



**NRCP-MAAP and PAEPI Joint Identified Plants within the AETA Community ,
and the Ethno pharmacological Uses of the Natural Material**

Table A. Abdominal Pain

Ethnopharmacological	For abdominal pain (<i>sakit ng tiyan</i>)
Scientific name	<i>Phyllanthus niruri</i> L.
Common name/s	Sampalok-sampalokan
Local name/s	Taltalikod
Part/s used	Whole plant
Preparation	Boil for a long duration of time.
Direction for use	Drink 3 times a day.



Table B. Abdominal Pain

Ethnopharmacological	For abdominal pain (<i>sakit ng tiyan</i>)
Scientific name	<i>Cinnamomum mercadoi</i> Vidal
Common name/s	Kalingag
Local name/s	Kalingag
Part/s used	Bark
Preparation	Obtain a bark of around 2 x 2 inches in size. Chop the bark into around 1 x 1 cm pieces. Heat these in 2 glasses of water until the water turns into a brown shade.
Direction for use	Swallow the decoction around 3 times.



Table C. Bonog or Nausog

Ethnopharmacological use	For <i>bonog</i> or <i>nausog</i> (in the face)
Scientific name	<i>Moringa oleifera</i>
Common name/s	Malunggay
Local name/s	Malunggay
Part/s used	Leaf
Preparation	Gather 2 branches of malunggay.
Direction for use	Use the leaves to fan the patient who experienced <i>bonog</i> . Place a young leaflet on the patient's temples and leave it in place until headache disappears.
Additional information	Headache is a sign of <i>nausog sa mukha</i> . The procedure will remove the heat from the head of the patient. <i>Bonog</i> is unintentionally caused by a tired person who carries/brings air that affects another person.





Table D. Bite of animal with venom or rabies

Ethnopharmacological use	For bite of centipede, scorpion, snake, or dog (<i>kagat</i>)
Scientific name	(L.) R. Br.
Common name/s	Baling-baling
Local name/s	Bereng-bereng
Part/s used	a) Sap
Preparation	a) Obtain the sap of a bereng-bereng plant. b) Collect 7 pieces of petiole. Pound the collected
Direction for use	a) Apply the sap on the affected area. b) Use the pounded petiole as poultice on the affected
Additional information	The patient will feel like the poison is being sucked out of the wound.



Table E. Appendicitis

Ethnopharmacological use	For appendicitis (<i>apendiks</i>)
Scientific name	<i>Carica papaya</i> L.
Common name/s	Lalaking papaya
Local name/s	Lalaki a kapaya
Part/s used	Flower
Preparation	Gather a bunch of flowers of lalaki a kapaya. Boil the bunch of flowers in a desired amount of water. Remove the kettle from fire upon initial boil of the preparation. Let the decoction cool.
Direction for use	Drink decoction as desired or as substitute for water or
Additional information	Avoid foods that are too sweet. The water will have a slightly green color and will taste bitter.



Table F. Eyes, Sore

Ethnopharmacological use	For sore eyes
Scientific name	<i>Euphorbia hirta</i> L.
Common name/s	-
Local name/s	Turutumbung
Part/s used	Sap
Preparation	Cut a stem of turutumbung to obtain the sap.
Direction for use	Apply a drop of turutumbung sap on patient's eyes.
Additional information	





Table G. Toothache

Ethnopharmacological use	For toothache due to cavities (<i>sakit ng ngipin dahil sa bukbok</i>)
Scientific name	<i>Leucosyke capitellata</i> (Poir.) Wedd.
Common name/s	-
Local name/s	Lase-lase
Part/s used	Bark
Preparation	Scrape the bark of the tree. Gather around half a handful of powdered bark. Boil the powder in a glass of water. Strain the decoction to separate the residue from the water.
Direction for use	Use the water to gargle. Get a pinch of the residue and place it inside the cavity.
Additional information	Leave residue inside the cavity until the pain subsides.



Table H. Sprain

Ethnopharmacological use	For recent sprains (<i>bagong pilay</i>)
Scientific name	<i>Jatropha curcas</i> L.
Common name/s	Tubang bakod, tuba-tuba
Local name/s	Tangan-tangan
Part/s used	Bark and stem
Preparation	Gather a piece of bark and a 4-inch stem of tangan-tangan. Heat the bark on fire for a short period of time. Pound the bark and stem together. Separate the pounded bark from the stem.
Direction for use	Use the bark as poultice on the strained area.



Table I. Malaria

Ethnopharmacological use	For malaria (<i>malarya</i>)
Scientific name	<i>Manihot esculenta</i> Crantz.
Common name/s	Kamoteng kahoy
Local name/s	Kamoteng kahoy
Part/s used	Leaf
Preparation	Gather 3 leaves of kamoteng kahoy then extract its sap.
Direction for use	Drink 1 tablespoon of leaf extract once.
Additional information	The patient will sweat and feel more comfortable after taking the medication. The leaf extract has a bitter taste.





Table J. Skin Infection (ringworm)

Ethnopharmacological use	For ringworm (<i>buni</i>)
Scientific name	1) <i>Crinum asiaticum</i> L. 2) <i>Nicotiana tabacum</i> L. 3) Calcium hydroxide
Common name/s	1) - 2) Tabako 3) Apog
Local name/s	1) Bakong 2) Maskada 3) Apog
Part/s used	1) Sap 2) Leaf 3) Slaked lime
Preparation	Mix well the bakong sap, apog, and maskada.
Direction for use	Apply this as poultice on the infected part and leave it in
Additional information	One shall feel pain as the poultice is initially applied on the skin. But after the application, the affected part will dry and heal. Avoid eating <i>malansa</i> food (food that smell or taste like fish).



Table K. Measles

Ethnopharmacological use	For measles (<i>tipdas</i>)
Scientific name	1) <i>Capsicum frutescens</i> L.
Common name/s	1) Siling labuyo 2) Manok
Local name/s	1) Siling labuyo 2) Manok
Part/s used	1) Leaf 2) Feather
Preparation	Gather a few leaves of siling labuyo. Pound to extract the sap. Burn chicken feather until it turns to ashes. Mix ashes and sap.
Direction for use	Apply the mixture on the whole body of the patient.
Additional information	After the treatment, the measles will come out and the patient will get better. Patients with measles are prohibited to eat fish with “tibo” (spiky or thorn like dorsal fin).





Table L. Inguinal Hernia

Ethnopharmacological use	For inguinal hernia (<i>luslos</i>)
Scientific name	<i>Voacanga globosa</i> (Blanco) Merr.
Common name/s	Bayag-usa
Local name/s	Bayag-usa
Part/s used	Main root
Preparation	Gather a 6 inch root of bayag-usa then boil 2 glasses of water until 1 ½ glass remains.
Direction for use	Drink the decoction until well.
Additional information	The patient should not lift or carry heavy things. Carrying things heavier than the person causes <i>luslos</i> . A person with <i>luslos</i> will experience headache and



Table M. Kidney Stone

Ethnopharmacological use	For kidney stone (<i>sakit sa bato</i>)
Scientific name	<i>Pterocarpus indicus</i> Willd.
Common name/s	Narra
Local name/s	Narra
Part/s used	Heartwood (tigas)
Preparation	Scrape heartwood of narra and place it on a glass of water.
Direction for use	Drink the infusion 3 times a day.
Additional information	The patient will experience body pains and lethargy but this will disappear after 3 days. The color of water will turn into a blue shade.



Table N. Fever

Ethnopharmacological use	The root/leaves are used in a compound poultice to relieve itching and to lower temperature during fever.
Scientific name	<i>Lepisanthes fruticosa</i>
Common name/s	Chammaliang
Local name/s	Balinawnaw
Additional Information	According to locals, this plant is more likely to be effective if leaves are used in odd number. Example, 3 or 5

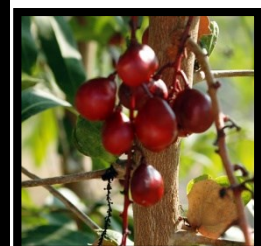




Table O. Diarrhea/Ulcer/Diabetes

Ethnopharmacological use	To cure diarrhea. Also used as anti-ulcer and anti-diabetic
Scientific name	<i>Pongamia Pinnata</i>
Common name/s	Pongam Oil Tree
Local name/s	Bani
Additional Information	According to locals, this plant is also used to cure fever



Table P. Diarrhea and Dysmenorrhea

Ethnopharmacological use	Used to cure diarrhea and dysmenorrhea
Scientific name	<i>Rauvolfia Serpentina</i>
Common name/s	Snakeroot
Local name/s	Serpentina



Table Q. Cancer

Ethnopharmacological use	Taheebo is widely used in alternative cancer therapy without sufficient scientific proof. It may be more useful in antifungal applications, although no clinical trials have been conducted for any indication.
Scientific name	<i>Tabebuia avellanae</i>
Common name/s	Taheebo
Local name/s	Tahibo
Additional Information	According to locals, this plant is also used to cure fever





Table R. Bruises, wounds and swellings

Ethnopharmacological use	Used for bruises and wounds, also to swellings. The roots are used as antidiarrheal.
Scientific name	<i>Tabernaemontana pandacaqui</i>
Common name/s	Kampupot
Local name/s	Pandakaki

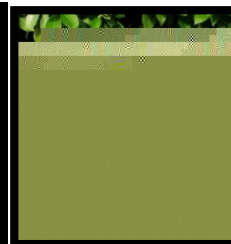


Table S. Cancer, Fungus, Peptic ulcer

Ethnopharmacological use	Used as anti-cancer, anti-fungal, anti-bacterial, anti-peptic ulcer.
Scientific name	<i>Curcuma Longa</i>
Common name/s	Long Turmeric
Local name/s	Luyang Dilaw
Additional Information	According to locals, this plant is also used to cure fever



OTHER LOCAL MEDICINAL PLANTS AND ITS USES

1. Payuyot
 - Used to cure mumps, boils (carbuncle), blister and wounds.
 - According to locals, leaves of payuyot should be used in odd numbers to be more effective
2. Sapling-hilaw
 - Used to cure headache and stomach ache
3. Bukas-bukas
 - Used to treat white spots (An-an in Tagalog)
4. Lukong-Lukong Kabayo
 - Used to treat athlete's foot and stomach ache
5. Damong Maria
 - Used to cure stomach ache and irregular menstruation