

**ETHNOPHARMACOLOGICAL STUDY OF THE PHILIPPINE  
ETHNOLINGUISTIC GROUPS: THE BUGKALOT PEOPLE OF TALBEC,  
DUPAX DEL SUR, NUEVA VIZCAYA**

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## ABSTRACT

An ethnopharmacological study of the Bugkalot people in Barangay Talbec, Dupax del Sur, Nueva Vizcaya, Philippines was conducted during the year 1996. The study included the documentation of the ethnopharmacological knowledge and indigenous healing practices of, and photodocumentation and collection of voucher specimens of plants and other natural products used by the Bugkalot people. Information was gathered from 6 healers and elders. A total of 55 plants were documented. Documentation of herbal plants included the local names, the therapeutic indications, the plant parts used, the method of preparation and the direction for use. The plants were identified by their scientific names, where applicable.

Thirteen (13) plants were reportedly used for urinary problems, 10 for wounds and 6 for stomach ache, among others. Many of the medicinal plants used by the Bugkalots were noted to be known among lowlanders. The study was not able to find specimen vouchers for twenty three (23) plants despite repeated visits to different forest sites, underscoring the need to conserve the forests which provide the Bugkalot people their food, water, shelter, medicine, economic livelihood, spiritual refuge and home.

## INTRODUCTION

The Philippines is home to about 13 million indigenous peoples belonging to more than 130 distinct ethnolinguistic groups. Each ethnolinguistic group generally has a rich tradition of practices, including those which refer to healing of the sick. Our indigenous peoples, mostly living in the mountains or their fringes, have depended mostly on plants and other natural products from the forest to treat their sick. The threat of forest denudation, coupled by the onslaught of lowland mainstream culture, may result in the loss of the healing traditions of our indigenous peoples.

Few studies have been conducted to document the ethnopharmacological knowledge and healing practices of our people. Madulid and others reported 46 plants used by the Ati tribe in Nagpana, Iloilo, Panay Island (Madulid et al, 1990).

The Complementary and Traditional Medicine Study Group of the National Institutes of Health, University of the Philippines Manila with assistance from Philippine Institute for Traditional and Alternative Health Care in the series of studies were able to document the ethnopharmacological knowledge and healing practices of the following ethnolinguistic groups: the Isnag, Kalinga, Ifugao, Kankana-ey, and Ibaloi peoples of the Cordillera; the Pala'wan, Batak and Tagbanua peoples of Palawan; and the Ata Manobo, Bagobo, Mansaka, Mandaya and Talaingod peoples of Davao.

We recognized the need to document, and hopefully preserve, the beneficial healing traditions of our indigenous peoples. In addition, we recognized that the domain of our indigenous peoples is a rich source of potentially useful pharmacologic agents.

This study documented the ethnopharmacological knowledge of the Bugkalots in Talbec, Dupax del Sur, Nueva Vizcaya. The study, likewise, addressed the need for long-term, sustained advocacy to help preserve the ancestral homeland of the bugkalot people even as we rendered certain urgent health services that needed to be done for the Bugkalot communities covered by this study.

## METHODOLOGY

### Selection of the study area

A full-time research assistant did the essential social preparation of the area. The study site was chosen based on the following criteria:

- Community is reported to actively practice their traditions, ie, presence of traditional healers
- Community living near the forest
- Security is not a problem in the community
- Community accessible to reasonable means of transportation

Two communities were visited for the study: one was in Nagtipunan, Quirino and the second was in Talbec, Dupax del Sur, Nueva Vizcaya.

Contact building was first conducted among the mayors of the different municipalities where Bugkalots were located. The objectives of the study were presented to the members of the health committee of the Local Government Unit and selected Bugkalots who were also members of the Sangguniang Bayan. Basing on the customary practices of the Bugkalots, the group suggested that a consultation with *Begenget* (elders of the community) was necessary for the approval of the conduct of the study. A series of consultations was then conducted with the *Begengets* in communities targeted for the study.

Though all communities agreed to the conduct of the study, Barangay Talbec was chosen based on the criteria set by the study.

The Barangay Leader of the area signed a Prior Informed Consent (PIC) allowing conduct of the study.

### Gathering of data

A research assistant lived and integrated with the community for an aggregate period of 6 months. During the time, data were gathered utilizing participants' observation, survey, focus group discussion and interview using a pre-tested interview guide.

The main data consisted of the local name of the plant, the medicinal uses, the plant part used, the method of preparation and the direction for use. Methods of gathering and storing, where available, were also noted.

Specimen vouchers were found both in the community and in the forest. A tour of and collection of plants found in the forest was done during the time where healers or the *Begenget* went to for hunting and rattan gathering.

Four specimen vouchers for each plant were prepared and tagged according to the method of the National Museum. Identification was done by a botanist from the University of the Philippines Diliman Herbarium.

Verification of gathered data was done after it was encoded or written. The informants utilizing one on one consultation and focus group discussion validated the data.

Secondary data were also obtained from the barangay and municipal officers.

### Informants

Informants were selected based on their reputation of active practice of the traditional healing arts in the community. Six (6) healers served as key informants during the study. These healers were the remaining keepers of the healing knowledge of Bugkalots in the area. Some of them were solely herbalist while others were at the same time birth attendants.

## RESULTS

### Location of the study

The main study site was Barangay Talbec in Dupax del Sur, Nueva Vizcaya. It is 48 kilometers from the *poblacion*. From Manila, it may be reached passing through San Jose City and Caranglan, Nueva Ecija. The total land area is 12.22 square km, mostly mountainous (80%) and hill (15%). Population is 296, with 63 households. Eighty five percent (85%) of the total population are Bugkalots.

### The Bugkalot People

The Bugkalot people are popularly known as Ilongots. The word “Ilongot” came from “i” a prefix denoting people and “ngongot” meaning forest. The term Ilongot simply means “people from the forest”. The term was coined by lowlanders. The Ilongots are indeed people from the forest. Ilongot histories evolved in the forest of Sierra Madre and Caraballo mountains. Early reports referred to them as Italon, Abaka and Ibilao.

Today, they prefer to be called Bugkalot, a self-designated term by the people themselves.

For centuries the Ilongots made a distinctive mark in the history of colonization. From the Spanish era until the invasion of the Japanese, the Bugkalots stood bravely against the attempt of colonizers to penetrate their villages.

The Bugkalots were famous for their head hunting practices. Perhaps among many indigenous groups who practiced head hunting, the Bugkalots were the last to abandon the practice of head hunting . The last time that headhunting was reported to be done by the Ilongots was in 1969.

Historians believed that, headhunting was not only a ritual that proved manhood but a cultural practice that protected Bugkalots from foreign penetration.

The Bugkalots were barely penetrated during the Spanish era. Though there were some who were lured to lowland missions, most of them were dissuaded by their more ethnocentric fellow Bugkalots from assimilation. Missions were reported to be abandoned because many were always subject to attack by these people.

Even during the American time, the Bugkalots remained untouched and unpacified as testified by the murder of William Jones, an ethnologist, in 1909. American colonizers described the Bugkalots as fierce and wild.

Rosaldo noted that the history of the people during peace time was marked by shifts in population and movement. Movement was not motivated by their inter tribal feuds but rather the effect of lowland disorder, such as the revolution in 1890, early 1900, and the insurgency of the HUKs in 1950.

In the 1960s peoples' lives gradually changed. Other neighboring indigenous groups such as the Ibalois and the Ifugaos began to penetrate the Bugkalot people. They

were not spared from the arrival of the New Tribal Mission, a Protestant group that did evangelization work among the indigenous people. The coming of this church group marked the end of the headhunting practices of the people.

Martial Law in the 1970s contributed a remarkable change in the traditional society of the people. Schools were built and political groups were organized.

Today, majority of the Bugkalots are christianized and assimilated. The influx of lowlanders in their territories contributed to the gradual extinction of their culture. The appearance, clothing and even materials used in building houses manifested assimilation and creeping loss of traditions.

As forest dwellers, the Bugkalots subsist in hunting and gathering. Today, young Bugkalots still hunt for wild boars, deer and birds. Dogs are considered partners in hunting activities. To those who live near the river, catching fish with the arrow is still considered as one of the sources of food. Other river products include the following: *kadezap* (referred as the cockroach of the rivers), *kanit* (worm of the river), *iget* (eel), *beyek (biya)*, *alaken* (frogs), *tak-kang* (crabs), *nuto* (snails), *guddong (karpa)*, *tilapia* and *kulanip* (shrimps).

Swidden farming is one of the major economic activities of the people. They clear a portion of the forest and cultivate rice for a particular season. Whoever clear and cultivate the area owns the land. People are not conscious about land title.

The migration of the Ifugaos influenced the economic activity of some Bugkalots. Some of them are now planting cash crops such as pechay, *gepang* (ginger), cabbage, sweet peas, pineapple, beans and even fruit tress. Products are sold to lowlanders. *Olangkeyo* (cassava), *ola* (sweet potatoes), *langka* (jackfruit), *onat* (sugar cane) are planted for home consumption. The land that they are now tilling are part of their ancestral land.

The present generation of Bugkalots recognize the importance of education. Parents are working hard to send their children to school to pursue college education.

The Bugkalots are known to be a “people with one language”, however each group is distinct from the other according to kinship and proximity of their dwelling place. There are no descent groups.

According to Michelle Rosaldo, the Bugkalots are described into various *Begtan*-“timeless and discreet collections of related persons who share an origin from unknown ancestors, common ancestors, who live together “downstream, in the lowland, “on islands”, “near mountains” - in short, in some environment form which the *begtan* take its name” As the largest unit of Bugkalots social system, *begtans* are composed of persons who choose to reckon their identity through either parents.

*Begtans* are categorized in three ways. One, they designate members as legitimately claimed through filiation. Second, all people who lived in an area dominated by a particular *Begtan* in a given time. And the third, designate the area where people reside. Mostly people identify themselves not according to their roots but to their histories of living together. Collective identity is not based on descent but rather the

time they have spent together. Most often, members of the *Begtan* carry a single family name.

Most marriages in a *Begtan* are endogamous. Marriages are also monogamous and enduring. Divorce was also practiced and allowed in some cases. Once married, the man lives with wife's parents. Husbands are forbidden to call their parents in law by their names. When the wife's parent gets old, they stay with the youngest married daughter. At this point, the husband now assumes leadership of the family.

### Healing practices

Like other indigenous groups, health is defined differently from the mainstream medicine. One is healthy when s/he is still able to do her/his economic task. Illnesses are caused by malevolent spirits called the *agimang*. The *agimang* dwells in the forest (*gongot*), trees, river (*pi-nget*) and farm (*eoma*). The *enpapagak* or the indigenous healer were responsible in driving malevolent spirits away from the sick.

The *enpapaanak* or the birth attendant was another specialization of women healers in the community.

The *enpapaanak* (birth attendant) and the *tezab* (person who does fundal push during delivery) assist pregnant women during delivery. During delivery, pregnant mothers assume either the squatting or kneeling position. Legs apart, the hands were rested on the floor. The *enpapaanak* catches the baby during delivery. The *enpapaank* wipes the head of the baby and cord cutting is done only upon the expulsion of the *inabong* (placenta). *Adomi* plant was used in tying the severed umbilical cord.

*Gepang* (ginger) and *bayabat* (guava) are used as vaginal wash after delivery. The mother is also asked to drink *gepang* decoction after giving birth. Mothers are not forbidden to take a bath after giving birth. Decoction of *inamo* and *lazona* leaves are used during the first postpartum bath. After three days, mothers may now resume their routine work at home and in the farm.

A newborn is usually bathed with *lazona* and *kamoletlet* decoction. This is done to prevent darkening of the skin.

First solid foods are only introduced when babies start to crawl.

Circumcision or *laksyento* is done when boys are ready for the rites. The *Begenget* performs the circumcision utilizing the traditional method.

### Materia medica of the Bugkalots

Fifty five plants were identified as medicinal by the Bugkalots (See Table 1). The plant preparation were either used externally or taken by mouth.

The most frequently cited indication of the medicinal plants was for urinary problems; thirteen plants were cited to be used for problems such difficult urination, blood in the urine and kidney stone. Ten plants were cited to be used for wounds (See Table 2).



Table 1. List of Medicinal Plants commonly used by the Bugkalots of Talbec, Dupax del Sur, Nueva Vizcaya

Scientific name:

Family:

Local name: *Bulinangan*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Wounds ( <i>Tuge't</i> )	Leaves	Pound leaves until juice is extracted.	Wash hands. Use pounded leaves as poultice on the affected area

Scientific name: *Manihot esculenta* Cranz

Family: Euphorbiaceae

Local name: *Olangkeyo* (Bugkalot), *Kamoteng kahoy* (Tagalog)

Medicinal Uses	Plant parts used	Preparation	Direction for use
Wounds ( <i>Tuge't</i> )	Roots or tuber	Scrape plant part until juice is extracted.	Wash hands. Apply scraped plant part on the affected area to stop bleeding.

Scientific name:

Family:

Local name: *Gine'se;geten*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Wounds ( <i>Tuge't</i> )	Vine	Scrape bark. Wrap in a clean cloth, add a few drops of water and squeeze to extract juice.	Apply juice on affected area.

Scientific name: *Mikania cordata*

Family: Compositae

Local name: *Dug-ga*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Wounds ( <i>Tuge't</i> )	Leaves	Pound leaves. Wrap in a clean cloth and squeeze to extract juice.	Wash wounds. Apply juice on the affected area.
	Leaves of the following: <i>Dug-ga</i> <i>Ayambongabon</i> <i>Butalangan</i> <i>Kalabangan</i> Bark of <i>Adewe</i>	Mix all plant ingredients and pound to extract juice.	Apply juice extract on the affected area,

Scientific name:

Family:

Local name: *But'ngog*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Wounds ( <i>Tuge't</i> )	Roots or young leaves	Pull vine from the ground . Pound plant ingredient to extract juice.	Apply juice extract on the affected area.

Scientific name: *Vermonia vidalii* Merr

Family: Compositae

Local name: *Adeve'y*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Wounds ( <i>Tuge't</i> )	Leaves	Pound young leaves. Wrap in a clean cloth until juice is extracted.	Apply juice extract on the affected area.
Foreign body on the eye ( <i>Napsit</i> )	Leaves or bark	Pound leaves to extract juice.	Drop juice extract on the affected eye.

Scientific name: *Mimosa pudica* Linn.

Family: Leguminosae

Local name: *Kalupe'pet*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Difficulty and urination, painful urination ( <i>Maboboladen</i> )	Roots	Wash an ample amount of roots. Squeeze to extract juice. Add ample amount of water and boil for a few minutes.	Drink decoction every now and then until symptoms disappear.
Pus in the urine ( <i>Ampepenage'totan</i> )	Roots of <i>Kalupe'pet</i> Roots of <i>Inamo</i> Roots of <i>Aysit</i>	Boil roots in an ample amount of water until decoction tastes bitter.	Drink decoction as tolerated.
Amenorrhea ( <i>Avan di me'degong</i> )	Roots	Boil roots in an ample amount of water for a few minutes.	Drink decoction  Contraindicated to pregnant women.
Scabies ( <i>Gadot</i> )	Roots	Boil roots in ample amount of water.	Wash affected area using the decoction.

Scientific name:

Family:

Local name: *Getagete*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Toothache ( <i>Me-eebot</i> )	Roots and leaves	Wash plant ingredient..	Chew roots and leaves using the affected tooth.

Scientific name:

Family:

Local name: *Talipangpang*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
High fever, chilling, commonly called by the lowlanders as Malaria ( <i>Mapopogangan</i> )	Leaves	Boil an ample amount of leaves in an ample amount of water.	Steam the patient using the decoction. Do this once.

Scientific name:

Family:

Local name: *Biaw* (Bugkalot), *Runo* (Ilocano)

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Headache ( <i>E'n-agte'ng</i> )  Stomach ache ( <i>Kinapatan</i> )	Young leaves	Pound leaves to extract juice and add lime powder.	Rub juice extract on the forehead (from the temple to the center)

Scientific name:

Family:

Local name: *Adiew* (Bugkalot), Pine tree

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Joint pains ( <i>Madedepe'zow</i> )	Roots	Scrape roots.	Use as poultice.

Scientific name:

Family:

Local name: *Dempugan*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
High fever, chilling, commonly called by the lowlanders as malaria ( <i>Mapopogangan</i> )	Leaves	Wash plant ingredient.	Tie vine on the waist.

Scientific name: *Momordica charantia*

Family:

Local name: *Apalya* (Bugkalot), *Ampalaya* (Tagalog)

Medicinal Uses	Plant parts used	Preparation	Direction for use
Colic (especially for newborn)	Leaves	Pound leaves to extract juice.	Give newborn a few drops of juice before introducing breast milk.

Scientific name: *Zingiber officinale*

Family:

Local name: *Ge-pang* (Bugkalot), *Luya* (Tagalog)

Medicinal Uses	Plant parts used	Preparation	Direction for use
Postpartum drink	Rhizomes	Boil rhizomes in an ample amount of water for a few minutes.	Drink decoction.
Fever ( <i>Mepe'pe'gengan</i> )	Rhizomes	Pound and squeeze to extract juice.	Apply juice extract to all parts of the body.

Scientific name:

Family:

Local name: *Nadiya* (Bugkalot), *Narra* ( Tagalog, English)

Medicinal Uses	Plant parts used	Preparation	Direction for use
Mouth sores ( <i>Dilat</i> )	Sap	Get sap from the plant.	Rub sap on the affected part of the mouth.

Scientific name:

Family:

Local name: *Giyanget*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Headache ( <i>En'agteng</i> )	Leaves	Pound leaves until juice is extracted.	Use juice extract in massaging the head.

Scientific name:

Family:

Local name: *Tuwaw*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Difficulty and painful urination ( <i>Maboboladen</i> )	Woody part of the plant	Scrape plant ingredient, soak in an ample amount of water until infusion tastes bitter.	Drink infusion.
Constipation	Woody part of the <i>Pan-naw</i>		Contraindicated to pregnant women .
Stomache ache ( <i>Kinapatan</i> )	Bark	Scrape bark, soak in an ample amount of water until infusion attain a yellowish coloration.	

Scientific name:

Family:

Local name: *Pan-naw*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Difficulty and painful urination ( <i>Maboboladen</i> )	Woody part of the	Scrape plant ingredient, soak in an ample amount of water until infusion tastes bitter	Drink infusion.
Constipation	Woody part of the <i>Tuwaw</i>		Contraindicated to pregnant women

Scientific name: *Blumea balsamifera*

Family:

Local name: *Inamo* (Bugkalot), *Sambong* (Tagalog)

Medicinal Uses	Plant parts used	Preparation	Direction for use
Pus in the urine ( <i>Ampepenage'totan</i> )	Roots of <i>Inamo</i> Roots of <i>Kalupe'pet</i> Roots of <i>Aysit</i>	Boil plant ingredients in an ample amount of water until decoction tastes bitter or will attain yellowish coloration.	Drink decoction. May be taken as tolerated.  Contraindicated to pregnant women. It can cause abortion.
Stomach ache ( <i>Kinapatan</i> )	Whole plant	Heat over a low fire. Squeeze to extract juice.	Rub juice extract on the abdominal area.

Scientific name:

Family:

Local name: *Aysit*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Blood in the urine ( <i>Ampepenage'totan</i> )	Roots of <i>Atisek</i> Roots of <i>Inamo</i> Roots of <i>Kalupe'pe't</i>	Boil an ample amount of plant ingredients in an ample amount of water until decoction tastes bitter.	Drink decoction as tolerated. Do this until symptoms disappear.

Scientific name:

Family:

Local name: *Bogiew*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Blood in the urine ( <i>Ampepenage'totan</i> )	Leaves of <i>Bogiew</i> Leaves of <i>Bayatbat</i> Leaves of <i>Guyabana</i>	Heat plant ingredient over a low fire. Put coconut oil on the heated plant.	Rub and apply as poultice on the abdominal area,

Scientific name: *Psidium guajava*

Family:

Local name: *Bayatbat* (Bugklalot), *Bayabas* ( Tagalog)

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Difficulty and painful urination ( <i>Maboboladen</i> )	Leaves of <i>Bayatbat</i> Leaves of <i>Bogiew</i> Leaves of <i>Guyabana</i>	Heat plant ingredient over a low fire. Put coconut oil on the heated plant.	Rub and apply as poultice on the abdominal area
Constipation			

Scientific name:

Family:

Local name: *Guayabana*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Blood in the urine ( <i>Ampepenage'totan</i> )	Leaves of <i>Guyabana</i> Leaves of <i>Bayatbat</i> Leaves of <i>Bogiew</i>	Heat plant ingredient over a low fire. Put coconut oil on the heated plant.	Rub and apply as poultice on the abdominal area

Scientific name:

Family:

Local name: *Ageteve'n*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Cough ( <i>Ok-ok</i> )	Leaves	Heat leaves over a low fire at apply coconut oil on the heated leaves.	Rub on the neck area.

Scientific name:

Family:

Local name: *Adewe*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Wound ( <i>Tuge't</i> )	Young leaves	Pound leaves to extract juice.	Apply juice extract on the wound.
	Bark of <i>Adewe</i> Leaves of the following: <i>Aymbongabon</i> <i>Butalangan</i> <i>Dug-ga</i> <i>Kalabangan</i>	Pound leaves and bark to extract juice.	Apply juice extract on the wound.
Foreign body on the eyes ( <i>Nap-sit</i> )	Young leaves	Pound leaves to extract juice.	Drop juice extract on the affected eye.
Foreign body on the eyes ( <i>Nap-sit</i> ) Punctured eyes ( <i>Benmoseng</i> )	Young leaves or bark of <i>Adewe</i> , <i>Anayop</i> , <i>Nag-gi</i>	Wrap plant in a clean cloth. Squeeze to extract juice. Add a few drop of breast milk (optional).	Put 3 drops of the mixture on the affected eye. Do this 3 x a day.

Scientific name:

Family:

Local name: *Balugan Denom*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Otitis Media ( <i>Nantalo</i> )	Young leaves and roots	Pound leaves to extract juice.	Put a few drops of juice extract on the affected ear.

Scientific name:

Family:

Local name: *Aymbongabon*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Wound ( <i>Tuge't</i> )	Leaves of the following: <i>Aymbongabon</i> <i>Butalangan</i> <i>Dug-ga</i> <i>Kalabangan</i> Bark of <i>Adewe</i>	Pound leaves and bark to extract juice.	Apply juice extract on the wound.
Gunshot wound ( <i>Tuge't ng baril</i> )	Leaves	Pound leaves to mextract juice.	Apply juice extract on the wounds.

Scientific name:

Family:

Local name: *Butalangan*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Wound ( <i>Tuge't</i> )	Leaves of the following: <i>Butalangan</i> <i>Aymbongabon</i> <i>Dug-ga</i> <i>Kalabangan</i> Bark of <i>Adewe</i>	Pound leaves and bark to extract juice.	Apply juice extract on the wound.

Scientific name:

Family:

Local name: *Kalabangan*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Wound ( <i>Tuge't</i> )	Leaves of the following: <i>Kalabangan</i> <i>Aymbongabon</i> <i>Butalangan</i> <i>Dug-ga</i> Bark of <i>Adewe</i>	Pound leaves and bark to extract juice.	Apply juice extract on the wound.

Scientific name:

Family:

Local name: *Anayop*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Foreign body on the eyes ( <i>Nap-sit</i> ) Punctured eyes ( <i>Benmoseng</i> )	Young leaves or bark of <i>Anayop</i> , <i>Adewe</i> , <i>Nag-gi</i>	Wrap plant in a clean cloth. Squeeze to extract juice. Add a few drop of breast milk (optional).	Put 3 drops of the mixture on the affected eye. Do this 3 x a day.



Scientific name:

Family:

Local name: *Pag*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Falling Hair ( <i>Matetak-dot</i> )	Whole plant except the roots.	Pound plant ingredient to extract juice.	Apply juice extract on the scalp. Do not rinse.

Scientific name:

Family:

Local name: *Taday* (Bugkalot), *Salay* (Tagalog), Lemon Grass

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Falling Hair ( <i>Matetak-dot</i> )	Whole plant except the roots.	Pound plant ingredient to extract juice.	Apply juice extract on the scalp. Do not rinse.
Kidney stones ( <i>Pantat</i> )	Whole plant .	Boil plant in an ample amount of water for a few minutes.	Drink decoction,

Scientific name:

Family:

Local name: *Tak-deng*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Nose bleeding ( <i>Mamamayongbong</i> )	Whole plant including roots.	Boil plant in 2-3 glasses of water until the decoction tastes bitter.	Drink the decoction 2-3 x a day.

Scientific name:

Family:

Local name: *Pok-kot*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Diarrhea ( <i>Unlo-yot</i> )	Roots	Boil roots in 2-3 glasses of water until half of decoction is left.	Drink decoction 3 x a day.
Amenorrhea	Roots	Boil roots in 2-3 glasses of water until half of decoction is left	Drink decoction 3 x a day

Scientific name:

Family:

Local name: *Kad-dew*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Ringworm ( <i>Gu-lad</i> )	Leaves	Pound leaves and squeeze to extract juice.	Apply juice extract on the affected area.

Scientific name:

Family:

Local name: *Nau-ngonoy*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Difficulty in urination ( <i>Maboboladen</i> )	Bark	Scrape bark and squeeze to extract juice.  Boil bark in an ample amount of water in a few minutes.	Use juice extract to massage the abdomen.  Drink a glass of decoction 3 x a day.

Scientific name:

Family:

Local name: *Amoletlet*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Postpartum drink ( <i>Matetak-dot</i> )	Leaves	Boil leaves in an ample amount of water for a few minutes.	Use decoction in bathing.

Scientific name:

Family:

Local name: *Ate'wen*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Abdominal cramps/pain ( <i>Kinapatant</i> )	Bark	Scrape bark and squeeze.  Boil bark in an ample amount of water for a few minutes.	Rub on the abdominal area..  Drink decoction.

Scientific name:

Family:

Local name: *Ungkop*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Sprain ( <i>Gusing</i> )	Vine	Boil vine in an ample amount of water for a few minutes.	Drink decoction.

Scientific name:

Family:

Local name: *Bungeg*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Scabies ( <i>Gadot</i> )	Vine	Scrape bark and squeeze to extract juice.	Apply on the affected area.
Falling Hair ( <i>Matetak-dot</i> )	Whole plant except the roots.	Pound plant ingredient to extract juice.	Apply juice extract on the scalp. Do not rinse.

Scientific name:

Family:

Local name: *Bongog-bongog*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Boils ( <i>Ugot</i> )	Leaves	Pound to extract juice.	Apply on the affected area.

Scientific name:

Family:

Local name: *Okoyan*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Swelling in all part of the body ( <i>Demateg-mateg</i> )	Young leaves.	Heat leaves over a low fire until juice is extracted..	Apply juice extract on the affected part of the body. Use heated leaves as poultice.

Scientific name:

Family:

Local name: *Pinagototan*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Swollen penis ( <i>Sinambongolan</i> )	Young leaves.	Pound leaves to extract juice.	Apply juice extract on the affected part.

Scientific name:

Family:

Local name: *Bulakot*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Patient experiences loss of memory, visual and auditory hallucination. This is believed to be caused by malevolent spirits or <i>Betong</i> ( <i>Sepanon</i> )	Leaves of <i>Bulakot</i> Leaves of <i>Gevakan</i> Whole plant of <i>Payakde</i> Leaves of <i>Talidungan</i> Leaves of <i>Odongde</i>	Boil plant ingredients in an ample amount of water for a few minutes.	Steam patient using the decoction.

Scientific name:

Family:

Local name: *Pitok*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Stomache ( <i>Nagkinapatan</i> )	Young leaves of <i>Pitok</i> Young leaves of <i>Lasaw</i> Young leaves of <i>Biaw</i>	Mix all plant ingredients and add lime. Squeeze to extract juice, See to it that the juice is reddish in color. If reddish color is not attain after thorough mixing, do not proceed with the medication.	Rub juice mixture on the abdominal area.

Scientific name:

Family:

Local name: *Tabaget*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Difficulty in urination ( <i>Maboboladen</i> )	Young leaves  Roots	Pound plant ingredient to extract juice.  Boil roots in an ample amount of water for a few minutes.	Rub juice extract all over the body.  Drink decoction.

Scientific name:

Family:

Local name: *Pakoy* (Bugkalot), *Lazona* ( Tagalog)

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Bath for newborn Colds	Whole plant	Boil plant ingredient in an ample amount of water for a few minutes.	Use decoction in bathing the child for the first time.
Colds	Whole plant	Boil plant ingredient in an ample amount of water for a few minutes.	Drink decoction every now and then. Continue until symptoms disappear.

Scientific name:

Family:

Local name: *Te-gang*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Kidney stone ( <i>Betok madsisduzan</i> )	Woody part of the plant	Chew the plant ingredient.	Swallow the juice.
	Whole plant	Boil plant ingredient in an ample amount of water.	Steam using the decoction. Or Drink the decoction every now and then..

Scientific name:

Family:

Local name: *Binagaga*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Swelling of the breast or any part of the body ( <i>Nambinagaga</i> )	Leaves	Heat leaves over a low fire.	Use as poultice the affected part of the body while heated plant is still lukewarm.

Scientific name:

Family:

Local name: *Bozoy*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Swelling in any part of the body that usually causes death if it spread in all parts of the body. Believed to cure cancer. ( <i>Matetak-dot</i> )	Whole plant	Heat stone. Put plant ingredient above the heated stone.	Smoke the patient.

Scientific name:

Family:

Local name: *Api-ap*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Diarrhea ( <i>Un-luyot</i> )	Whole plant .	Boil plant in a half glass of water for a few minutes.	Drink decoction until symptoms disappear.

Scientific name:

Family:

Local name: *Kale'ge'mge'm*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Snake bites ( <i>Katno ole'g</i> )	Whole plant	Pound plant ingredient to extract juice.	Apply juice extract on the affected area
Seizure ( <i>Malidogen</i> )	Whole plant	Boil plant in an ample amount of water	

Scientific name:

Family:

Local name: *Lepong*

Medicinal Uses	Plant parts used	Preparation	Direction for use
Swelling in all parts of the body ( <i>Bengkel-bengkel nagoteg-goteg</i> )	Leaves	Boil plant in an ample amount of water.  Heat over a low fire.	Use as poultice.

Scientific name:

Family:

Local name: *Padong-padong*

<b>Medicinal Uses</b>	<b>Plant parts used</b>	<b>Preparation</b>	<b>Direction for use</b>
Difficulty in urination Pus and blood in the urine	Leaves	Boil plant ingredient in an ample amount of water for a few minutes.	Drink decoction until symptoms disappear.

Table 2. List of indications for the medicinal plants used by the Bugkalots of Talbec, Dupax del Sur, Nueva Vizcaya

<b>Indication</b>	<b>Number of plants mentioned for the indication</b>
Fever	3
Ear discharge	1
Mouth sore	1
Cough/colds	2
Diarrhea	3
Scabies	2
Ringworm	1
Boil	1
Wounds	10
Snake bite	1
Urinary problem	13
Swollen penis	1
Swollen breast	1
Body swelling	3
Mental disorder	1
Seizure	1
Falling hair	3
Foreign body in eye	3
Headache	2
Toothache	1
Stomach ache/colic	6
Constipation	2
Joint pain	1
Sprain	1
Nosebleed	1
Amenorrhea	2
Postpartum drink	2
Baby's bath	1