Labourer
Elizalde, Joaquin		M	Vice-mayor

TABLES OF ETHNOPHARMACOLOGICAL USES OF NATURAL MATERIALS IN GANDARA WATERSHED, BARANGAY HIDUROMA, SAN JOSE DE BUAN, SAMAR, 2012

Table 1. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. Uncollected, unidentified 3. Rubiaceae family, genus indet. 4. *Gynotroches axillaris* Blume 5. *Gossypium* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Schefflera* sp. 8. *Thottea philippinensis* Quisumb. 9. Uncollected, unidentified 10. *Blumea balsamifera* L. 11. Uncollected, unidentified 12. Uncollected, unidentified
Common name/s	
Local name/s	1. Balukas 2. Borugtungon 3. Buyon 4. Dabodabo 5. Gapas 6. Higutbaluto 7. Karangkang 8. Kotikot 9. Kudlasan 10. Lakdan 11. Madbad 12. Taluga-an
Part/s used	1. Root 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root 8. Root 9. - 10. Root 11. Root 12. Root
Preparation	Steep plant materials in coconut oil (lana).
Direction for use	Take by mouth.
Additional information	For the lana, obtain coconut (bugtong) which is facing the east.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 2. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Bark
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 3. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 4. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Tagetes erecta* L.
Common name/s	
Local name/s	Rosas de empacho
Part/s used	Leaf
Preparation	Prepare poultice from plant material.
Direction for use	Apply on abdomen.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 5. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	
Common name/s	
Local name/s	Sawa
Part/s used	Apdo
Preparation	Air-dry gallbladder over cooking area. Put a pinch of gallbladder in a glass of lukewarm water.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2, Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 6. Anemia

Ethnopharmacological use	For anemia
Scientific name	*Ipomoea batatas* (L.) Lam
Common name/s	
Local name/s	Kamote
Part/s used	Young leaf
Preparation	Prepare as vegetable food.
Direction for use	Eat.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 7. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	Uncollected, unidentified
Common name/s	Ginseng
Local name/s	Ginsen
Part/s used	Root
Preparation	Steep the plant material in gin.
Direction for use	Take ginseng extract, 1 bottle cap full each time.
Additional information	Ginseng roots are said to grow in the bottle immersed in gin.
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 8. Asthma

Ethnopharmacological use	For asthma
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Paluway
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 9. Asthma

Ethnopharmacological use	For asthma
Scientific name	
Common name/s	Butiki
Local name/s	Tiki
Part/s used	Whole tiki
Preparation	Roast and pulverize.
Direction for use	Mix in food. Eat
Additional information	
Informant/s (place and year)	Cabariban M, Cabasares J, FGD1 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 10. Bite, Snake

Ethnopharmacological use	For snake bite
Scientific name	*Osmoxylon* sp.
Common name/s	
Local name/s	Ginpasandigan
Part/s used	Root
Preparation	Pound roots
Direction for use	Chew and swallow juice.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 11. Body pain

Ethnopharmacological use	For body pain
Scientific name	*Blumea balsamifera* L.
Common name/s	
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Heat over fire.
Direction for use	Apply and rub on affected part.
Additional information	
Informant/s (place and year)	FGD2, Mabilangan D (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 12. Boil

Ethnopharmacological use	For boil
Scientific name	*Alstonia scholaris* (L.) R Br.
Common name/s	
Local name/s	Dita
Part/s used	Sap
Preparation	Express sap from leaves.
Direction for use	Apply on affected area.
Additional information	
Informant/s (place and year)	Cabariban C, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 13. Boil

Ethnopharmacological use	For boil
Scientific name	*Hibiscus rosa-sinensis* L.
Common name/s	Gumamela
Local name/s	Tarukanga
Part/s used	Leaf
Preparation	Pound plant material.
Direction for use	Apply on affected area.
Additional information	
Informant/s (place and year)	Cabariban C, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 14. Boil (hubag hangin)

Ethnopharmacological use	For boil (hubag hangin)
Scientific name	*Alstonia scholaris* (L.) R Br.
Common name/s	
Local name/s	Dita
Part/s used	Sap
Preparation	Express sap from leaves.
Direction for use	Apply on affected area.
Additional information	Hubag hangin are boils that appear in any part of the body. These can swell up simultaneously.

Informant/s (place and year)	Cabariban C, FGD2, Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 15. Boil (hubag hangin)

Ethnopharmacological use	For boil (hubag hangin)
Scientific name	Family indet.
Common name/s	
Local name/s	Malawmaw
Part/s used	Leaf
Preparation	Pound plant material.
Direction for use	Put on the affected area.
Additional information	Hubag hangin are boils that appear in any part of the body. These can swell up simultaneously.
Informant/s (place and year)	Cabariban C, Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 16. Bughat ha nanganak

Ethnopharmacological use	For bughat ha nanganak
Scientific name	1. Uncollected, unidentified 2. *Vavea amicorum* Benth. 3. Uncollected, unidentified 4. Rubiaceae family, genus indet. 5. *Artemisia* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Oroxylum indicum* (L.) Vent.
Common name/s	
Local name/s	1. Abaka 2. Bunak 3. Buri 4. Buyon 5. Herba Maria 6. Higutbaluto 7. Karayakay
Part/s used	1. Pith 2. Root 3. Leaf 4. Root 5. Whole plant 6. Root 7. Bark
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Perform whole body massage. Then perform pauslob. Take decoction by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 17. Bughat ha nanganak

Ethnopharmacological use	For bughat ha nanganak
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. Uncollected, unidentified 3. Rubiaceae family, genus indet. 4. *Gynotroches axillaris* Blume 5. *Gossypium* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Schefflera* sp. 8. *Thottea philippinensis* Quisumb. 9. Uncollected, unidentified 10. *Blumea balsamifera* L. 11. Uncollected, unidentified 12. Uncollected, unidentified
Common name/s	
Local name/s	1. Balukas 2. Borugtungon 3. Buyon 4. Dabodabo 5. Gapas 6. Higutbaloto 7. Karangkang 8. Kotikot 9. Kudlasan 10. Lakdan 11. Madbad 12. Taluga-an
Part/s used	1. Root 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root 8. Root 9. - 10. Root 11. Root 12. Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Perform pauslob. Take decoction by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 18. Bughat ha sakit

Ethnopharmacological use	For bughat ha sakit
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. Uncollected, unidentified 3. Rubiaceae family, genus indet. 4. *Gynotroches axillaris* Blume 5. *Gossypium* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Schefflera* sp. 8. *Thottea philippinensis* Quisumb. 9. Uncollected, unidentified 10. *Blumea balsamifera* L. 11. Uncollected, unidentified 12. Uncollected, unidentified
Common name/s	
Local name/s	1. Balukas 2. Borugtungon 3. Buyon 4. Dabodabo 5. Gapas 6. Higutbaluto 7. Karangkang 8. Kotikot 9. Kudlasan 10. Lakdan 11. Madbad 12. Taluga-an
Part/s used	1. Root 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root 8. Root 9. - 10. Root 11. Root 12. Root
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth, half a glass thrice a day.
Additional information	
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 19. Bughat ha sakit

Ethnopharmacological use	For bughat ha sakit
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Bark
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 20. Burn

Ethnopharmacological use	For burn
Scientific name	*Ficus* sp.
Common name/s	
Local name/s	Hawili
Part/s used	Bark
Preparation	Heat over fire. Pound plant material. Express juice.
Direction for use	Apply juice on affected area.
Additional information	It can be used for any kind of burn.
Informant/s (place and year)	Cabriban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 21. Colds

Ethnopharmacological use	For colds
Scientific name	1. *Premna odorata* Bl. 2. *Ficus* sp. 3. *Coleus aromaticus* Benth. 4. *Blumea balsamifera* L. 5. Malvaceae family, genus indet. 6. *Cratoxylum* sp. 7. Gramineae family, genus indet. 8. Uncollected, unidentified
Common name/s	
Local name/s	1. Adgaw 2. Hawili 3. Klabo 4. Lakdan 5. Panagtong 6. Pulotan 7. Puti 8. San Fernando
Part/s used	1. Leaf 2. Leaf 3. Leaf 4. Leaf 5. Leaf 6. Leaf

	7. Pith 8. Leaf
Preparation	Pound plant materials. Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 22. Colds

Ethnopharmacological use	For colds
Scientific name	1. *Premna odorata* Bl. 2. Family indet. 3. *Cratoxylum* sp. 4. Gramineae family, genus indet.
Common name/s	
Local name/s	1. Adgaw 2. Kusol 3. Pulotan 4. Puti
Part/s used	Leaf
Preparation	Pound leaves. Express juice from plant materials.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 23. Colds

Ethnopharmacological use	For colds
Scientific name	*Vitex negundo* L.
Common name/s	
Local name/s	Lagundi
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 24. Constipation

Ethnopharmacological use	For constipation
Scientific name	Apocynaceae family, genus indet.
Common name/s	
Local name/s	Alibutbot
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 25. Constipation

Ethnopharmacological use	For constipation
Scientific name	*Ipomoea batatas* (L.) Lam
Common name/s	
Local name/s	Kamote
Part/s used	Tuber
Preparation	Boil tuber.
Direction for use	Eat.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 26. Cough

Ethnopharmacological use	For cough
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Bark
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 27. Cough

Ethnopharmacological use	For cough
Scientific name	*Coleus aromaticus* Benth.
Common name/s	Oregano
Local name/s	Klabo
Part/s used	Leaf
Preparation	Pound leaves. Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	

Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 28. Cough

Ethnopharmacological use	For cough
Scientific name	Family indet.
Common name/s	
Local name/s	Kusol
Part/s used	Leaf
Preparation	Pound leaves. Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 29. Cough

Ethnopharmacological use	For cough
Scientific name	*Vitex negundo* L.
Common name/s	
Local name/s	Lagundi
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 30. Cough

Ethnopharmacological use	For cough
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Pound leaves. Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 31. Cough

Ethnopharmacological use	For cough
Scientific name	*Momordica charantia* L.
Common name/s	Ampalaya
Local name/s	Marigoso
Part/s used	Leaf
Preparation	Pound leaves. Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD1 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 32. Dandruff

Ethnopharmacological use	For dandruff
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Aporong
Part/s used	Leaf
Preparation	Pound plant material.
Direction for use	Use as shampoo.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 33. Dengue

Ethnopharmacological use	For dengue
Scientific name	*Chamaesyce hirta* (L.) Millsp.
Common name/s	Tawa-tawa
Local name/s	Gatas-gatas
Part/s used	Whole plant
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose De Buan 2012)

Table 34. Diabetes

Ethnopharmacological use	For diabetes
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	

Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 35. Diabetes

Ethnopharmacological use	For diabetes
Scientific name	*Solanum* sp.
Common name/s	
Local name/s	Tagutong
Part/s used	Fruit
Preparation	Cook as a vegetable.
Direction for use	Eat.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 36. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	Apocynaceae family, genus indet.
Common name/s	
Local name/s	Alibutbot
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 37. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Bark
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 38. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Jatropha curcas* L.
Common name/s	Tubang bakod
Local name/s	Tuba-tuba
Part/s used	Root
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 39. Diarrhea with vomiting

Ethnopharmacological use	For diarrhea with vomiting
Scientific name	1. *Persea americana* 2. *Psidium guajava* L. 3. *Chrysophyllum cainito* L.
Common name/s	
Local name/s	1. Abokado 2. Mayabas 3. Kaymito
Part/s used	Bark
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD 1 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 40. Duros

Ethnopharmacological use	For duros
Scientific name	*Thottea philippinensis* Quisumb.
Common name/s	
Local name/s	Kotikot
Part/s used	Root
Preparation	Prepare concentreted decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Apply hilot (massage) on abdomen before taking decoction. Duros is manifested by stomach pain and flank pain migrating. Patient will die if pain migrates up above the stomach. If pain migrates down it will cause buyong or hernia. This is due to carrying heavy objects or drinking coconut water on an empty stomach.
Informant/s (place and year)	Hadap F, Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 41. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	1. *Persea americana* 2. *Senna timoriensis* (DC) Irwin & Barneby 3. Uncollected, unidentified 4. *Donax cannaeformis* (G Forst.) K Schum.
Common name/s	
Local name/s	1. Abokado 2. Apyan 3. Hinagani 4. Manban
Part/s used	1. Bark 2. Root 3. Root 4. Root
Preparation	Prepare decoction from plant materials.
Direction for use	Take decoction by mouth, half a glass, three times a day for 15 days.
Additional information	Gathering of plant materials should be done during Tuesdya and Friday only. Plant gatherer should not utter a word while obtaining plants.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 42. Dysentery

Ethnopharmacological use	For desentery
Scientific name	
Common name/s	
Local name/s	Baboy
Part/s used	Fat
Preparation	Get 1/8 fats of pork. Slice into cubes and add salt.
Direction for use	Eat raw fats of pork.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 43. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	*Mimosa pudica* L.
Common name/s	Makahiya
Local name/s	Kiromkirom
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 44. Fever

Ethnopharmacological use	For fever
Scientific name	*Mentha* sp.
Common name/s	
Local name/s	Herba Buena
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 45. Fever

Ethnopharmacological use	For fever
Scientific name	*Vitex negundo* L.
Common name/s	
Local name/s	Lagundi
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 46. Fever

Ethnopharmacological use	For fever
Scientific name	*Andropogon citratus* (DC.)
Common name/s	
Local name/s	Tanglad
Part/s used	Leaf and root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 47. Fracture

Ethnopharmacological use	For fracture
Scientific name	1. *Areca catechu* L. 2. *Justicia gendarussa* Burm.f.
Common name/s	
Local name/s	1. Bunga 2. Panhauli
Part/s used	1. Bark 2. Leaf
Preparation	Scrape bunga bark. Add salt and wrap in banana leaf. Heat over fire. Heat panhauli leaves over fire.
Direction for use	Apply on fractured area. Leave on until the next day. Apply panhauli leaves on fractured area after removing bunga bark.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 48. Fracture

Ethnopharmacological use	For fracture
Scientific name	*Ficus chrysolepis* Miq.
Common name/s	
Local name/s	Dalakit
Part/s used	Bark
Preparation	Pound bark.
Direction for use	Apply on fractured area.
Additional information	
Informant/s (place and year)	Cabariban C, Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 49. Hair, To smoothen

Ethnopharmacological use	To smoothen hair
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Aporong
Part/s used	Leaf
Preparation	Pound plant material.
Direction for use	Use as a shampoo.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 50. Headache

Ethnopharmacological use	For headache
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. Uncollected, unidentified 3. Rubiaceae family, genus indet. 4. *Gynotroches axillaris* Blume 5. *Gossypium* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Schefflera* sp. 8. *Thottea philippinensis* Quisumb. 9. Uncollected, unidentified 10. *Blumea balsamifera* L. 11. Uncollected, unidentified 12. Uncollected, unidentified
Common name/s	
Local name/s	1. Balukas 2. Borugtungon 3. Buyon 4. Dabodabo 5. Gapas 6. Higutbaluto 7. Karangkang 8. Kotikot 9. Kudlasan 10. Lakdan 11. Madbad 12. Taluga-an
Part/s used	1. Root 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root 8. Root 9. - 10. Root 11. Root 12. Root
Preparation	Steep plant materials in coconut oil (lana).
Direction for use	Take by mouth.
Additional information	For the lana, obtain coconut (bugtong) which is facing the east.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 51. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Blumea balsamifera* L.
Common name/s	
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Mabilangan D (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 52. Kidney disease

Ethnopharmacological use	For kidney disease
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 53. Leptospirosis

Ethnopharmacological use	For leptospirosis
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Paway
Part/s used	Rhizome
Preparation	Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 54. Measles

Ethnopharmacological use	For measles
Scientific name	*Casuarina* sp.
Common name/s	
Local name/s	Agoho
Part/s used	Bark
Preparation	Burn bark to make charcoal. Pulverize charcoal to make 1 table spoon of plant material. Dissolve in water.
Direction for use	Take by mouth.

Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 55. Measles

Ethnopharmacological use	For measles
Scientific name	1. *Chrysophyllum cainito* L. 2. *Zea mays* L. 3. Uncollected, unidentified 4. *Korthalsia* sp. 5. Uncollected, unidentified
Common name/s	
Local name/s	1. Kaymito 2. Mais 3. Sinaw-sinaw 4. Talubag-angan 5. Talyan
Part/s used	1. Bark 2. Root 3. Whole plant 4. Root 5. Root
Preparation	Prepare concentrated decoction from plant materials. Add a drop of sawa gallbladder.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 56. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	*Coleus blumei* Benth
Common name/s	Mayana
Local name/s	Maryapa
Part/s used	Whole plant
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 57. Milk production, To increase

Ethnopharmacological use	To increase milk production
Scientific name	1. Uncollected, unidentified 2. *Persea americana* 3. *Melicope triphylla* (Lam.) Merr. 4. Rubiaceae family, genus indet. 5. *Ficus minahassae* (Teijsm. & Vriese) Miq. 6. *Carica papaya* L. 7. *Paspalum* sp. 8. *Sandoricum koetjape* (Burm. f.) Merr.
Common name/s	
Local name/s	1. Abaka 2. Abokado 3. Balukas 4. Buyon 5. Hagimit 6. Kapayas 7. Lakatan 8. Santol
Part/s used	1. Pith 2. Bark 3. Leaf 4. Root 5. Bark 6. Root 7. Whole plant 8. Bark
Preparation	Prepare decoction from plant material.
Direction for use	Perform pauslob, focus on the breast of mother. The mother must drink the decoction as water substitute until she does her first bath after child birth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 58. Panhangin

Ethnopharmacological use	For panhangin
Scientific name	*Mentha* sp.
Common name/s	
Local name/s	Herba buena
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Panhangin is treatment for the cold or cold air which has entered the body, including the joints and muscles.
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 59. Panhangin

Ethnopharmacological use	For panhangin
Scientific name	*Andropogon citratus* (DC.)
Common name/s	
Local name/s	Tanglad
Part/s used	Leaf and root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Panhangin is treatment for the cold or cold air which has entered the body, including the joints and muscles.
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 60. Pasma ha gutom

Ethnopharmacological use	For pasma ha gutom
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. Uncollected, unidentified 3. Rubiaceae family, genus indet. 4. *Gynotroches axillaris* Blume 5. *Gossypium* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Schefflera* sp. 8. *Thottea philippinensis* Quisumb. 9. Uncollected, unidentified 10. *Blumea balsamifera* L. 11. Uncollected, unidentified 12. Uncollected, unidentified
Common name/s	
Local name/s	1. Balukas 2. Borugtungon 3. Buyon 4. Dabodabo 5. Gapas 6. Higutbaluto 7. Karangkang 8. Kotikot 9. Kudlasan 10. Lakdan 11. Madbad 12. Taluga-an
Part/s used	1. Root 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root 8. Root 9. - 10. Root 11. Root 12. Root
Preparation	Steep plant materials in coconut oil (lana).
Direction for use	Take by mouth.
Additional information	For the lana, obtain coconut (bugtong) which is facing the east. Pasma ha gutom is manifested by headache and cold perspiration. It may lead to epilepsy. It is caused by frequent skipping of meals then drinking something cold like coconut water.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 61. Pasma ha hagkot

Ethnopharmacological use	For pasma ha hagkot (pasma sa lamig)
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. Uncollected, unidentified 3. Rubiaceae family, genus indet. 4. *Gynotroches axillaris* Blume 5. *Gossypium* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Schefflera* sp. 8. *Thottea philippinensis* Quisumb. 9. Uncollected, unidentified 10. *Blumea balsamifera* L. 11. Uncollected, unidentified 12. Uncollected, unidentified
Common name/s	
Local name/s	1. Balukas 2. Borugtungon 3. Buyon 4. Dabodabo 5. Gapas 6. Higutbaluto 7. Karangkang 8. Kotikot 9. Kudlasan 10. Lakdan 11. Madbad 12. Taluga-an
Part/s used	1. Root 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root 8. Root 9. - 10. Root 11. Root 12. Root
Preparation	Steep plant materials in coconut oil (lana).
Direction for use	Take by mouth.
Additional information	For the lana, obtain coconut (bugtong) which is facing the east. Pasma ha lamig is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to cold.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 62. Pasma ha paso

Ethnopharmacological use	For pasma ha paso (pasma sa init)
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. Uncollected, unidentified 3. Rubiaceae family, genus indet. 4. *Gynotroches axillaris* Blume 5. *Gossypium* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Schefflera* sp. 8. *Thottea philippinensis* Quisumb. 9. Uncollected, unidentified 10. *Blumea balsamifera* L. 11. Uncollected, unidentified 12. Uncollected, unidentified
Common name/s	
Local name/s	1. Balukas 2. Borugtungon 3. Buyon 4. Dabodabo 5. Gapas 6. Higutbaluto 7. Karangkang 8. Kotikot 9. Kudlasan 10. Lakdan 11. Madbad 12. Taluga-an
Part/s used	1. Root 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root 8. Root 9. - 10. Root 11. Root 12. Root
Preparation	Steep plant materials in coconut oil (lana).
Direction for use	Take by mouth.
Additional information	For the lana, obtain coconut (bugtong) which is facing the east. Pasma ha paso is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to cold.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 63. Pasma ha regla

Ethnopharmacological use	For pasma ha regla
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Saging na baloy
Part/s used	Leaf sheath (saha)
Preparation	Roast plant material. Express juice. Add kamangyan.
Direction for use	Take juice by mouth. Apply a few drops of juice on the crow/cowlick of the patient.
Additional information	Pasma ha regla is manifested by irregular menstruation and scanty bleeding. It is caused by taking a bath during one's menstrual period.
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 64. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Capsicum frutescens* L. *Callicarpa formosana* Rolfe
Common name/s	
Local name/s	1. Harang 2. Tigaw
Part/s used	1. Fruit 2. Leaf
Preparation	Pound plant materials.
Direction for use	Cast plant materials on the river.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 65. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Archidendron scutiferum* (Blanco) Nielsen
Common name/s	
Local name/s	Salokigi
Part/s used	Leaf
Preparation	Pound leaves.
Direction for use	Cast pounded leaves on the river.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 66. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Callicarpa formosana* Rolfe
Common name/s	
Local name/s	Tigaw
Part/s used	Leaf
Preparation	Pound leaves.
Direction for use	Cast pounded leaves on the river.
Additional information	Fish are not killed but are temporarily immobilized.
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 67. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Croton tiglium* L.
Common name/s	
Local name/s	Tuba
Part/s used	Fruit
Preparation	Pound plant materials. Soak in water for 24 hours.
Direction for use	Cast plant material on the river.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 68. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Derris elliptica*
Common name/s	
Local name/s	Tubli
Part/s used	Root
Preparation	Pound plant material.
Direction for use	Cast pounded roots on the river.
Additional information	Some people like the smell (masungot) of the preparation.
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 69. Poisoning, Antidote for

Ethnopharmacological use	Antidote for poisoning
Scientific name	*Tylophora* sp.
Common name/s	
Local name/s	Pito-pito vine
Part/s used	Leaf
Preparation	Boil 7 pieces of pito-pito vine leaves in 7 glasses of water.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 70. Poisoning, Antidote for

Ethnopharmacological use	Antidote for poisoning
Scientific name	Family indet.
Common name/s	
Local name/s	Tambalagisa
Part/s used	Seed
Preparation	Get 5 pieces of black colored seeds.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 71. Sakit ha ginhawa

Ethnopharmacological use	For sakit ha ginhawa
Scientific name	1. *Melicope triphylla* (Lam.) Merr. 2. Uncollected, unidentified 3. Rubiaceae family, genus indet. 4. *Gynotroches axillaris* Blume 5. *Gossypium* sp. 6. *Pseudoelephantopus spicatus* (Juss.) Rohr 7. *Schefflera* sp. 8. *Thottea philippinensis* Quisumb. 9. Uncollected, unidentified 10. *Blumea balsamifera* L. 11. Uncollected, unidentified 12. Uncollected, unidentified
Common name/s	
Local name/s	1. Balukas 2. Borugtungon 3. Buyon 4. Dabodabo 5. Gapas 6. Higutbaluto 7. Karangkang 8. Kotikot 9. Kudlasan 10. Lakdan

	11. Madbad 12. Taluga-an
Part/s used	1. Root 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root 8. Root 9. - 10. Root 11. Root 12. Root
Preparation	Steep plant materials in coconut oil (lana).
Direction for use	Take by mouth.
Additional information	For the lana, obtain coconut (bugtong) which is facing the east. Sakit ha ginhawa are afflictions of internal organs such as the kidney, liver, and pancreas.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 72. Stomach pain

Ethnopharmacological use	For stomach pain
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Abaka
Part/s used	Leaf sheath (saha)
Preparation	Roast plant material. Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Mabilangan D (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 73. Stomach pain

Ethnopharmacological use	For stomach pain
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Paluway
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 74. Stomach pain

Ethnopharmacological use	For stomach pain
Scientific name	*Tagetes erecta* L.
Common name/s	
Local name/s	Rosas de empacho
Part/s used	Leaf
Preparation	Crush the plant material.
Direction for use	Apply on stomach.
Additional information	
Informant/s (place and year)	Cabariban C, FGD1, FGD2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 75. Stomach pain

Ethnopharmacological use	For stomach pain
Scientific name	*Jatropha curcas* L.
Common name/s	Tubang bakod
Local name/s	Tuba-tuba
Part/s used	Root
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 76. Tonic

Ethnopharmacological use	As tonic
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Ginsen
Part/s used	Root
Preparation	Steep the plant material in gin.
Direction for use	Take ginseng extract.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 77. Toothache

Ethnopharmacological use	For toothache
Scientific name	*Mimosa pudica* L.
Common name/s	
Local name/s	Kiromkirom
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	

Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 78. **Ugmad**

Ethnopharmacological use	For ugmad
Scientific name	
Common name/s	
Local name/s	1. Balinsasayaw 2. Pilya domre
Part/s used	1. Balinsasayaw nest 2. Pilya domre rock
Preparation	Burn these materials.
Direction for use	Perform paluon o paaso. Get small amount of ash from the nest. Wipe this on patient's mouth.
Additional information	Ugmad is manifested by a child's recurrent fever and frequent crying. This is due to being very afraid of a person or unseen spirit. It may also be caused by surprising or scaring a child.
Informant/s (place and year)	Jabolin J (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 79. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Roots
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 80. UTI

Ethnopharmacological use	For UTI
Scientific name	1. *Premna odorata* Bl. 2. *Imperata cylindrica* (L.) P. Beauv. 3. *Zea mays* L. 4. Gramineae family, genus indet.
Common name/s	
Local name/s	1. Adgaw 2. Kogon 3. Mais 4. Puti
Part/s used	1. Leaf 2. Root 3. Hair 4. Pith
Preparation	Prepare concentrated decoction from plant materials.

Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Cabariban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 81. UTI

Ethnopharmacological use	For UTI
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 82. UTI

Ethnopharmacological use	For UTI
Scientific name	*Blumea balsamifera* L.
Common name/s	Sambong
Local name/s	Lakdan
Part/s used	Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD 2 (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 83. Wound

Ethnopharmacological use	For wound
Scientific name	*Gossypium* sp.
Common name/s	
Local name/s	Gapas
Part/s used	Leaf
Preparation	Heat over fire. Pound plant material.
Direction for use	Apply on affected area.
Additional information	
Informant/s (place and year)	Cabriban C (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 84. Wound, Bleeding

Ethnopharmacological use	For wound
Scientific name	
Common name/s	Human hair
Local name/s	
Part/s used	Hair
Preparation	Get 2 strand of hair.
Direction for use	Apply it on the wound, one strand placed horizontally, the other placed vertically.
Additional information	This is done to stop the bleeding. Do this if there is no other alternative for first aid.
Informant/s (place and year)	Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

Table 85. Wound, Bleeding

Ethnopharmacological use	For wound
Scientific name	
Common name/s	
Local name/s	Lumot
Part/s used	Whole part
Preparation	Gather lumot and wash thorougly.
Direction for use	Apply on wound.
Additional information	Use to stop bleeding.
Informant/s (place and year)	Cabariban C, FGD2, Hadap F (Sa San Jose de Buan 2012)
Information gatherer/s (place and year)	Luceriano RP (Sa San Jose de Buan 2012)

PAMBUJAN WATERSHED
Barangay Pinamorotan, Calbayog City, Samar

The study area

Pinamorotan is an upland barangay of Calbayog City, 48 kilometers away from the town proper. It is located northeast in a mountainous area, on the hills along Pambujan river, also known as the Seven Hills. Its neighbouring barangays are Mabini on the east, Hegasaan on north, and Olera on the west.

To reach Barangay Pinamorotan, one may take the Calbayog via Hemalandrog route using a habal-habal (motorcycle) and afterward an 8 hour hike from Hemalandrog to Pinamorotan. Another way is from Gandara via Bo-au to Pinamorotan by habal-habal (motorcycle) and afterward an 8 to 10 hour hike where one crosses 12 streams.

The total land area of Pinamorotan is 257,279 hectares. Most of the people's farms are far from their barangay, about 3 to 4 kilometers away. They also have to cross rivers to get there.

The total population of the barangay is 340 (2006 CPDC report), consisting of 58 households. 62 men in their community are employed as Citizens Armed Forces Geographical Unit (CAFGU). Some of the people from Pinamorotan have now settled in Calbayog proper.

The primary sources of income are abaca, copra, corn, and rice which are delivered to Pambujan, Northern Samar. This takes 2 days of travel by pump boat.

Pinamorotan has one elementary school. They also have a day-care center which has 5 teachers, 3 of them from Calbayog City. Secondary school students from the barangay attend classes either in Calbayog or Gandara.

There are 3 sari-sari stores in the area but its mark up is 50% because they have to pay a certain amount in order for goods to be brought to the barangay. There is also a chapel and basketball court (half court only).

The majority of the residents are Roman Catholic (95%) while a few have converted to Born-again Christianity (5%). Religious fiesta is celebrated every October 25 to 26.

The community has solar electric power which lets them charge their batteries during the daytime for night consumption. However, during rainy days, charging of batteries becomes difficult. The people's source of drinking water is a spring.

Only one family has a toilet. There is one public toilet but often times it is out of order.

For their leisure, women and children watch television while the men drink tuba or hard liquor to unwind. They also hold tupada (cockfights) whenever they like.

Waray is the lingua franca in the barangay but Filipino is widely spoken.

Residents of Barangay Pinamorotan experience common health problems such as cough, asthma, fever, and high blood pressure. Some community members believe that domestic pigs roaming freely around their barangay may cause health problems. They fear that they may get cough and asthma if they inhale the air circulating around pig waste. Midwives are scheduled to visit their barangay once every quarter of the year. The community consult traditional healers before going to Gandara or Calbayog hospitals due to financial instability and the distance.

Gathering of information and herbarium vouchers

Gathering of information was conducted from 2011 November 7 to 18.

Conduct of the study was facilitated with the help of the mayor of Calbayog City, personnel of the City Planning and Development Coordinator (CPDC) office, the barangay chairman of Pinamorotan, and the councilors of the barangay. They also helped in identifying the key informants.

Collection of herbarium vouchers and specimen was conducted on 2011 November 14 with the assistance of one traditional healer and two Grade 6 students.

Individual interviews and focus group discussions were conducted among the traditional healers and community members. Information was also gathered during the walk-through in the community and in the forest.

The informants

Information was gathered from 4 traditional healers and 28 community members.

The traditional healers

Mr. Noli V. Baculado (Baculado N) is 30 years-old. He is able to heal when he is possessed by a guban-on, a forest spirit. His guban-on friend tells him which plants he must use for healing. The three herbal plants that were named by the spirit were tarukanga, pasaw, and boronganon. With the help of his spirit friend, he uses these plants cure all types of illnesses. He can also treat afflictions caused by unseen elements.

Mr. Lilincio Verano Mateo (Mateo L) is a 52 year old farmer with 20 years of healing experience. He acquired his knowledge of healing from his forefathers who were also healers. He has lawodnon (sea spirit) friends who help him in healing. His methods include orasyon, hilot (massage), and herbal medicines. He shared that he wanted to stop his healing practice because he was afraid of losing a family member. He believes that whenever he helps cure others, a loved one always dies.

Ms. Ligaya B. Sameñano (Sameñano L) is a 51 year old farmer who has 15 years of healing experience. When she was 14 years old, she often accompanied her grandmother who would heal the sick. This is how she became familiar with herbal plants. She began healing when she was already married. Her special skill is *panhimasma* which is curing different types of pasma wherein she uses herbal medicines and massage. She makes oils for pasma treatments. She does not charge patients but accepts any amount that the person can offer. She shared that she wanted to stop healing because she is already having a hard time gathering plants in the forest. Her healing also gets in the way of her other duties. But when there are patients who need her help, she cannot refuse them. After treating them, she feels happy that she has been of service to them.

Mr. Sergio Wahengon Sameñano (Sameñano S) says he is already 100 years old. He is a farmer with 30 years of healing experience. When he was about 20 years old he would always see *guban-on* (forest spirits) and he would stab them to death. Although only he could see the spirit, others would see blood after he would stab them. Later on, one guban-on appeared to him and encouraged him to be a healer. It asked him not to kill a guban-on anymore to make his healing effective. The spirit taught him how to cure people of their illnesses.

He now uses orasyon and himulso (pulse) to diagnose the illnesses of his patients. He also utilizes herbal medicine but this depends on what the guban-on instructs him to do.

The community members

2 focus group discussions were conducted among community members.

The first focus group discussion (FGD1 Sa Calbayog) was held on 2011 November 8, 6:30 PM – 9 PM at the barangay captain's residence:

Name	Age	Sex	Occupation
Alegria, Gilda	-	F	Brgy Secretary
Mateo, Editha	-	F	Brgy Councilor
Verano, Cecilia	-	F	Brgy Councilor
Verano, Elisa	-	F	Brgy Councilor
Verano, Leonardo	-	M	Brgy Councilor
Verano, Marcelino	-	M	Brgy Captain
Verano, Pepito	-	M	Brgy Councilor
Wahingon, Edelberto	-	M	Brgy Councilor

The second focus group discussion (FGD2 Sa Calbayog) was held on 2011 November 15, 3:00 – 5:00 PM at the dancing hall in Barangay Proper:

Name	Age	Sex	Occupation
Bantilo, Alicia	58	F	Homemaker
Bantilo, Emerita	38	F	Homemaker
Bantulod, Ligaya	51	F	Homemaker
Cajusay, Genelyn	26	F	Homemaker
Moloboco, Jessa	18	F	Homemaker
Muncada, Eva	32	F	Homemaker
Rollo, Maricel	-	F	Homemaker
Sameñano, Marlene	23	F	Homemaker
Valentino, Genelyn	26	F	Homemaker
Verano, Blanda	45	F	Homemaker
Verano, Cecilia	51	F	Homemaker
Verano, Elma	32	F	Homemaker
Verano, Enrequita	56	F	Homemaker
Verano, Luis	21	M	Farmer
Verano, Mely	47	F	Homemaker
Verano, Pepito	45	M	Brgy Councilor
Verano, Renalyn	32	F	Homemaker
Wahingon, Precedes	-	F	Homemaker

Other community members:

Name	Age	Sex	Occupation
Mateo, Chris	14	M	Student (Grade 6)
Sameñano, Jose	14	M	Student (Grade 6)
Verano, Christopher	13	M	Student (Grade 6)
Wahingon, Winnie	-	F	Store owner

TABLES OF ETHNOPHARMACOLOGICAL USES OF NATURAL MATERIALS IN PAMBUJAN WATERSHED, BARANGAY PINAMOROTAN, CALBAYOG CITY, SAMAR, 2011

Table 1. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on abdomen.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 2. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Theobroma cacao* L.
Common name/s	
Local name/s	Kakaw
Part/s used	Young leaf (fresh)
Preparation	Heat leaves. Put a small amount of baby oil on plant materials.
Direction for use	Apply the plant materials on abdomen.
Additional information	
Informant/s (place and year)	FGD2, Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 3. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Matalunoy
Part/s used	Young leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Mateo L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 4. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Pseuderanthemum reticulatum* (Hook.f.) Radlk.
Common name/s	
Local name/s	Pasaw
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on abdomen.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 5. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	Balbaspusa
Local name/s	Taheebo
Part/s used	Young leaf (fresh)
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Sameñano L (Sa Calbayog 2011)
Information gatherer/s(place and year)	Luceriano RP (Sa Calbayog 2011)

Table 6. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Hibiscus rosa-sinensis* L.
Common name/s	Gumamela
Local name/s	Tarukanga
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on abdomen.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N, Sameñano S (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 7. Aswang, To ward-off

Ethnopharmacological use	To ward-off aswang
Scientific name	1. *Schizostachyum* sp. 2. Uncollected, unidentified 3. *Setaria palmifolia* (Koenig) Stapf 4. Uncollected, unidentified 5. *Securinega* sp. 6. Urticaceae family, genus indet.
Common name/s	
Local name/s	1. Balokawe 2. Dalano 3. Hagusais 4. Karanas 5. Laglag 6. Lulupa
Part/s used	Leaf
Preparation	Wrap the plant materials on a black cloth.
Direction for use	Place it on the window or door side.
Additional information	The aswang will be afraid to go near the house.
Informant/s (place and year)	Sameñano L (Sa Calbayog 2011)
Information gatherer/s(place and year)	Luceriano RP (Sa Calbayog 2011)

Table 8. Athlete's foot

Ethnopharmacological use	For athlete's foot
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Leaf (fresh)
Preparation	Crush plant materials to express juice.
Direction for use	Apply plant material on affected area.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N, FGD2 (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 9. Back pain

Ethnopharmacological use	For back pain
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on affected part.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 10. Back pain

Ethnopharmacological use	For back pain
Scientific name	*Pseuderanthemum reticulatum* (Hook.f.) Radlk.
Common name/s	
Local name/s	Pasaw
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on affected part.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 11. Back pain

Ethnopharmacological use	For back pain
Scientific name	*Hibiscus rosa-sinensis* L.
Common name/s	Gumamela
Local name/s	Tarukanga
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on affected part.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N, Sameñano S (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 12. Boil

Ethnopharmacological use	For boil
Scientific name	*Hibiscus rosa-sinensis* L.
Common name/s	Gumamela
Local name/s	Tarukanga
Part/s used	Leaf
Preparation	Pound leaves.
Direction for use	Apply poultice on eye of boil.
Additional information	
Informant/s (place and year)	FGD1, FGD2 (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 13. Bughat

Ethnopharmacological use	For bughat
Scientific name	*Ficus* sp.
Common name/s	
Local name/s	Hawili
Part/s used	Leaf (fresh)
Preparation	Heat leaves.
Direction for use	Apply on forehead.
Additional information	Gather the leaves facing east. Bughat is caused by physical or emotional stress after delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Mateo L, Sameñano S (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 14. Chest pain

Ethnopharmacological use	For chest pain
Scientific name	Rubiaceae family, genus indet.
Common name/s	
Local name/s	Buyon
Part/s used	Leaf (fresh)
Preparation	Prepare poultice from fresh plant material.
Direction for use	Apply poultice on chest.
Additional information	
Informant/s (place and year)	Mateo L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 15. Colds

Ethnopharmacological use	For colds
Scientific name	1. *Imperata cylindrica* (L.) P. Beauv. 2. Gramineae family, genus indet. 3. *Phaceolophrynium* sp.
Common name/s	
Local name/s	1. Kogon 2. Puti 3. Talipupo
Part/s used	Pith (ubod)
Preparation	Express juice from plant materials.
Direction for use	Take juice by mouth
Additional information	
Informant/s (place and year)	Mateo L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 16. Colds

Ethnopharmacological use	For colds
Scientific name	*Vitex negundo* L.
Common name/s	
Local name/s	Lagundi
Part/s used	Young leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 17. Cough

Ethnopharmacological use	For cough
Scientific name	1. Uncollected, unidentified 2. *Mentha* sp. 3. Uncollected, unidentified 4. *Coleus aromaticus* Benth. 5. Uncollected, unidentified 6. Family indet.
Common name/s	
Local name/s	1. Badak 2. Herba buena 3. Kalampisaw 4. Klabo 5. Muno 6. Poliyo
Part/s used	1. Tuber (fresh) 2. Leaf (fresh) 3. Leaf (fresh) 4. Leaf (fresh) 5. Rhizome (fresh) 6. Leaf (fresh)
Preparation	Express juice from plant materials.
Direction for use	For children 1-4 years old, take 2 tablespoons of juice.
Additional information	
Informant/s (place and year)	Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 18. Cough

Ethnopharmacological use	For cough
Scientific name	*Mentha* sp.
Common name/s	
Local name/s	Herba Buena
Part/s used	Leaf (fresh)
Preparation	Pound leaves. Express juice from plant materials.
Direction for use	For children 1-4 years old, take 2 tablespoons of juice.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 19. Cough

Ethnopharmacological use	For cough
Scientific name	*Coleus aromaticus* Benth.
Common name/s	
Local name/s	Klabo
Part/s used	Leaf (fresh)
Preparation	Pound leaves. Express juice from plant materials.
Direction for use	For children 1-4 years old, take 2 tablespoons of juice.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 20. Cough

Ethnopharmacological use	For cough
Scientific name	*Vitex negundo* L.
Common name/s	
Local name/s	Lagundi
Part/s used	Young leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 21. Cough

Ethnopharmacological use	For cough
Scientific name	*Phaceolophrynium* sp.
Common name/s	
Local name/s	Talipupo
Part/s used	Pith (ubod)
Preparation	Wrap pith with salt in banana leaf. Heat over fire. Express juice.
Direction for use	Take juice by mouth.

Additional information	
Informant/s (place and year)	Mateo L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 22. Dengue

Ethnopharmacological use	For dengue
Scientific name	*Chamaesyce hirta* (L.) Millsp.
Common name/s	Tawa-tawa
Local name/s	Gatas-gatas
Part/s used	Whole plant (fresh)
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 23. Fever

Ethnopharmacological use	For fever
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on abdomen.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 24. Fever

Ethnopharmacological use	For fever
Scientific name	*Pseuderanthemum reticulatum* (Hook.f.) Radlk.
Common name/s	
Local name/s	Pasaw
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on abdomen.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 25. Fever

Ethnopharmacological use	For fever
Scientific name	*Hibiscus rosa-sinensis* L.
Common name/s	Gumamela
Local name/s	Tarukanga
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on abdomen.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N, Sameñano S (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 26. Goiter

Ethnopharmacological use	For goiter
Scientific name	Zingiberaceae family, genus indet.
Common name/s	
Local name/s	Bangray
Part/s used	Rhizome (fresh)
Preparation	Wrap rhizome with salt in banana leaf. Heat over fire.
Direction for use	Apply as poultice on neck.
Additional information	
Informant/s (place and year)	Mateo L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 27. Headache

Ethnopharmacological use	For headache
Scientific name	*Hyptis capitata* Jacq.
Common name/s	
Local name/s	Boronganon
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on forehead.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 28. Headache

Ethnopharmacological use	For headache
Scientific name	*Pseuderanthemum reticulatum* (Hook.f.) Radlk.
Common name/s	
Local name/s	Pasaw
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on forehead.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 29. Headache

Ethnopharmacological use	For headache
Scientific name	*Hibiscus rosa-sinensis* L.
Common name/s	Gumamela
Local name/s	Tarukanga
Part/s used	Leaf (fresh)
Preparation	Pinch and blow on plant material for 3 minutes.
Direction for use	Apply the plant material on forehead.
Additional information	Gather the leaves facing east.
Informant/s (place and year)	Baculado N, Sameñano S (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 30. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Andropogon citratus* (DC.)
Common name/s	Tanglad
Local name/s	Tanglad
Part/s used	Whole plant (fresh)
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 31. Pasma

Ethnopharmacological use	For pasma
Scientific name	1. Uncollected, unidentified 2. Alliaceae family, genus indet. 3. *Mentha* sp. 4. *Ipomoea batatas* (L.) Lam 5. Uncollected, unidentified 6. Family indet. 7. *Andropogon citratus* (DC.)
Common name/s	
Local name/s	1. Ahos 2. Gandayapi 3. Herba buena 4. Kamote 5. Kutsay 6. Poliyo 7. Tanglad
Part/s used	1. Whole plant (fresh) 2. Whole plant (fresh) 3. Whole plant (fresh) 4. Tuber 5. Whole plant (fresh) 6. Whole plant (fresh) 7. Whole plant (fresh)
Preparation	Boil plant materials for 5 minutes.
Direction for use	Expose patient to the steam of the boiled plant materials until she/he starts to sweat. Do this at 12 noon.
Additional information	Pasma is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to cold.
Informant/s (place and year)	Sameñano L (Sam Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sam Calbayog 2011)

Table 32. Pasma

Ethnopharmacological use	For pasma
Scientific name	1. *Kalanchoe pinnata* (Lam.) Pers. 2. Uncollected, unidentified 3. *Mentha* sp. 4. Uncollected, unidentified 5. *Coleus aromaticus* Benth. 6. *Blumea balsamifera* L. 7. Uncollected, unidentified 8. Uncollected, unidentified 9. Uncollected, unidentified 10. Uncollected, unidentified 11. *Justicia gendarussa* Burm.f. 12. *Pseuderanthemum reticulatum* (Hook.f.) Radlk. 13. Uncollected, unidentified 14. Malvaceae, genus indet. 15. *Nicotiana tabacum* L. 16. *Andropogon citratus* (DC.) 17. *Centella asiatica*
Common name/s	
Local name/s	1. Angheliko 2. Badak 3. Herba buena 4. Kalampisaw 5. Klabo 6. Lakdan 7. Lubigan busag 8. Lubigan pula 9. Luyang pula 10. Murabsug 11. Panhauli 12. Pasaw 13. Salimbagat 14. Sumpa 15. Tabako 16. Tanglad 17. Yahong-yahong
Part/s used	1. Leaf (dried) 2. Tuber (dried) 3. Leaf (dried) 4. Leaf (dried) 5. Leaf (dried) 6. Leaf (dried) 7. Rhizome (dried) 8. Bulb (dried) 9. Rhizome (dried) 10. Leaf (dried) 11. Leaf (dried) 12. Leaf (dried) 13. Leaf (dried) 14. Leaf (dried) 15. Leaf (dried) 16. Leaf (dried) 17. Leaf (dried)
Preparation	Chop plant material into small pieces then sun-dry. When

	already dry, add half a liter of kerosene.
Direction for use	Rub/massage plant materials onto body.
Additional information	Do not take a bath until 3 days after massage. Pasma is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to cold.
Informant/s (place and year)	Sameñano L (Sam Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sam Calbayog 2011)

Table 33. Pasma

Ethnopharmacological use	For pasma
Scientific name	1. *Kalanchoe pinnata* (Lam.) Pers. 2. Uncollected, unidentified 3. Uncollected, unidentified 4. *Coleus aromaticus* Benth. 5. *Blumea balsamifera* L. 6. Uncollected, unidentified 7. Uncollected, unidentified 8. Uncollected, unidentified 9. *Justicia gendarussa* Burm.f. 10. *Pseuderanthemum reticulatum* (Hook.f.) Radlk. 11. Uncollected, unidentified 12. Uncollected, unidentified 13. Uncollected, unidentified 14. Uncollected, unidentified 15. Uncollected, unidentified 16. Malvaceae, genus indet.
Common name/s	
Local name/s	1. Angheliko 2. Badak 3. Kalampisaw 4. Klabo 5. Lakdan 6. Lubigan busag 7. Lubigan pula 8. Murabsug 9. Panhauli 10. Pasaw 11. Saging aldaba 12. Saging makalbad 13. Saging-saging 14. Saging tindok 15. Salimbagat 16. Sumpa
Part/s used	1. Leaf (fresh) 2. Tuber (fresh) 3. Leaf (fresh) 4. Leaf (fresh) 5. Leaf (fresh) 6. Rhizome (fresh) 7. Bulb (fresh) 8. Leaf (fresh) 9. Leaf (fresh)

	10. Leaf (fresh) 11. Trunk (fresh) 12. Trunk (fresh) 13. Trunk (fresh) 14. Trunk (fresh) 15. Leaf (fresh) 16. Leaf (fresh)
Preparation	Express juice from plant materials.
Direction for use	Take juice by mouth. Use sapal (strained plant materials) to massage affected area.
Additional information	Do not take a bath until 3 days after the massage. Pasma is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by exposure to heat followed by exposure to cold.
Informant/s (place and year)	Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 34. Pi-ang

Ethnopharmacological use	For pi-ang (pilay)
Scientific name	Unidentified, uncollected
Common name/s	
Local name/s	Panakilon
Part/s used	Leaf (fresh)
Preparation	Prepare poultice from plant material.
Direction for use	After massage, apply poultice on affected part.
Additional information	
Informant/s (place and year)	Mateo L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 35. Ringworm

Ethnopharmacological use	For buni
Scientific name	*Cocos nucifera* L.
Common name/s	
Local name/s	Lubi
Part/s used	Bagul
Preparation	Roast the plant material. Expose bolo or knife to the smoke until there is thick soot on its surface.
Direction for use	Rub the soot on the buni using the bolo.
Additional information	
Informant/s (place and year)	FGD2, Wahingon W (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 36. Skin abcess

Ethnopharmacological use	For skin abcess
Scientific name	1. *Alocasia macrorhizos* (L.) G Don 2. *Capsicum frutescens* L.
Common name/s	
Local name/s	1. Badyang 2. Harang
Part/s used	1. Branch (ripe) 2. Fruit (ripe)
Preparation	Get a badyang branch which is 1 finger in length. Gather 10 pieces of harang. Wrap the plant materials with salt in a banana leaf. Heat over fire. Prepare poultice from plant materials.
Direction for use	Apply poultice on affected part. Leave on until morning.
Additional information	Hubag pagmata or skin abcess (usually on hand or foot) will cause paralysis on affected part if not treated early.
Informant/s (place and year)	FGD1 (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 37. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	*Averrhoa bilimbi* L.
Common name/s	Kamyas
Local name/s	Iba
Part/s used	Leaf (fresh)
Preparation	Express juice from plant materials
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Sameñano L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 38. Unseen spirits, To ward-off

Ethnopharmacological use	To ward-off unseen spirits
Scientific name	Family indet.
Common name/s	
Local name/s	Kasikas
Part/s used	Whole plant
Preparation	
Direction for use	Cultivate it in the backyard.
Additional information	
Informant/s (place and year)	FGD 1 (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 39. Warts

Ethnopharmacological use	For warts
Scientific name	*Dioscorea* sp.
Common name/s	
Local name/s	Banag
Part/s used	Sap (fresh)
Preparation	Cut the vine crosswise. Express sap from vine.
Direction for use	Apply and rub the sap on wart.
Additional information	
Informant/s (place and year)	Wahingon W (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

Table 40. Wound, Severe

Ethnopharmacological use	For severe wound
Scientific name	Family indet.
Common name/s	
Local name/s	Magsumpay
Part/s used	Sap (fresh)
Preparation	Cut the vine crosswise. Express sap from plant material.
Direction for use	Apply on wound.
Additional information	
Informant/s (place and year)	Mateo L (Sa Calbayog 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Calbayog 2011)

SURIBAO WATERSHED
Barangay Burak, Llorente, Eastern Samar

The study area

Barangay Burak is one of the 27 barangays of Llorente, Eastern Samar. It is 35 kilometers northwest from the town proper. To reach the barangay, one can take a 20 minute habal-habal (motorcycle) ride from the Llorente town proper via Can-ato. Then one must ride a boat from Can-ato to Burak which takes approximately an hour.

The barangay is cut by the Arasas River while settled areas are found on the western side. On its north and south, it is bound by Barangay Magtino and Barangay Canduros, respectively. Forested areas are found on the eastern and western sides of the community.

Barangay Burak was once known as Arasas, being named after the river. During the late 1970s when they held their first mass for their annual fiesta, the barangay officials together with the presiding priest decided to change Arasas to Burak. The name Burak is derived from the sweet smell of the burak tree's flowers. In the old times, burak flowers were used as perfume. The area was also named after the Borac family who were the first settlers there.

Barangay Burak has a total population of 397 persons, with 69 households in the community. The barangay has piped water obtained from a mountain spring. This is distributed through 2 public faucets in the barangay proper. They used to have a water tank reservoir which worked through solar power. However, it was destroyed during the February 2007 flood which was said to be 18 feet high. Some households get electricity through Samar Electric Cooperative, Inc. (Samelco) which operates for 24 hours. 75% of the community have toilets.

The barangay's primary sources of income are rice, corn, coconut, and abaca. People plant vegetables during the dry season. Others earn a living by working as farm labourers and some pan for gold in Giporlos Mountain. There are also 10 sari-sari stores in the area.

The barangay is headed by the barangay chairman. He is assisted by 7 barangay councilors who each help in the administration of their barangay. The barangay chairman advocates many worthwhile projects such as the river dike for flood control, cleaning their surroundings in general, and the building of schools.

The barangay has a day-care center with one teacher and an elementary school (Grade 1 to 4) with two teachers. The residents of Burak follow the Roman Catholic faith. Leisure activities include basketball, drinking to unwind, television/DVD watching, and playing chess.

The barangay midwife lives in Llorente proper and she visits the area once a month. She is assisted by 6 barangay health workers (BHW). The leading cause of morbidity includes diarrhea, bronchitis, and high blood pressure.

People seek help from local healers (tambalan), the barangay health workers, midwife, and the Municipal Rural Health Unit (RHU).

Gathering of information and herbarium vouchers

Gathering of information was conducted from 2011 December 19-23 and December 26-30.

Conduct of the study was facilitated with the help of the mayor of Llorente, Eastern Samar, the barangay captain of Burak, the councilors of the barangay, and the wife of the barangay captain. They also helped in identifying the key informants.

Collection of herbarium vouchers and specimen was conducted on 2011 December 30 wherein the researcher was accompanied by selected barangay officials and one traditional healer.

Individual interviews and focus group discussion were conducted among the traditional healers and community members. Information was also gathered during the walk-through in the community and in the forest.

The informants

Information was gathered from 2 traditional healers and 39 community members.

The traditional healers

Mr. Rogelio Bormate (Bormate R) is a 26 year old healer with 5 years of experience. His healing ability came from his father. At a young age he was taught how to use herbal medicine in treating the sick. His father is a well-regarded healer in the community. Sometimes his father asks him to get herbal medicine from the forest which helps him become more knowledgeable of medicinal plants. He is also a 'manhihilot' for any kind of pi-ang (pilay). His healing ability includes treating lanti, bughat, and pi-ang.

Ms. Teresita Abrugar (Abrugar T) is a 52 year old parag-suna with 10 years of healing experience. She cures those who have been bitten by poisonous snakes using herbal medicine. If the plants are not available, she uses her saliva and orasyon (Latin prayer) as treatment. Her ability was passed on to her by her family. She believes this healing ability is a gift given to her family.

Mr. Mateo Bormate (Bormate M) is the barangay captain of Burak. He is the well-regarded healer in their community. He is knowledgeable of the medicinal plants found in the forest. However, he was not available for interviews during the period that the researcher was in the area.

The community members

3 focus group discussions were conducted among community members.

The first focus group discussion (FGD1 ESa Llorente) was held on 2011 December 22, 3:35 PM – 5:30 PM at the barangay captain's residence:

Name	Age	Sex	Occupation
Ma. Rona Barcia	28	F	Brgy councilor
Bienvinido Borac, Jr.	24	M	Brgy councilor
Joemel Borac	-	M	Brgy councilor
Joey Borac	-	M	Brgy councilor
Eutiquio Borja, Jr.	-	M	Brgy councilor
Norberto Borja	-	M	Brgy councilor
Esperanza Bormate	-	F	Homemaker

The second focus group discussion (FGD2 ESa Llorente) was held on 2011 December 27, 8:30 AM – 11:00 AM at the waiting shed in Barangay Proper:

Name	Age	Sex	Occupation
Maricel Alde	25	F	Homemaker
Eugenia Anos	60	F	Homemaker
Erlinda Bagon	34	F	Homemaker
Elinna Beato	49	F	Homemaker
Beinvenido Borac Jr.	24	M	Brgy councilor
Carmen Borac	48	F	Homemaker
Cathlyn Borac	31	F	Homemaker
Eurea Borac	76	F	Homemaker
Joey Borac	32	F	Homemaker
Mark Borac	19	M	-
Yolanda Borac	43	F	Homemaker
Norberto Borja	48	M	Brgy councilor
Rogelio Bormate	26	M	Farmer
Concordia Cobitan	54	F	Homemaker
Maricris Cobito	34	F	Homemaker
Zeny Generosa	38	F	Homemaker
Lolita Lambino	46	F	Homemaker
Marivie Malate	32	F	Homemaker
Rhea May Sambino	18	F	Homemaker
Hayde Sillero	24	F	Homemaker

The third focus group discussion (FGD3 Esa Llorente) was held on 2011 December 28, 9:00 AM – 11:00 AM at the waiting shed in Barangay Proper:

Name	Age	Sex	Occupation
Teresita Abrugar	52	F	Homemaker
Raq. Ann Ampatin	24	F	Homemaker
Ma. Rona Barcia	28	F	Brgy councilor
Catalina Borac	38	F	Homemaker
Josephine Borac	34	F	Homemaker
Joylyn Borac	24	F	Homemaker
Ma.Rinalyn Borac	26	F	Homemaker
Ulempia Borac	67	F	Homemaker
Zenaida Borac	58	F	Homemaker
Analyn Bormate	23	F	Homemaker
Esperanza Bormate	-	F	Homemaker
Antonia Cabado	73	F	Homemaker
Eva Cobilo	60	F	Homemaker
Marilyn Cobitan	37	F	Homemaker
Rosalia Cobitan	35	F	Homemaker
Vicente Cobitan	54	M	Homemaker
Delia Escotillon	45	F	Homemaker
Flordeliza Obina	33	F	Homemaker
Maricon Sillero	37	F	Homemaker

TABLES OF ETHNOPHARMACOLOGICAL USES OF NATURAL MATERIALS IN SURIBAO WATERSHED, BARANGAY BURAK, LLORENTE, EASTERN SAMAR, 2011

Table 1. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Dracaena angustifolia* Roxb.
Common name/s	
Local name/s	Anano
Part/s used	Root and bark
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 2. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	1. *Sauropus androgynus* (L.) Merr. 2. *Cocos nucifera* L.
Common name/s	
Local name/s	1. Chinese malunggay 2. Lubi
Part/s used	1. Leaf (fresh) 2. Coconut milk (fresh)
Preparation	Pound plant material. Mix with coconut milk. Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 3. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Calamus sp.*
Common name/s	
Local name/s	Kalapi
Part/s used	Pith
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R FGD1 FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 4. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	Family indet.
Common name/s	
Local name/s	Kalibre
Part/s used	Leaf and root
Preparation	Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 5. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Calamus sp.*
Common name/s	
Local name/s	Parasan
Part/s used	Pith
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 6. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Orthosiphon aristatus* (Bl.) Miq.
Common name/s	
Local name/s	Taheebo
Part/s used	Leaf (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 7. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	Family indet.
Common name/s	
Local name/s	Tambalagisa
Part/s used	Seed
Preparation	Pulverize plant material.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Abrugal T, Bormate R, FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 8. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Curcuma longa* L.
Common name/s	
Local name/s	Tanmanan
Part/s used	Rhizome
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 9. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Polygala paniculata* L.
Common name/s	
Local name/s	White flower
Part/s used	Root (fresh)
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 10. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	1. *Causarina sp.* 2. Uncollected, unidentified 3. *Vavea amicorum* Benth. or *Lunasia amara* Blanco 4. *Cinnamomum oblongum* Kosterm. 5. Uncollected, unidentified 6. *Thottea philippinensis* Quisumb. 7. *Ligustrum sp.*
Common name/s	
Local name/s	1. Agoho 2. Arigbangon 3. Bunak 4. Kalingag 5. Kanila 6. Kotikot 7. Polipog
Part/s used	1. Bark 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 11. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	1. *Causarina sp.* 2. Uncollected, unidentified 3. *Cinnamomum oblongum* Kosterm. 4. Uncollected, unidentified 5. *Thottea philippinensis* Quisumb. 6. *Curcuma longa* L.
Common name/s	
Local name/s	1. Agoho 2. Arigbangon 3. Kalingag 4. Kanila 5. Kotikot 6. Tanmanan
Part/s used	1. Bark 2. Root 3. Bark 4. Root 5. Root 6. Rhizome
Preparation	Prepare concentrated decoction from plant material.

Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 12. Bughat

Ethnopharmacological use	For bughat
Scientific name	1. Uncollected, unidentified 2. *Melicope triphylla* (Lam.) Merr. *3. Schefflera sp.* 4. *Justicia gendarussa* Burm.f. 5. *Citrus microcarpa* Bunge
Common name/s	1. Abaka 2. – 3. – 4. – 5. Kalamansi
Local name/s	1. Abaka 2. Balukas 3. Karangkang 4. Panhauli 5. Kidya
Part/s used	1. Young trunk 2. Leaf 3. Leaf 4. Leaf 5. Leaf
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Use decoction for bath.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 13. Bughat

Ethnopharmacological use	For bughat
Scientific name	1. *Causarina sp.* 2. Uncollected, unidentified 3. *Vavea amicorum* Benth. or *Lunasia amara* Blanco 4. *Cinnamomum oblongum* Kosterm. 5. Uncollected, unidentified 6. *Thottea philippinensis* Quisumb. *7. Ligustrum sp.*
Common name/s	
Local name/s	1. Agoho 2. Arigbangon 3. Bunak 4. Kalingag 5. Kanila 6. Kotikot 7. Polipog
Part/s used	1. Bark 2. Root 3. Root 4. Bark 5. Root 6. Root 7. Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Bormate R, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 14. Bughat

Ethnopharmacological use	For bughat
Scientific name	1. *Canarium ovatum* Engl. 2. Family indet. 3. *Caesalpinia pulcherrima* (L.) Swartz
Common name/s	
Local name/s	1. Pili 2. Polipog 3. Sibukaw
Part/s used	1. Bark 2. Root 3. Bark
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 15. Bughat

Ethnopharmacological use	For bughat
Scientific name	*Ligustrum sp.*
Common name/s	
Local name/s	Polipog
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	Bughat is caused by physical or emotional stress after child delivery. It is manifested by bleeding, fever, and weakness.
Informant/s (place and year)	Bormate R, FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 16. Cough

Ethnopharmacological use	For cough
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Abaka
Part/s used	Young trunk (fresh)
Preparation	Roast plant materials. Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 17. Cough

Ethnopharmacological use	For cough
Scientific name	Zingiberaceae, genus indet.
Common name/s	
Local name/s	Bangray
Part/s used	Rhizome
Preparation	Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 18. Cough

Ethnopharmacological use	For cough
Scientific name	1. Annonaceae, genus indet. 2. *Citrus microcarpa* Bunge
Common name/s	
Local name/s	1. Burak 2. Kidya
Part/s used	1. Bark (fresh) 2. Fruit
Preparation	Scrape plant material. Express juice and mix with kidya.
Direction for use	Take mixture by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 19. Cough

Ethnopharmacological use	For cough
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Bark and root
Preparation	Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 20. Cough

Ethnopharmacological use	For cough
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Trunk
Preparation	Soak dabodabo in virgin coconut oil for one day.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Abrugal T, Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 21. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Annona muricata* L. 2. *Justicia gendarussa* Burm.f.
Common name/s	
Local name/s	1. Guwardabano 2. Panhauli
Part/s used	Leaf (fresh)
Preparation	Pound plant materials. Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 22. Cough

Ethnopharmacological use	For cough
Scientific name	Family indet.
Common name/s	
Local name/s	Kalibre
Part/s used	Leaf and root
Preparation	Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 23. Cough

Ethnopharmacological use	For cough
Scientific name	1. *Citrus microcarpa* Bunge 2. *Momordica charantia* L.
Common name/s	1. Kalamansi 2. Ampalaya
Local name/s	1. Kidya 2. Marigoso
Part/s used	1. Leaf (fresh) 2. Fruit
Preparation	Express juice from plant material and mix with kidya.
Direction for use	Take mixture by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 24. Diarrhea

Ethnopharmacological use	For diarrhea
Scientific name	*Terminalia catappa* L.
Common name/s	
Local name/s	Talisay
Part/s used	Bark
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 25. Diarrhea with vomiting

Ethnopharmacological use	For diarrhea with vomiting
Scientific name	
Common name/s	Usa
Local name/s	Bugsok
Part/s used	Horn
Preparation	Scrape 1 tablespoon of bugsok horn's surface. Soak in boiled water for 5 minutes.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 26. Dysentery

Ethnopharmacological use	For dysentery
Scientific name	*Chamaesyce hirta* (L.) Millsp.
Common name/s	Tawa-tawa
Local name/s	Gatas-gatas
Part/s used	Whole plant
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 27. Edema

Ethnopharmacological use	For edema
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Trunk
Preparation	Soak dabodabo in virgin coconut oil.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Abrugal T, Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 28. Fever

Ethnopharmacological use	For fever
Scientific name	1. Uncollected, unidentified 2. Gramineae, genus indet. *3. Calamus sp.* *4.* Gramineae family, genus indet.
Common name/s	
Local name/s	1. Abaka 2. Papawran 3. Parasan 4. Puti
Part/s used	1. Young trunk (fresh) 2. Pith (fresh) 3. Pith (fresh) 4. Pith (fresh)
Preparation	Heat plant materials over fire. Express juice.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 29. Fever

Ethnopharmacological use	For fever
Scientific name	1. *Kalanchoe pinnata* (Lam.) Pers. 2. Uncollected, unidentified 3. *Annona muricata* L. 4. *Coleus aromaticus* Benth.
Common name/s	
Local name/s	1. Angheliko 2. Dulaw 3. Guwardabano 4. Klabo
Part/s used	1. Leaf (fresh) 2. Young leaf (fresh) 3. Young leaf (fresh) 4. Leaf (fresh)
Preparation	Pound plant materials. Use as poultice.

Direction for use	Apply poultice on forehead.
Additional information	
Informant/s (place and year)	Bormate R, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 30. Fever

Ethnopharmacological use	For fever
Scientific name	*Begonia sp.*
Common name/s	
Local name/s	Ulasimang bato
Part/s used	Whole plant
Preparation	Pound plant material. Use as poultice.
Direction for use	Apply poultice on forehead.
Additional information	
Informant/s (place and year)	FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 31. Flatulence

Ethnopharmacological use	For flatulence
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Ahos
Part/s used	Leaf (fresh)
Preparation	Prepare decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 32. Flatulence

Ethnopharmacological use	For flatulence
Scientific name	1. Alliaceae, genus indet. 2. *Sansevieria trifasciata* Prain 3. *Allium sativum* L.
Common name/s	
Local name/s	1. Gandayapi 2. Klabo tigre 3. Lasona
Part/s used	1. Leaf (fresh) 2. Leaf (fresh) 3. Bulb
Preparation	Add salt to plant materials and wrap these in banana leaf. Heat over fire. Express juice from plant materials.
Direction for use	Take juice by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)

Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 33. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Trunk
Preparation	Soak dabodabo in virgin coconut oil for one day.
Direction for use	Take by mouth.
Additional information	
Informant/s (place and year)	Abrugal T, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 34. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	1. *Canarium ovatum* Engl. 2. Family indet. 3. *Caesalpinia pulcherrima* (L.) Swartz
Common name/s	
Local name/s	1. Pili 2. Polipog 3. Sibukaw
Part/s used	1. Bark 2. Roots 3. Bark
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 35. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Andropogon citratus* (DC.)
Common name/s	Tanglad
Local name/s	Tanglad
Part/s used	Whole plant
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Abrugal T, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 36. High blood pressure

Ethnopharmacological use	For high blood pressure
Scientific name	*Begonia sp.*
Common name/s	
Local name/s	Ulasimang bato
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 37. Kanser

Ethnopharmacological use	For kanser
Scientific name	1. *Canarium ovatum* Engl. 2. Family indet. 3. *Caesalpinia pulcherrima* (L.) Swartz
Common name/s	
Local name/s	1. Pili 2. Polipog 3. Sibukaw
Part/s used	1. Bark 2. Root 3. Bark
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 38. Kanser ha panit

Ethnopharmacological use	For kanser ha panit
Scientific name	Unidentified, uncollected
Common name/s	
Local name/s	Abod
Part/s used	Bulb
Preparation	Roast and cut into halves.
Direction for use	Apply directly on skin.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 39. Kulebra

Ethnopharmacological use	For kulebra
Scientific name	*Hemigraphis alternata* (Burm f.) T. Anders.
Common name/s	
Local name/s	Dosepila
Part/s used	Leaf
Preparation	Heat plant material over fire.
Direction for use	Apply on affected part.
Additional information	Condition is manifested by inflamed itches and small wounds.
Informant/s (place and year)	Bormate R, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 40. Menstruation, Delayed

Ethnopharmacological use	For delayed menstruation
Scientific name	1. *Canarium ovatum* Engl. 2. Family indet. 3. *Caesalpinia pulcherrima* (L.) Swartz
Common name/s	
Local name/s	1. Pili 2. Polipog 3. Sibukaw
Part/s used	1. Bark 2. Root 3. Bark
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 41. Milk production, To increase

Ethnopharmacological use	To increase milk production
Scientific name	1. *Causarina sp.* 2. *Vavea amicorum* Benth. or *Lunasia amara* Blanco 3. *Cinnamomum oblongum* Kosterm. 4. *Ligustrum sp.* 5. *Angiopteris evecta* Sw.
Common name/s	
Local name/s	1. Agoho 2. Bunak 3. Kalingag 4. Polipog 5. Ulalapang
Part/s used	1. Bark 2. Root 3. Bark 4. Root 5. Root
Preparation	Prepare concentrated decoction from plant material.

Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 42. Panhangin

Ethnopharmacological use	For panhangin
Scientific name	*Sansevieria trifasciata* Prain
Common name/s	
Local name/s	Klabo tigre
Part/s used	Leaf (fresh)
Preparation	Heat plant material. Express juice from plant material.
Direction for use	Take juice by mouth.
Additional information	Panhangin is treatment for the cold or cold air which has entered the body, including the joints and muscles.
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 43. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Balingasag
Part/s used	Fruit
Preparation	Pound fruits.
Direction for use	Cast pounded plant material on river.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 44. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Archidendron scutiferum* (Blanco) Nielsen
Common name/s	
Local name/s	Salokigi
Part/s used	Bark of stem
Preparation	Pound bark.
Direction for use	Cast pounded plant material on river.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 45. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Croton tiglium* L.
Common name/s	
Local name/s	Tuba
Part/s used	Fruit (ripe)
Preparation	Pound fruits.
Direction for use	Cast pounded plant material on river.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 46. Poison, Fish

Ethnopharmacological use	As fish poison
Scientific name	*Derris elliptica*
Common name/s	
Local name/s	Tubli
Part/s used	Root
Preparation	Pound root.
Direction for use	Cast pounded plant material on river.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 47. Poisoning, Antidote for

Ethnopharmacological use	Antidote for poisoning
Scientific name	Family indet.
Common name/s	
Local name/s	Kalibre
Part/s used	Leaf and root
Preparation	Prepare concentrated decoction.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 48. Skin disease

Ethnopharmacological use	For skin disease
Scientific name	1. *Dendrocnide sp.* 2. *Alphitonia excelsa* (Fenzl) Reiss. ex Endl.
Common name/s	
Local name/s	1. Lingatong 2. Tulo
Part/s used	1. Leaf (fresh) 2. Bark (fresh)
Preparation	Prepare 1 gallon of decoction.
Direction for use	Use decoction as bath.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 49. Suot

Ethnopharmacological use	For suot
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Abaka
Part/s used	Young trunk
Preparation	Roast plant material. Express juice.
Direction for use	Take juice by mouth and apply poultice on back.
Additional information	Suot is caused by *lamig* (coldness). Condition is manifested by back pain.
Informant/s (place and year)	Bormate R, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 50. TB

Ethnopharmacological use	For TB
Scientific name	1. *Canarium ovatum* Engl. 2. Family indet. 3. *Caesalpinia pulcherrima* (L.) Swartz
Common name/s	
Local name/s	1. Pili 2. Polipog 3. Sibukaw
Part/s used	1. Bark 2. Root 3. Bark
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 51. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	Family indet.
Common name/s	
Local name/s	Polipog
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 52. Uric acid

Ethnopharmacological use	For uric acid
Scientific name	1. *Canarium ovatum* Engl. 2. Family indet. 3. *Caesalpinia pulcherrima* (L.) Swartz
Common name/s	
Local name/s	1. Pili 2. Polipog 3. Sibukaw
Part/s used	1. Bark 2. Root 3. Bark
Preparation	Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 53. UTI

Ethnopharmacological use	For UTI
Scientific name	1. *Gynotroches axillaris* Blume 2. Family indet.
Common name/s	
Local name/s	1. Dabodabo 2. Magsumpay
Part/s used	1. Root and trunk 2. Root
Preparation	Chop plant materials into small pieces. Prepare concentrated decoction from plant materials.
Direction for use	Take decoction by mouth.
Additional information	
Informant/s (place and year)	Bomate R, FGD1 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 54. Varicose veins

Ethnopharmacological use	For varicose veins
Scientific name	*Averrhoa carambola* L.
Common name/s	Balimbing
Local name/s	Balimbin
Part/s used	Flower
Preparation	Prepare concentrated decoction.
Direction for use	Soak feet in lukewarm decoction.
Additional information	
Informant/s (place and year)	FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 55. Worms, Intestinal

Ethnopharmacological use	For intestinal worms
Scientific name	*Leucaena glauca* Linn.
Common name/s	
Local name/s	Ipil-ipil
Part/s used	Fruit (unripe)
Preparation	Gather fruits and wash thoroughly.
Direction for use	Eat fruits.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 56. Worms, Intestinal

Ethnopharmacological use	For intestinal worms
Scientific name	Family indet.
Common name/s	
Local name/s	Tangulon
Part/s used	Fruit (ripe)
Preparation	Gather ripe fruits and wash thoroughly.
Direction for use	Eat fruits.
Additional information	
Informant/s (place and year)	Bormate R, FGD1 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

Table 57. Wounds

Ethnopharmacological use	For wounds
Scientific name	Family indet.
Common name/s	
Local name/s	Polipog
Part/s used	Root
Preparation	Prepare concentrated decoction from plant material.
Direction for use	Take decoction by mouth.
Additional information	

Informant/s (place and year)	Bormate R, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

OTHER USES

Table 58. Dishwashing

Ethnopharmacological use	For dishwashing
Scientific name	*Homonoia riparia* Lour.
Common name/s	
Local name/s	Dagumay
Part/s used	Leaf
Preparation	Pound plant material.
Direction for use	Use for dish washing.
Additional information	
Informant/s (place and year)	Bormate R, FGD1, FGD2, FGD3 (ESa Llorente 2011)
Information gatherer/s (place and year)	Luceriano RP (ESa Llorente 2011)

TAFT WATERSHED
Barangay Bagacay, Hinabangan, Samar

The study area

Barangay Bagacay is one of the 21 barangays of Hinabangan, Samar.

During the 1940s, Bagacay (a Visayan term for small bamboo), was only a sitio wherein travelers would stop-over. The discovery of high grade copper ore in 1954 led to the growth of the community. It became a barangay in the year 1956. It is said that as the population grew and more houses were built, the bagacay bamboo disappeared from the area. The mining (copper, coal, and pyrite) operations began in 1960 and ended in 1992 due to poor economic situation. Presently, the area is under DENR rehabilitation.

Aside from the mining area, the other portions of Barangay Bagacay are forest land and residential sites. According to a community survey, Bagacay has a total population of 2,217, wherein 1,126 are male and 1,091 are female.

The barangay can be reached from Catbalogan or Tacloban by bus and jeepney at PhP 60.00 fare per person. It takes 1 ½ hours travel from Catbalogan to Bagacay. Bagacay to Hinabangan proper is approximately 32 km and 45 minutes travel at PhP 35.00 fare per person.

Some families in Bagacay have poultry farms and piggeries for their livelihood. Because of the mineral resource in the area, only a few people do farming, making the most of the soil not suitable for planting. Some catch fish for family consumption.

The barangay has 1 complete elementary school and 1 barangay high school. The barangay youth who are in college go to school in Tacloban or Catbalogan.

The electricity of the barangay comes from the Samar Electric Cooperative, Inc. (Samelco II).

An airstrip which is in the mining compound was previously used by the company for their business operations. There was also a hospital in the said compound but it ceased operations since the mining ended.

Residents of Bagacay have radios, televisions, and cell phones but they go to neighboring barangays like Fatima and Arizona (3 km away from Bagacay) to get a signal.

The barangay is headed by the barangay chairman. He is assisted by 7 barangay councilors who each help in the administration of 7 puroks (or districts).

Tambalan (healers) are not well-known in the barangay because people already prefer going to hospitals rather than consulting healers.

(Information obtained from the barangay and municipal hall)

Gathering of information and herbarium vouchers

Gathering of information in Barangay Bagacay was conducted from 2011 August to September.

Conduct of the study was facilitated with the help of the barangay captain, secretary, and councilors. They also helped in identifying the healers and elders in the community.

A total of 58 plants were documented to be used for 35 medical indications recognized by the community. Fourteen (14) plants were reportedly used for *pasma*, 7 plants for amoeba, 4 for diabetes, and 4 for fever, among others.

Collection of herbarium vouchers and specimen was conducted on 2011 August 31, with the assistance of two traditional healers. After collecting the plants, a few high school students living near the healers' homes assisted in labelling the plants and taking notes regarding the plant names and uses.

Individual interviews and focus group discussion were conducted among the traditional healers and community members. Information was also gathered during the walk-through in the community and in the forest.

The informants

Information was gathered from 5 healers and 13 community members.

The traditional healers

Mr. Leo Curiosa Basada (Basada LC) is a 57 year-old farmer and healer. He acquired his knowledge of medicinal plants and orasyon or tayhup (Latin prayer) from his father whom he observed when he was still young. He began his practice when he was already married. He goes to a cave every Holy Friday in order for him to improve his healing methods.

Basada has a wife, 3 sons, and 1 daughter.

Mr. Mario Catuday Delmonte (Delmonte MC) is 41 year-old farmer and healer. Like Basada, Delmonte also learned about herbal medicine and healing prayers from his father, a healer. He started treating the sick when he was already married. He can heal illnesses caused by the unseen through ritual prayers. During Holy Friday, Delmonte goes to a cave and performs rituals to enhance his healing abilities.

Delmonte has a wife, 5 sons, and 1 daughter.

Ms. Estrella Estoco (Estoco E) is a 65 year-old homemaker and healer. She uses herbal medicine and *tayhup* (Latin prayer) as her healing methods. She began her practice when she was already married. Before her mother-in-law died, she taught Estoco about healing. She became a healer from then on.

Estoco has a husband and one son.

Demetria Padul Llosa (Llosa DP), known as Metring, is a 75 year-old healer. Her journey began when her deceased great great grandfather, Damiano Diaz (a well known healer in his time), appeared to her and told her to *'pantambal'* (heal). She hesitated but then she was told that her whole family would die if she neglected her calling. One of her loved ones did pass away. She became aftraid and then began healing. Damiano promised her that he would guide her in her practice.

Llosa uses herbal medicine and *tayhup* (Latin prayer) in healing. She can heal illnesses caused by *barang* (black magic). She is also able to immediately heal bleeding wounds and food poisoning using orasyon. She uses himulso (pulse) to identify the ailments f her patients.

Llosa has two sons.

Mr. Marlon Padul Llosa (Llosa MP) is a 50 year-old fish vendor and farmer. He is the son of Demetria, a healer, who taught him about herbal medicine.

Llosa shared that once, all of the healers were invited for a gathering of tambalan (healers) in Rizal, Daram, Samar. To become a healer the people had to follow rituals. Each healer would have to offer a whole pig and roast it. The tambalan would dance, walk through fire, and even dive into the flames. Llosa did just that which resulted to him being welcomed and accepted by the group. When he went home a tagbulig/helper (his deceased ancestor) appeared to him and began to guide him in his healing.

Llosa always offers 6 pieces of gin or wine to his spirit friend before he performs healing rituals in order for the treatment to become effective. The medicine he uses depends on what his tagbulig instructs him to do. He started his practice when he was already married.

Elders

Matilde Fabillo (Fabillo M) is a 67 year-old homemaker knowledgeable of medicinal plants.

The community members

2 focus group discussions were conducted among the community members.

The first focus group discussion (FGD1 Sa Hinabangan 2011) was held on 2011 September 28:

Name	Age	Sex	Occupation
Corazon Acayen	-	F	Brgy secretary
Lyra Dela Cruz	-	F	Homemaker
Jennette Delmonte	-	F	Homemaker
Matilde Fabillo	-	F	Homemaker
Alfredo Tinay	-	M	Brgy captain
Dominador Varona	-	M	Brgy councilor

The second focus group discussion (FGD2 Sa Hinabangan 2011) was held on 2011 September 30:

Name	Age	Sex	Occupation
Nenita Abaigar	-	F	Brgy councilor
Corazon Acayen	-	F	Brgy secretary
Nancy Babon	-	F	Brgy Health Worker
Antonio Bacsal, Sr	-	M	-
Teresita Calvara	-	F	Fish vendor
Luz Docil	-	F	Brgy treasurer
Anacita Luceres	-	F	Homemaker
Irma Martillano	-	F	Brgy councillor

TABLES OF ETHNOPHARMACOLOGICAL USES OF NATURAL MATERIALS IN TAFT WATERSHED, BARANGAY BAGACAY, HINABANGAN, SAMAR, 2011

Table 1. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Mikania cordata* (Burm.) BL Robinson
Common name/s	
Local name/s	Akopar
Part/s used	Root, leaf, and vine
Preparation	Collect desired amount of plant materials. Wash thoroughly. Boil these in three cups of water until one cup of decoction remains.
Direction for use	Drink decoction twice a day, half a cup in the morning and half a cup in the evening, before meals. Continue treatment until pain subsides.
Additional information	Plant materials should be collected on a Tuesday or Friday.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 2. Abdominal pain

Ethnopharmacological use	For abdominal pain
Scientific name	*Callicarpa sp.*
Common name/s	
Local name/s	Ananayop
Part/s used	Root and bark
Preparation	Get enough roots and bark the size of a person's palm. Wash plant materials thoroughly. Boil these in three cups of water until one cup of decoction remains.
Direction for use	Drink one cup of decoction three times a day, before meals.
Additional information	
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 3. Amoeba

Ethnopharmacological use	For *amoeba*
Scientific name	1. *Persea americana* 2. *Areca catechu* L. 3. *Pseudoelephantopus spicatus* (Juss.) Rohr 4. Uncollected, unidentified 5. *Chrysophyllum cainito* L. 6. *Canarium ovatum* Engl. 7. *Sandoricum koetjape* (Burm. f.) Merr.
Common name/s	1. Abokado 2. Bunga 3. – 4. – 5. Kaymito 6. Pili 7. Santol
Local name/s	1. Abokado 2. Bunga 3. Higutbaluto 4. Igot 5. Kaymito 6. Pili 7. Santol
Part/s used	1. Bark 2. Bark 3. Root 4. Bark 5. Bark 6. Bark 7. Bark
Preparation	Obtain enough roots and bark. Boil these in three cups of water until one cup of decoction remains.
Direction for use	Drink one cup twice a day, in the morning and afternoon. Continue treatment until healed. Take decoction before meals.
Additional information	
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 4. Appetite, To increase

Ethnopharmacological use	To increase appetite
Scientific name	Rubiaceae family
Common name/s	
Local name/s	Kabak
Part/s used	Bark
Preparation	Obtain a piece of bark the size of one's palm. Scrape-off its outer layer. Wash bark thoroughly. Boil this in three cups of water until one cup of decoction remains.
Direction for use	Drink a cup of decoction once a day
Additional information	
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 5. Aswang, To ward-off

Ethnopharmacological use	To ward-off aswang
Scientific name	*Fagraea philippinensis* Wong & Sugau
Common name/s	
Local name/s	Salak
Part/s used	Trunk
Preparation	Obtain salak trunk.
Direction for use	Place beneath house (*silong*).
Additional information	The *aswang* feed on babies in mothers' wombs. According to Estrella Estoco, the salak tree/trunk should be placed vertically under the *silong* (floor ceiling) of a pregnant woman's house. The *aswang* will bite anything before it leaves the *silong* of the house. If it bites the salak tree "*madudunot iya baba hasta mamatay,*" it will die.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 6. Bite, Snake

Ethnopharmacological use	For snake bite
Scientific name	*Fagraea philippinensis* Wong & Sugau
Common name/s	
Local name/s	Salak
Part/s used	Bark
Preparation	Get 6 inches of bark. Peel the outer layer of the bark. Scrape the inner layer and get ample amount of bark.
Direction for use	Chew bark until it produces juice. Swallow the juice and spit out the residue.
Additional information	The patient should not drink water to avoid the spreading of venom. The patient should also not sleep until already cured.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 7. Boils

Ethnopharmacological use	For boils
Scientific name	*Pandanus sp.*
Common name/s	
Local name/s	Ulango
Part/s used	Root stem
Preparation	Obtain a tender/soft part of the root stem. Scrape it using a spoon.
Direction for use	Apply plant material around eye of boil. Do this once a day.
Additional information	
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 8. Cough

Ethnopharmacological use	For cough
Scientific name	*Annona muricata* L.
Common name/s	Guyabano
Local name/s	Guwardabano
Part/s used	Young leaf
Preparation	Collect 18 pieces of young leaves. Wash leaves thoroughly. Boil leaves in two cups of water until one cup of decoction remains.
Direction for use	Divide one cup of decoction into three parts. Drink 1/3 cup of decoction three times a day. Continue treatment until cough subsides.
Additional information	
Informant/s (place and year)	Llosa DP (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 9. Cough, Productive

Ethnopharmacological use	For productive cough
Scientific name	Uncollected, unidentified
Common name/s	Abaka
Local name/s	Abaka
Part/s used	Young stalk
Preparation	Get a young stalk of abaka. Roast the stalk and peel off its outer layer. Express juice from the roasted stalk. Heat a small piece of kamangyan using a spoon until it dissolves. Mix it together.
Direction for use	Take this three times a day until phlegm disappears.
Additional information	This should not be taken by pregnant women.
Informant/s (place and year)	Llosa DP (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 10. Cough, Severe

Ethnopharmacological use	For severe cough
Scientific name	1. *Artemisia sp* 2. *Coleus aromaticus* Benth. 3. *Blumea balsamifera* L.
Common name/s	1. Damong Maria 2. Oregano 3. Sambong
Local name/s	1. Herba Maria 2. Klabo 3. Lakdan
Part/s used	Leaf
Preparation	Collect enough plant materials. Heat the leaves and pound these to get the extract.
Direction for use	For children: take one tablespoon. For adults: take two tablespoons. Do this three times a day before meals.
Additional information	Pregnant women in their first trimester should not take this medicine.
Informant/s (place and year)	Estoco E (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 11. Cough, Severe

Ethnopharmacological use	For severe cough (with phlegm)
Scientific name	*Moringa oleifera* (Lam.)
Common name/s	Malunggay
Local name/s	Kamalunggay
Part/s used	Leaf
Preparation	Wash the leaves and place it in a bowl. Pound the leaves to obtain extract.
Direction for use	For children: take one tablespoon. For adults: take two tablespoons. Take the extract for two to three days or until cough subsides.
Additional information	
Informant/s (place and year)	Estoco E (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 12. Cough with fever

Ethnopharmacological use	For cough with fever
Scientific name	*Gynotroches axillaris* Blume
Common name/s	
Local name/s	Dabodabo
Part/s used	Bark
Preparation	Obtain dabodabo bark the size of one's palm. Scrape-off the outer layer of the bark to remove dirt. Wash it thoroughly. Boil it in three cups of water until one cup of decoction remains.
Direction for use	Divide one cup of decoction into three parts. Drink 1/3 cup of decoction three times a day.
Additional information	

Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 13. Dandruff

Ethnopharmacological use	For dandruff
Scientific name	*Entada phaseoloides* (L.) Merr.
Common name/s	Gugo
Local name/s	Balugo
Part/s used	Bark
Preparation	Obtain a desired size of bark. Scrape-off the outer layer of the bark. Pound the bark using a heavy and hard object such as a stone. Wash the pounded bark to remove dirt. Add water to the pounded bark.
Direction for use	Apply on hair and rub on scalp. Leave it on hair for 3 to 5 minutes. Rinse thoroughly.
Additional information	It can also be used as regular shampoo or bath soap.
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 14. Diabetes

Ethnopharmacological use	For diabetes
Scientific name	1. *Arcangelisia flava* (L.) Merr. 2. *Vavea amicorum* Benth. 3. *Thottea philippinensis* Quisumb.
Common name/s	
Local name/s	1. Albutra 2. Bunak 3. Kotikot
Part/s used	Roots
Preparation	Obtain enough amount of plant materials. Wash roots thoroughly. Boil these in three cups of water until one cup of decoction remains.
Direction for use	Drink the decoction three times a day for one month.
Additional information	This should not be taken by pregnant women.
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 15. Diabetes

Ethnopharmacological use	For diabetes
Scientific name	*Solanum sp.*
Common name/s	
Local name/s	Tagutong
Part/s used	Plant
Preparation	Get desired amount of plant material. Cook as a vegetable.
Direction for use	Eat tagutong frequently.
Additional information	
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 16. Diarrhea with vomiting

Ethnopharmacological use	For diarrhea with vomiting
Scientific name	Uncollected, unidentified
Common name/s	Manunggal
Local name/s	
Part/s used	Bark
Preparation	Scrape-off the outer layer of bark. Wash bark thoroughly. Boil in three cups of water until one cup of decoction remains.
Direction for use	Divide one cup of decoction into three parts. Drink 1/3 cup of decoction three times a day.
Additional information	Can also be used for fever.
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 17. Energy, To enhance

Ethnopharmacological use	To enhance energy
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Maylo
Part/s used	Seed
Preparation	Get seeds from a ripe maylo fruit. Peel off the skin. Sun-dry the seed. Pound the seeds.
Direction for use	Add the pounded seeds to drinks. This can be used as coffee substitute. Take this three times a day.
Additional information	This is good for children.
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 18. **Fever**

Ethnopharmacological use	For fever
Scientific name	1. *Cyperus kyllingia* Rottb. 2. *Alternathera sp.*
Common name/s	
Local name/s	1. Burobotones 2. Kurokutsarita
Part/s used	Whole plant
Preparation	Obtain whole plants of burobotones and kurokutsarita. Wash plants thoroughly. Put these in a pitcher half filled with water. Soak these for at least an hour. This process is called *tang-ob.*
Direction for use	Drink one cup three times a day before meals.
Additional information	Can be used as water substitute.
Informant/s (place and year)	Estoco E (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 19. Fever

Ethnopharmacological use	For fever
Scientific name	*Carica papaya* L.
Common name/s	Papaya
Local name/s	Kapayas
Part/s used	Root
Preparation	Get roots from papaya tree. Wash roots thoroughly. Cut roots in half vertically. Scrape the inner part of the roots using a spoon.
Direction for use	Apply scraped roots on forehead until fever subsides.
Additional information	Continue treatment if fever persists.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 20. Fever

Ethnopharmacological use	For fever
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Manunggal
Part/s used	Bark
Preparation	Scrape-off the outer layer of bark. Wash bark thoroughly. Boil three cups of water until one cup of decoction remains.
Direction for use	Divide one cup of decoction into three parts. Drink 1/3 cup of decoction three times a day.
Additional information	
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 21. **Flatulence**

Ethnopharmacological use	For flatulence
Scientific name	*Polygala paniculata* L.
Common name/s	
Local name/s	White flower
Part/s used	Root
Preparation	Get desired amount of plant material. Wash thoroughly. Boil in two cups of water until one cup of decoction remains.
Direction for use	Drink three times a day before meals until pain subsides.
Additional information	
Informant/s (place and year)	Fabillio M (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 22. Flu

Ethnopharmacological use	For flu
Scientific name	1. *Cyperus kyllingia* Rottb. 2. *Alternathera* sp.
Common name/s	
Local name/s	1. Burobotones 2. Kurokutsarita
Part/s used	Whole plant
Preparation	Obtain whole plants of burobotones and kurokutsarita. Wash plants thoroughly. Put these in a pitcher half filled with water. Soak these for at least an hour. This process is called *tang-ob.*
Direction for use	Drink one cup three times a day before meals.
Additional information	Can be used as water substitute.
Informant/s (place and year)	Estoco E (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 23. **Hoarse voice**

Ethnopharmacological use	For hoarse voice
Scientific name	1. *Citrus microcarpa* Bunge 2. Calcium hydroxide
Common name/s	1. Kalamansi 2. Apog
Local name/s	1. Kidya 2. Apog
Part/s used	1. Fruit 2. Apog
Preparation	Squeeze out juice from kidya fruit and mix this with apog.
Direction for use	Gently rub it on the neck (in the area of the esophagus).
Additional information	
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 24. Kidney disease

Ethnopharmacological use	For kidney disease
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Leaf, stem, and root
Preparation	Collect enough plant materials. Wash thoroughly. Boil these in four cups of water until one cup of decoction remains.
Direction for use	Drink the decoction three times a day.
Additional information	
Informant/s (place and year)	Estoco E (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 25. Pasma

Ethnopharmacological use	For pasma
Scientific name	1. *Cyperus kyllingia* Rottb. 2. Family indet. 3. *Ficus minahassae* (Teijsm. & Vriese) Miq. 4. *Scleria scrobiculata* Nees & Meyen ex Nees 5. *Blumea balsamifera* L. *6. Alpinia sp.* 7. *Cratoxylum sp.* 8. Gramineae, genus indet. 9. Gramineae, genus indet. 10. *Musa sapientum* L. 11. Uncollected, unidentified 12. *Alphitonia excelsa* (Fenzl) Reiss. ex Endl. *13. Ficus sp.* 14. *Centella asiatica*
Common name/s	
Local name/s	1. Burobotones 2. Buyon 3. Hagimit 4. La-as 5. Lakdan 6. Magumbong 7. Pulotan 8. Puti 9. Rapak 10. Sab-a 11. Tobog 12. Tulo 13. Wilawiran 14. Yahong-yahong
Part/s used	1. Whole plant 2. Young leaf 3. Root 4. Stalk 5. Young leaf 6. Young leaf 7. Young leaf 8. Stalk

	9. Stalk 10. Root 11. Root 12. Young leaf 13. Root 14. Root and leaf
Preparation	Collect desired amount of plant materials. Wash thoroughly and soak in a pitcher half filled with water. This process is called *tang-ob.*
Direction for use	Drink one cup before meals until one gets well. This can be used as substitute for water.
Additional information	Patients should not take any western medicine while taking this *pinatang-ob*. Pasma is manifested by hand tremors, cold perspiration, headache, and fainting. It is caused by fatigue or exposure to heat followed by exposure to cold.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 26. **Poison, Animal**

Ethnopharmacological use	Poison for animals
Scientific name	*Strychnos ignatii* Berg.
Common name/s	
Local name/s	Igasud, lima-lima
Part/s used	Fruit and stem
Preparation	Obtain enough fruits and stem. Roast the fruits and stem until it is burnt. Crush the plant parts.
Direction for use	Mix the crushed parts with food.
Additional information	As a safety precaution, wash hands with soap and water after preparing the lima-lima.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 27. **Poison, Human**

Ethnopharmacological use	Poison for humans
Scientific name	*Strychnos ignatii* Berg.
Common name/s	
Local name/s	Igasud, lima-lima
Part/s used	Fruit and stem
Preparation	Obtain enough fruits and stem. Roast the fruits and stem until it is burnt. Crush the plant parts.
Direction for use	Mix the crushed parts with food.
Additional information	As a safety precaution, wash hands with soap and water after preparing the lima-lima.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 28. **Poisoning, Food**

Ethnopharmacological use	For food poisoning
Scientific name	*Citrus microcarpa* Bunge
Common name/s	Kalamansi
Local name/s	Kidya
Part/s used	Fruit
Preparation	Get seven pieces of kidya fruit. Squeeze out juice into a cup. Put vegetable oil equal to the amount of extracted kidya juice. Add three spoonfuls of sugar. Stir until sugar dissolves.
Direction for use	Drink three times a day until one has healed.
Additional information	Take extract before meals. Avoid food that can cause *pabughat* or *pabinat* such as chicken, egg, and pork.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 29. **Poisoning, Food**

Ethnopharmacological use	For food poisoning
Scientific name	*Argyreia sp.*
Common name/s	
Local name/s	Kurokamote
Part/s used	Root
Preparation	Obtain enough roots of korokamote. Wash roots thoroughly. Boil these in two cups of water until one cup of decoction remains.
Direction for use	Drink one cup of decoction a day until one is able to vomit all the contaminated food one has eaten.
Additional information	
Informant/s (place and year)	Fabillo M (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 30. **Poisoning, Food**

Ethnopharmacological use	Food poisoning (*hilo*)
Scientific name	Family indet.
Common name/s	
Local name/s	Tambalagisa
Part/s used	Seed
Preparation	Obtain five pieces of tambalagisa seeds. Pulverize the seeds.
Direction for use	Drink the pulverized plant material before meals. It should be done once.
Additional information	This should not be taken by pregnant women during the first trimester of pregnancy. It is better to harvest the seeds during the summer.
Informant/s (place and year)	Fabillo M (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 31. Poisoning from food, To diagnose

Ethnopharmacological use	To diagnose food poisoning
Scientific name	*Piper sp.*
Common name/s	Ikmo
Local name/s	Dapun
Part/s used	Leaf
Preparation	Get one wide dapun leaf and crush it.
Direction for use	Rub the leaf on the fingernail of the thumb.
Additional information	If the fingernail turns purple or black it means one has been poisoned
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 32. **Pregnancy, To avoid**

Ethnopharmacological use	To avoid pregnancy
Scientific name	*Dioscorea sp.*
Common name/s	
Local name/s	Banag
Part/s used	Rhizome
Preparation	Dry the rhizome under the sun. Chop this into small pieces. Boil this in three cups of water until one cup of decoction remains.
Direction for use	Drink one cup of decoction a day.
Additional information	It should not be taken by pregnant women or women who want to bear children.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 33. Rheumatism

Ethnopharmacological use	For rheumatism
Scientific name	1. *Citrus microcarpa* Bunge 2. Calcium hydroxide
Common name/s	1. Kalamansi 2. Apog
Local name/s	1. Kidya 2. Apog
Part/s used	1. Fruit 2. Apog
Preparation	Squeeze out juice from kidya fruit and mix this with apog.
Direction for use	Gently rub this onto the affected area. Do this in the morning and afternoon. Continue treatment until pain subsides.
Additional information	
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 34. Skin fungal infection

Ethnopharmacological use	For skin fungal infection
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Bulisong (wild mushroom)
Part/s used	Whole mushroom
Preparation	Roast the bolisong.
Direction for use	Expose the affected area to the smoke from the bolisong. Do this every night until infection is healed.
Additional information	Bulisong can be found under abandoned wood. There are plenty of it during the rainy season.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 35. Skin fungal infection (scabies)

Ethnopharmacological use	For skin fungal infection (scabies)
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Kanuhoy (vines that can be found in trees)
Part/s used	Seed from ripe fruit
Preparation	Sun-dry the seed. Express oil from seed.
Direction for use	Apply oil to the affected areas three times a day until infection is healed.
Additional information	Vines can be found in the upper part of a tree.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 36. Skin fungal infection

Ethnopharmacological use	For skin fungal infection
Scientific name	*Acalypha angatensis* Blanco
Common name/s	
Local name/s	Mugos
Part/s used	Young leaf
Preparation	Obtain three young leaves of mugos.
Direction for use	Apply it directly onto the affected area before bedtime. Leave it overnight.
Additional information	
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

***Table 37.* Soap**

Ethnopharmacological use	*As soap*
Scientific name	*Entada phaseoloides* (L.) Merr.
Common name/s	Gugo
Local name/s	Balugo
Part/s used	Bark
Preparation	Obtain a desired size of bark. Scrape-off the outer layer of the bark. Pound the bark using a heavy and hard object such as a stone. Wash the pounded bark to remove dirt. Add water to the pounded bark.
Direction for use	Use as soap.
Additional information	
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 38. Stroke

Ethnopharmacological use	For stroke
Scientific name	*Arcangelisia flava (L.) Merr.* or *Merremia sp.*
Common name/s	
Local name/s	Burakan
Part/s used	Young leaf (a pair of white and red leaves)
Preparation	Collect young burakan leaves. Heat leaves for about 2-3 minutes.
Direction for use	Place leaves on the paralyzed or affected part of the body while gently massaging it. Do this in the morning and afternoon.
Additional information	This improves blood circulation.
Informant/s (place and year)	Basada LC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 39. Toothache

Ethnopharmacological use	For toothache
Scientific name	*Voacanga sp.*
Common name/s	
Local name/s	Salibotbot
Part/s used	Root, bark, and leaf
Preparation	Collect ample amount of roots, leaves, and a piece of bark the size of a person's palm. Wash thoroughly. Scrape-off the outer layer of the bark. Boil the plant parts in two cups of water until one cup remains. Cool the decoction.
Direction for use	Gargle half a cup of lukewarm decoction in the morning and half a cup in the evening. Continue treatment until pain subsides.
Additional information	
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 40. **Typhoid fever**

Ethnopharmacological use	For typhoid fever
Scientific name	*Carica papaya* L.
Common name/s	Papaya
Local name/s	Kapayas
Part/s used	Young leaf
Preparation	Gather young leaves of papaya. Wash leaves thoroughly. Pound the leaves and squeeze out extract.
Direction for use	For children: take 1 tablespoon For adults: take 2 tablespoons This must be taken three times a day until fever subsides.
Additional information	
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 41. **Ulcer**

Ethnopharmacological use	For ulcer
Scientific name	*Citrus microcarpa* Bunge
Common name/s	Kalamansi
Local name/s	Kidya
Part/s used	Fruit
Preparation	Get seven pieces of kidya fruit. Squeeze out extract into a cup. Put vegetable oil equal to the amount of extracted kidya juice. Add three spoonfuls of sugar. Stir until sugar dissolves.
Direction for use	Drink three times a day until full recovery is achieved.
Additional information	Extract should be taken before meals. Avoid food that can cause *pabughat* or *pabinat* such as chicken, egg, and meat.
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 42. Ulcer

Ethnopharmacological use	For ulcer
Scientific name	*Psidium guajava* L.
Common name/s	Bayabas
Local name/s	Mayabas
Part/s used	Young leaf (red color)
Preparation	Collect twenty pieces of young red mayabas leaves. Boil these in two cups of water until one cup of decoction remains.
Direction for use	Drink the decoction three times a day.
Additional information	The young mayabas fruit can also be used for ulcer.
Informant/s (place and year)	Estoco E (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 43. Ulcer

Ethnopharmacological use	Ulcer
Scientific name	*Ligustrum sp.*
Common name/s	
Local name/s	Polipog
Part/s used	Roots (black, white, yellow)
Preparation	Collect three pairs of polipog roots (a pair of black, white, and yellow). Wash roots thoroughly. Boil these in three cups of water until one cup of decoction remains.
Direction for use	Drink once a day.
Additional information	
Informant/s (place and year)	Delmonte MC (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 44. Unseen beings, As protection from

Ethnopharmacological use	As protection from unseen beings
Scientific name	*Sansevieria trifasciata* Prain
Common name/s	
Local name/s	Klabo tigre
Part/s used	Leaf
Preparation	Collect three pieces of leaves. Wash and dry the leaves. Heat and pound these. Squeeze out the extract into a cup.
Direction for use	Drink the extract once a day. Apply a small amount of extract to the abdomen and chest.
Additional information	This is a precautionary measure for harmful winds caused by the unseen (*Panigbin/hangin na maraot*).
Informant/s (place and year)	Llosa DP (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

***Table 45.* UTI**

Ethnopharmacological use	For UTI
Scientific name	Uncollected, unidentified
Common name/s	
Local name/s	Sinaw-sinaw
Part/s used	Leaf, stem, and root
Preparation	Collect enough plant material. Wash thoroughly. Boil these in four cups of water until one cup of decoction remains.
Direction for use	Drink the decoction three times a day.
Additional information	
Informant/s (place and year)	Estoco E (Sa Hinabangan 2011)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

Table 46. Worms, Intestinal

Ethnopharmacological use	For intestinal worms (of babies)
Scientific name	Alliaceae, genus indet.
Common name/s	Gandayapi
Local name/s	
Part/s used	Leaf
Preparation	Collect enough gandayapi leaves. Wash leaves thoroughly and let it dry. Heat the leaves and crush it to get extract.
Direction for use	Give the child 5 mL of extract twice a day until green stool turns to a normal color.
Additional information	Newborn babies should be given the extract before being breastfed.
Informant/s (place and year)	Llosa DP (Sa Hinabangan)
Information gatherer/s (place and year)	Luceriano RP (Sa Hinabangan 2011)

APPENDIX

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