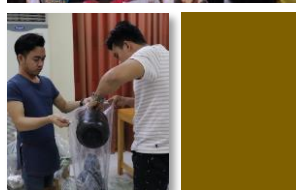
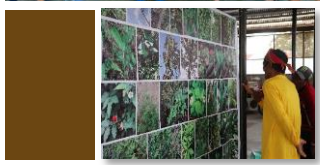






MSU-GSC  
HERBARIUM



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# DISCLAIMER

This book is designed to provide both general and scientific information about medicinal plants and their uses. The contents herein are intended to give information and NOT meant to be used as a guide to self-medicate or diagnose or treat any medical condition. The general public is still advised to consult with a physician, pharmacist, nurse, or other health care professionals for diagnosis or treatment of any medical problem. The publisher and the author are not responsible for the consequences from any treatment, action, application, or preparation, to any person reading or following the information in this book.

The information herein is based on a series of focus group discussions conducted with the tribal healers in Mt. Matutum Protected Landscape. Neither the authors nor the publisher can be held responsible for the accuracy of the information cited. Readers are reminded that the information presented is subject to change as the scientific validation of the herein traditional claims is on-going and there may be interindividual variations. While every effort is made to minimize errors, there may be inadvertent omissions or human errors in the compilation of this compendium.

# PREFACE

Traditional knowledge has since then served a vital foundation in the advancement of pharmaceuticals and healthcare around the world. However, modernization and acculturation leading to the disinterest of the younger generation along with the loss of biodiversity endanger such knowledge, hence, needs to be safeguarded and conserved. This book contributes to the effort in documenting such knowledge before it is lost forever.

Presented in this book is information on a total of 41 species of medicinal plants found and utilized for traditional healing in Mt. Matutum Protected Landscape (MMPL). It is an easy-to-read book for both the general public, students, and interested researchers which highlights the knowledge in the traditional medicine of *lumads* in MMPL.

To the best of the team's knowledge, this is the first publication of its kind to showcase such information. The information collated includes the local name/s of each species, family name, scientific name, medicinal uses, a step-by-step procedure of the healing practice utilizing each species, and some associated beliefs or conditions in a specific healing practice.

The team hopes that the readers benefit from the knowledge conveyed in this compendium and stimulate greater interest and further research in drug discovery and other related fields without compromising the conservation of our natural resources. Ultimately, the team hopes for the readers to appreciate and protect one of our greatest treasures, this generations-old indigenous knowledge.

*“When you learn something from people, or from a culture, you accept it as a gift, and it is your lifelong commitment to preserve it and build on it.” - Yo-Yo Ma*

**THE RESEARCH TEAM**

**MINDANAO STATE UNIVERSITY – GENERAL SANTOS CITY**

# ACKNOWLEDGMENTS

The research team expresses utmost gratitude to the following agencies, units, and persons who made this research project and the publication of this compendium possible:

The United States Agency for International Development (USAID) and Commission on Higher Education (CHED) for the financial support and guidance throughout the entire duration of the project.

Chancellor Anshari P. Ali, for his trust and support to the endeavor of the research team in pursuit of the university's commitment to conduct relevant research undertakings that will enhance the conditions of its service areas.

Utmost appreciation is due to the USAID Protect Wildlife Project and all the contact persons, for their commitment and collaboration to the project and assistance to the team; and to Dr. Florentino O. Tesoro, former Science, Technology, Innovation and Partnership (STIP) Advisor, for their trust, confidence, and support to the Mindanao State University General Santos since the inception of this research.

Dr. Victor B. Amoroso and Dr. Fulgent C. Coritico for sharing their knowledge and expertise in voucher specimen collection and assisting the team in the taxonomic identification of the medicinal plants.

The Department of Natural Resources (DENR) XII, the Mt. Matutum Protected Landscape–Protected Area Management Board (MMPL–PAMB), and the National Commission on Indigenous Peoples (NCIP) XII, for granting the permits necessary for the implementation of the project.

The Barangay Local Government Units (LGUs) – Barangay Maligo, Polomolok and Barangay Kablon, Barangay Acmonan, Barangay Linan, and Barangay Miasong, Tupi, headed by their *Punong Barangays*, the Barangay Indigenous Peoples' Mandatory Representatives (IPMR), IP Leaders and Tribal Chieftains for their assistance in the implementation of the project.

The tribal healers, elders, local guides, and other members of the communities who actively participated in sharing their knowledge in the Focus Group Discussions (FGD) and field validations and assisted in the collection of plant specimens.

To all the people who were, in various ways, instrumental to the success of this undertaking.

And above all, to the **ALMIGHTY GOD**, the source of everything, for the success of this undertaking and for making the impossible possible. To Him be the glory and honor.

**THE RESEARCH TEAM**  
**MINDANAO STATE UNIVERSITY – GENERAL SANTOS CITY**

# MESSAGE

Greetings of Peace!

Mindanao State University has been committed to engaging in innovative researches and programs that foster the conservation of natural resources, promote quality of life, and appreciate the diverse culture in Mindanao.

I commend the research team for their undying commitment and passion to serve and help improve the lives in the local communities, along with the United States Agency for International Development (USAID), which led to the creation of this Compendium of Medicinal Plants in Mount Matutum Protected Landscape (MMPL). This will serve as a learning material for our students to give them a profound knowledge on the medicinal plants used by our ancestors and for them to see the real treasures of Mindanao – its natural resources and diverse culture. It will also be our medium to preserve their knowledge, tradition, and practices, and share it with the next generation of our society.

My sincere thanks to the Blaan communities in MMPL, especially, to the tribal healers, field guides, and LGU officials of the barangays for their warmest welcome to the research team. Without their full support, assistance, and trust these undertakings would be meaningless. These communities have been blessed with indigenous knowledge on healing practices – a wealth that nothing in this world can compare to. They may be labeled as a minority group, yet they play a major role and significantly contribute to the conservation of our natural resources. They are our living proof that health and wellness is indeed man's greatest treasure which need not be expensive.

Moreover, I would like to extend my utmost gratitude to USAID-Protect Wildlife for giving us this opportunity to be one of the recipients so we can share our talents and skills to help conserve our community's cultural heritage and to protect the natural resources in MMPL. In God's time, the seed that our partnership has planted will grow prosperously and will bear a meaningful fruit that communities – rural and urban – will benefit from.

Thank you so much!



**ANSHARI P. ALI, Ph.D.**

Chancellor

Mindanao State University-General Santos



# MESSAGE

The use of medicinal plants dates back in ancient times and plays a vital role in healthcare and maintenance activities of traditional communities. In developing countries, many still rely on traditional medicinal resources for the healthcare needs due to the high costs of modern treatment.

Upland communities in Mount Matutum, a protected area in Southern Mindanao in the Philippines, have been using traditional medicines derived from the forest as a treatment for their ailments and diseases. However, these medicinal plants were not fully identified and their use or application was largely undocumented. Moreover, no specimens have been formally collected and deposited in a plant herbarium.



Our warmest congratulations to Mindanao State University for this very relevant and useful publication.

Mount Matutum is home to various wildlife species, as well as rare flora and fauna, including medicinal plants. The Department of Environment and Natural Resources Region XII is very happy to be part of this project by providing assistance to local universities that are pursuing relevant studies in biodiversity conservation, particularly those that can support improved management of protected areas.

This publication is also a very important element in the research project that aims to assess the knowledge and expertise of tribal healers in using and preparing these herbal plants as medicine.

We would like to commend the students and faculty of the Mindanao State University-General Santos City who embarked on a sampling collection of these medicinal plants in Mount Matutum, during which the medicinal plants were identified, mapped, and documented. The collected samples determined by tribal healers will help in locating them via GPS. Samples will also be tested and analyzed in the laboratory to become part of MSU-GSC's herbarium.

This is only the beginning of greater initiatives in addressing Mount Matutum's medicinal wonders.

**DR. SABDULLAH C. ABUBACAR, CESO IV**

Regional Executive Director

Department of Environmental and Natural Resources - Region 12



# ABOUT THE BOOK

This Compendium is an output of the research undertaking entitled, “Inventory of Folklore-claimed Medicinal Plants in Mount Matutum Protected Landscape (MMPL)” implemented by a team of researchers from the Mindanao State University General Santos (MSU-GS) with funding support from the United States Agency for International Development (USAID) under its Protect Wildlife Project. The research investigated the extent of utilization of medicinal plants in traditional healing among the IP communities around MMPL.

This endeavor was made possible through a Memorandum of Understanding (MOU) between the USAID and three universities in Region XII, including MSU-GSC, signed on November 28, 2017. Under this MOU, the USAID and the partner universities shall develop and implement Research, Development, and Extension (RDE) programs that will support biodiversity conservation and livelihoods development in the region.

Hence, this research is one of the priority RDE activities on biodiversity and environmental conservation of the MSU-GS under its Biodiversity Management and Community Economic Development Program submitted to the USAID.

Moreover, this research is conducted side-by-side with a bigger research program with funding support from the Commission on Higher Education (CHED) under the Discovery-Applied Research and Extension for Trans/inter-disciplinary Opportunities (DARE TO) research grant implemented by the same proponents. This program sought to look for natural resources from selected areas in Mindanao to become potential raw materials for the development of medicinal, nutraceutical, and nutricosmetic products towards community initiatives and poverty alleviation. These undertakings sought to achieve one goal, to uplift the economic conditions at the grassroots, for the farmers and local communities with sustainable and environmentally-sound initiatives.

This book serves as a repository of the indigenous knowledge – beliefs, traditions, and culture of our *lumad* brothers and sisters who inhabit the MMPL. This features 41 species of medicinal plants that are being utilized for generations in treating illnesses and related medical conditions given their circumstances, that is, financially incapable and has limited to zero access to modern medical facilities and health care. All the information for each medicinal plants herein were gathered compiled from a series of Focus Group Discussions conducted in five (5) selected barangays in MMPL, Barangay Maligo, in the Municipality of Polomolok and Barangay Kablon, Acmonan, Linan, and Miasong in the Municipality of Tupi, participated in mostly by tribal healers and elders.

This book is intended for the general public, students, and researchers alike which aims to conserve this indigenous knowledge to foster better understanding and appreciation for these traditions and practices and serve as a foothold for reaching bigger possibilities and noble discoveries in the fields of Pharmaceuticals, Medicine, Modern Health Care and other related areas using these unexplored natural resources.

# MT. MATUTUM PROTECTED LANDSCAPE



# MT. MATUTUM PROTECTED LANDSCAPE

Mt. Matutum is a non-active volcano that stands as an imposing landmark in south-central Mindanao, Philippines. It straddles three municipalities of South Cotabato (Polomolok, Tupi, Tampakan) and one municipality of Sarangani Province (Malungon). It has a total area of 13,947 hectares and a maximum elevation of 2,286 meters above sea level (masl), with montane-type forest stands. It is home to our indigenous brothers and sisters dominated by the Blaan tribe. The name “Matutum” is believed to have come from the Blaan term “*Amyak Maleh*” which means “climb” and “plant”.

Mt. Matutum also holds a rich and diverse faunal and floral biodiversity. The most recent research undertaken in Mt. Matutum was in 2013 where a group of researchers from MSUGS conducted an extensive assessment of its biodiversity. It has documented globally threatened species, endemic species known only in the Philippines and only in Mindanao, as well as newly recorded species in the mountain.

Mt. Matutum is also known to contain watersheds that support the water requirements of the surrounding communities, South Cotabato, Sarangani Province, and General Santos City for domestic use, agriculture, industry and commercial activities.

Recognizing the vital role of Mt. Matutum, Presidential Proclamation No. 552 was issued on March 20, 1995, declaring the mountain as a Protected Landscape. This calls for the protection and conservation of its biological resources while pushing for sustainable development to address the social and economic needs of the local communities in the area without causing an adverse impact on the environment. The act further prohibits the conduct of activities within the area that would disturb or destroy the resources therein. Furthermore, the MMPL has been identified as a Key Biodiversity Area (KBA) making it globally significant for biodiversity conservation.

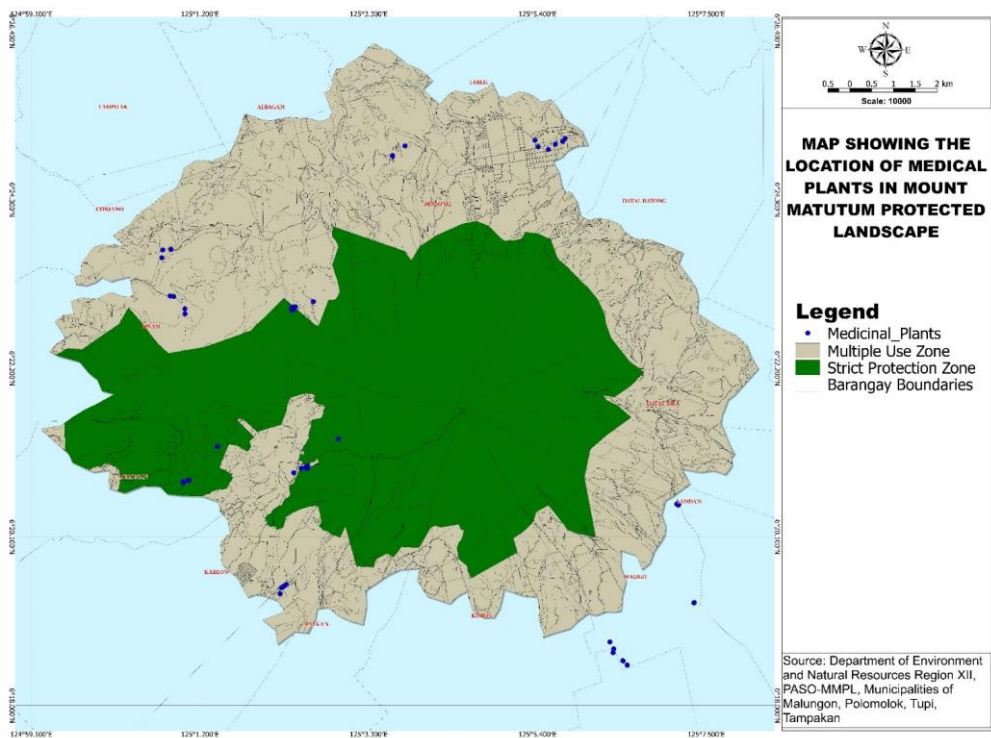
As such, a Protected Area Management Board (PAMB) oversees its protection and management according to an approved management and is implemented by the Protected Area Management Office (PAMO) along with the policies and directives issued by the PAMB. The management plan includes key strategies and activities that is further strengthened by the involvement of stakeholders and indigenous communities in MMPL.

True to its mission of uplifting the living conditions of the marginalized communities through instruction, research, and extension/community services, MSUGS has since considered the MMPL as an area of interest when it comes to biodiversity conservation and community development. This book is an effort towards the realization of that mission, preserving a prominent indigenous knowledge that would hopefully initiate research and extension undertakings to improve the lives of our indigenous brothers and sisters.



**MAP SHOWING THE LOCATION OF MMPL IN THE PHILIPPINES.**

a. By Hellerick - Own work, CC BY-SA 3.0,  
<https://commons.wikimedia.org/w/index.php?curid=26702961>  
 b. By User:Hellerick - File:Philippines location map (square).svg, CC BY-SA 3.0,  
<https://commons.wikimedia.org/w/index.php?curid=63630041>



# Significance of **MEDICINAL PLANTS**

Plants have long played essential roles in the health and well-being of man since the beginning of time. Awareness of the healing properties of medicinal plants entails years of struggles against diseases where humans have learned to pursue their medical powers through specific preparations may it be in leaves, roots, barks, seeds, flowers, and fruits. Some plants have become staple incorporating them in their menus and diet whereas others, mostly unpalatable, are not only prepared and used for specific illnesses and life-threatening situations.

Natural products derived from plants for the treatment of diseases have proven that nature stands a golden mark displaying the inter-relationship between man and his environment. To this date, researches on the utilization of medicinal plants in the treatment of the most life-threatening diseases are continually being explored by university students, scientists, and pharmacologists worldwide in the search of the enigmatic “magic bullet”.

Before the development and urbanization of societies, medicinal plants are traditionally believed to be therapeutic agents for the treatment of diseases such as cholera, measles, dengue, ulcer, typhoid, cancers, among others. However, the knowledge of herbal medicines for the treatment of diseases is confined mostly to elders, tribal healers, and practicing herbalists with the belief that herbal medicines will lose their potency if revealed to other people. Similarly, tribal healers also believe that these herbal medicines will not work without their special prayers which is part of their cultural/tribal secrets. Therefore, vast and in-depth knowledge of traditional medicine by elders and tribal healers can only be shared verbally and through constant practice by a chosen few within their group. Once they die, centuries worth of medicinal plant knowledge dies with them unless a young mentee would embrace this vocation as his life path which may be contradictory to the ways of the modern world.

Traditional medicine is deeply rooted in an ethnic tribe’s cultural heritage. Tribal healers engage in such vocation as a social and moral obligation to the tribe’s survival and not as a source of livelihood. Thus, tribal healers are spiritually inclined, gifted, and selected and not everyone can practice it as a hobby. Indeed, traditional medicine is a health practice with strong historical and cultural roots.

Moreover, contemporary science and modern pharmacology have acknowledged and considered the potent activity of plant-derived drugs, known by ancients and used throughout the millennia. The knowledge and development on bioactive compounds derived from medicinal plants have increased the ability of pharmacists and physicians to respond to the emerging challenges of fast-evolving illnesses.

# Methods of Preparation and Administration of **MEDICINAL PLANTS**

## **MACERATION**

- Fresh or dried plant material is covered in cool water and soaked overnight. The herb is strained out and the liquid is taken.
- Used for very tender plants and/or fresh plants, or those with delicate bioactive compounds that might be harmed by heating or might be degraded with strong alcohol.

## **INFUSION**

- Water is brought to boiling and then poured over an herb or combination of herbs, allowed to brew for 10-15 minutes, covered.
- Prepared as needed and taken on the same day as hot, warm, or cold.
- Used for delicate herbs, leaves, and fresh tender plants.

## **DECOCTION**

- Plant material is boiled for a longer period to soften the harder woody material and release its active constituents.
- Preparation for tougher and more fibrous plants, barks, and roots, which have water soluble chemicals.

## **TINCTURE**

- Plant materials, with less water-soluble bioactive ingredients, are soaked in alcohol
- Used when a large quantity is desired for the convenience of long-time storage. The % of alcohol determines the shelf-life. More alcohol means a longer shelf life.

## **POULTICE**

- Applied directly to the skin to treat rashes and wounds and as topical pain-relieving remedies
- Plant materials are either chewed up or mashed up and applied directly to the injury. Dried or fresh plant material may also be added with ample water to soften them and the wet herbs are placed directly or between two pieces of cloth and laid on the skin. Soaking a cloth in a prepared infusion, tincture or decoction may also be used as compress onto the affected area.

## **LINIMENT**

- The dried plant materials are soaked into the oil and allowed to sit at room temperature for at least two weeks.

## **STEAM/SMOKE EXPOSURE**

- The plant materials are burned or boiled in water while the patient is exposed to the steam/smoke.



# how to

# **USE THIS BOOK**

This book showcases the traditional healing practices and beliefs of the Balaan people in Mt. Matutum Protected Landscape (MMPL). It contains information and photos that would help its readers learn about and gain an appreciation for this indigenous knowledge.

This compendium is created with features as shown on the following page.

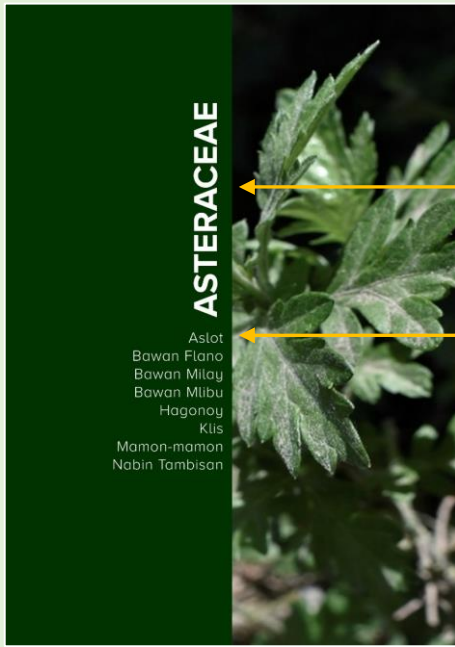
The medicinal plants presented in this book are grouped according to their family each separated by a page that contains the family name and local names of the medicinal plants belonging to the family.

The species profile page contains information about a specific medicinal plant such as local names, scientific name, and family name. The page also highlights the medicinal plant's application in traditional medicine which includes its traditional use/s or claim/s, the parts that are being utilized, and how these parts are prepared and administered for its corresponding use/s or claim/s. Some medicinal plants are prepared and administered with specific beliefs and conditions that must be strictly followed for it to be effective. Such information is also presented on the page.

The distribution of the species is shown using a map of the MMPL. Areas that are highlighted indicates where the species are known to exist and being utilized in traditional healing practices.

The team hopes that through this book, people will have a better appreciation of these medicinal plants, its practical applications, and the conservation of this centuries-old indigenous knowledge. May this book encourage more scientists and researchers to engage in similar undertakings that will benefit our communities, most especially, our indigenous brothers and sisters.

# Family



## 1 Family

This indicates the family where the species of medicinal plants belong

## 2 Species

List of species under the indicated family

# Species Profile

1

2

3

4

5

6

7

8

## MAMON-MAMON (Bla.)

*Acmella grandiflora* (Turcz.) R.K. Jansen

Other Local Names: Kaffe

Utilized Part:  
• Flower  
• Leaves  
• Roots

Claims/Usage:  
• treats fever (in infants and toddlers), toothache, convulsion

Methods of Preparation and Administration:

To treat fever in infants/toddlers:  
1. Boil roots in water.  
2. Bathe the infant/toddler. **Note: Treatment should be done in the morning.**

To treat toothache:  
Using flowers:  
1. Put the flower directly into the whole of the broken/affected teeth and chew; the flower tastes minty.  
2. Have the patient spit out the macerated flower when he/she no longer tastes the minty flavor.  
Using roots:  
1. Boil roots in water.  
2. Have the patient drink the decoction.

To treat convulsion:  
1. Pound leaves and mix with coconut oil.  
2. Put the leaves with coconut oil onto the patient's forehead for half day.

Distribution:

- Brgy. Maliga, Polomolok, South Cotabato
- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato

34

ASTERACEAE

## 1 Local Name

## 2 Other Local Names

## 3 Methods of Preparation and Administration

## 4 Distribution Map

## 5 Scientific Name

## 6 Utilized Parts

## 7 Claims/Usage

## 8 Family Name Tab

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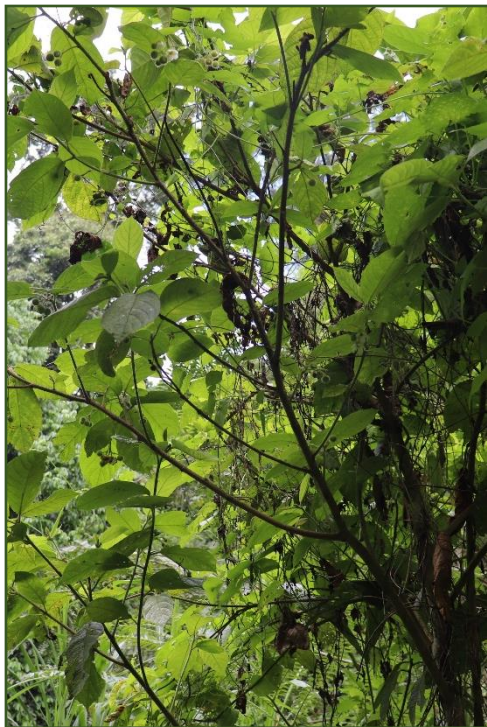
# ACTINIDACEAE

Bulung a blatan angok



# BULUNG A BLATAN ANGOK *(Bla.)* | *Saurauia* sp.

Other Local Names:



## Utilized Part:

- Bark

## Claims/Usage:

- Treats postpartum relapse

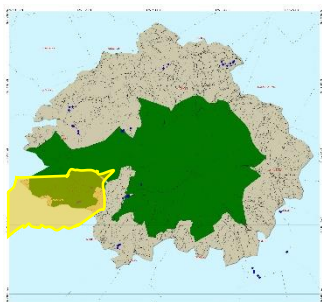
## Methods of Preparation and Administration:

1. Soak the bark in a lukewarm water.
2. Have the patient drink the infusion three (3) times a day – morning, noon, and in the afternoon/evening.

**Note:** A new infusion must be prepared every day.  
Either fresh or dried bark may be used in preparing the infusion.

## Distribution:

 Brgy. Acmonan, Tupi, South Cotabato



# AMARANTHACEAE

Alas



# ALAS (*Bla.*) | *Amaranthus spinosus* L.

Other Local Names: Kulitis



## Utilized Part:

- Flower

## Claims/Usage:

- Treats German Measles

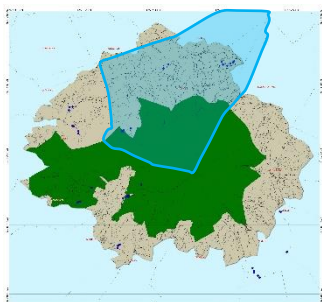
## Methods of Preparation and Administration:

### To treat German Measles:

1. Burn the flowers.
2. Let the patient stand over the fire such that the smoke passes all over his/her body.
3. Do this twice a day.

## Distribution:

- Brgy. Miasong, Tupi, South Cotabato



# ARACEAE

Kaltaas lingo  
Kaltaas  
Kilong-ulad



# KALTAAS (*Bla.*) | *Homalomena philippinensis* Engl.

Other Local Names: Payaw, Kaltaos



## Utilized Part:

- Leaves

## Claims/Usage:

- Remedy for body odor (armpits) and stomachache

## Methods of Preparation and Administration:

### To remedy body odor (armpits):

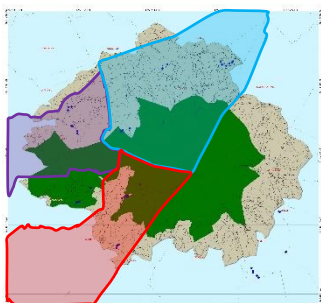
1. Pound the leaves (preferably young leaves) and rub onto the underarm.
2. Do this regularly.

### To treat stomachache:

1. Heat the leaves by passing them over a flame.
2. Directly press the leaves onto the patient's abdomen.

## Distribution:

- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato



# KALTAAS LINGO (*Bla.*) | *Aglaonema* sp.

Other Local Names:



## Utilized Part:

- Stalk

## Claims/Usage:

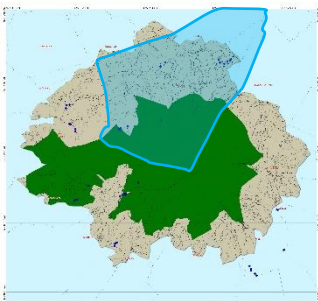
- Treats cancer, and boils

## Methods of Preparation and Administration:

### To treat cancer and boils:

1. Heat the stalk and scrape off the skin.
2. Rub the scraped material onto the affected areas/parts of the patient's body.
3. Do this once a day.

**Alternative method** to treat boils: tie the stalks together and put them directly onto the boil.



## Distribution:

■ Brgy. Miasong, Tupi, South Cotabato

# KILONG-ULAD (Bla.)

*Alocasia zebrina*  
Schott ex van Houtte

Other Local Names:



## Utilized Part:

- Stalk

## Claims/Usage:

- Treats snake bite

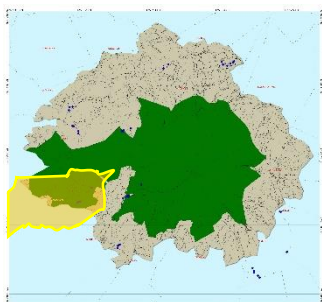
## Methods of Preparation and Administration:

### To treat snake bite:

1. Clean the stalk and scrape away the skin.
2. Airdry the peeled stalk. Make sure that the stalk is dry.
3. Let the patient eat the dried stalk.

## Distribution:

■ Brgy. Acmonan, Tupi, South Cotabato



# ASTERACEAE

Aslot  
Bawan Flano  
Bawan Milay  
Bawan Mlibu  
Hagonoy  
Klis  
Mamon-mamon  
Nabin Tambisan



# ASLOT (*Bla.*) |

Other Local Names: Slut (*Bla.*)



## Utilized Part:

- Flowers
- Roots

## Claims/Usage:

- Treats diarrhea, headache (for adults), and nausea

## Methods of Preparation and Administration:


To treat diarrhea, headache (for adults), and nausea:

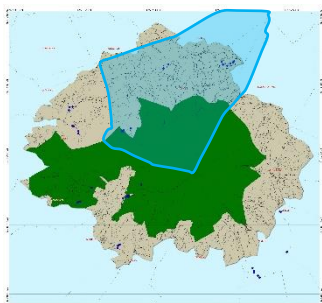
1. Mix three (3) pieces of flowers and a pinch of salt in a glass of water.
2. Have the patient drink the infusion. Accordingly, it should take effect as early as five (5) minutes.

**Alternative method** to treat diarrhea:

1. Boil a bundle of roots in two (2) to three (3) glasses of water.
2. Have the patient drink the decoction once a day.
3. Do this until the diarrhea is cured.

## Distribution:

 Brgy. Miasong, Tupi, South Cotabato



# BAWAN FLANO (*Bla.*) | *Crassocephalum crepidioides* (Benth.) S.Moore

Other Local Names: Bawan Ambok



## Utilized Part:

- Leaves
- Stem

## Claims/Usage:

- Treats wounds and hypertension

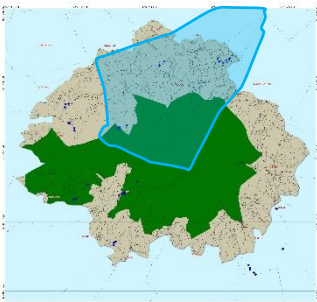
## Methods of Preparation and Administration:

### To treat wounds:

1. Wash the wounds with clean water.
2. Crush some young leaves and squeeze off the extracts directly onto the wounds.

### To treat hypertension:

1. Cut a stem (soft part) at least 2-3 inches in length and scrape off its skin.
2. Chew the peeled stem and sip the extracts.



## Distribution:

-  Brgy. Miasong, Tupi, South Cotabato

# BAWAN MILAY (*Bla.*) | *Artemisia dubia* L. ex. B.D. Jacks. var. *asiatica* Pamps

Other Local Names: Milay



## Utilized Part:

- Leaves

## Claims/Usage:

- Treats wounds and toothache

## Methods of Preparation and Administration:

### To treat wounds:

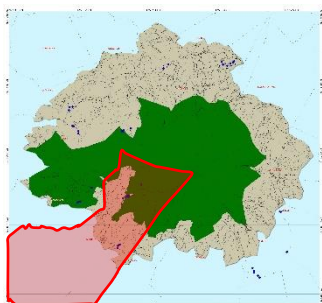
1. Dip the leaves in hot water.
2. Squeeze/roll the leaves.
3. Directly apply the leaves onto the wound.

### To treat toothache:

1. Use the most mature leaves of the plant.
2. Cut the leaves and squeeze off the sap directly onto the affected tooth.

## Distribution:

- Brgy. Kablon, Tupi, South Cotabato



# BAWAN MLIBU (*Bla.*) | *Conyza bonariensis* (L.) Cronquist

Other Local Names: Baras-baras, Belkayong, Mlibu, Satbek



## Utilized Part:

- Leaves
- Stem
- Roots

## Claims/Usage:

- Treats stomachache, wounds, and tinea versicolor

## Methods of Preparation and Administration:

### To treat stomachache:

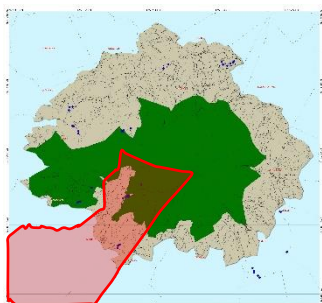
1. Boil three (3) roots in two (2) glasses of water.
2. Have the patient drink one glass of the decoction.
3. Repeat until the stomachache eases.

### To treat wounds:

1. Clean the wound with water.
2. Crush the leaves and a stem.
3. Squeeze off extracts directly onto the wound.

### To treat tinea versicolor:

1. Pound the leaves and directly rub onto the affected area.



## Distribution:

■ Brgy. Kablon, Tupi, South Cotabato

# HAGONOY (*Bis.*) | *Chromolaena odorata* (L.) R.M. King & H. Rob.

Other Local Names:



## Utilized Part:

- Whole plant

## Claims/Usage:

- Treats wounds, skin rashes

## Methods of Preparation and Administration:

### To treat wounds:

1. Crush some fresh and young leaves.
2. Put them directly onto the wound.
3. Do this once a day until the wound is cured.

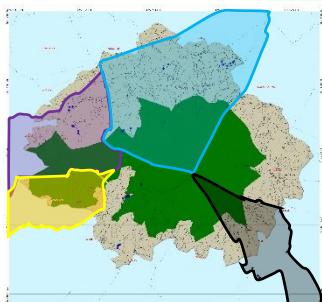
**Alternative method** to treat wounds: crush the leaves and squeeze off extracts directly onto the wound.

### To treat skin rashes:

1. Crush some young leaves.
2. Rub/massage the leaves onto the affected part/s of the patient's body.
3. Do this once a day until the patient is cured.

## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Acmonan, Tupi, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato



# KLIS (Bla.) | *Euphorbia hirta* L.

Other Local Names:



## Utilized Part:

- Whole part

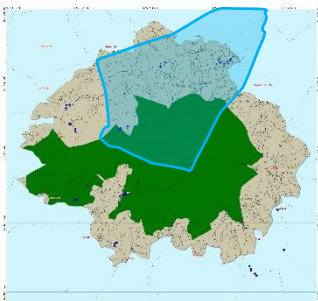
## Claims/Usage:

- Treats wounds


## Methods of Preparation and Administration:

Any of the following methods may be used:

1. a) Burn at least three (3) to five (5) pieces of the plant into ashes; **or**  
b) Pound at least three (3) to five (5) pieces of the plant; **or**  
c) Crush the whole plant and wrap in banana leaf and heat. Pound the heated plant.
2. Apply directly onto the wound.



## Distribution:

 Brgy. Miasong, Tupi, South Cotabato

# MAMON-MAMON (*Bla.*) | *Acmedella grandiflora* (Turcz.) R.K.Jansen

Other Local Names: Kaffe



## Utilized Part:

- Flower
- Leaves
- Roots

## Claims/Usage:

- Treats fever (in infants and toddlers), toothache, convulsion

## Methods of Preparation and Administration:

### To treat fever in infants/toddlers:

1. Boil the roots in water.
2. Bathe the infant/toddler. **Note:** Treatment should be done in the morning.

### To treat toothache:

#### Using flowers:

1. Put the flower directly into the hole of the broken/affected teeth and chew. The patient must be able to taste the flower's minty flavor.
2. Have the patient spit out the macerated flower when the flower no longer tastes minty.

#### Using roots:

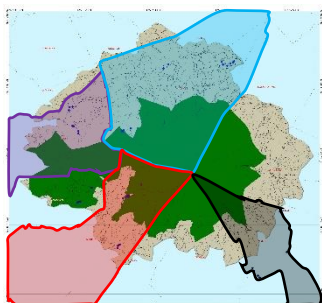
1. Boil the roots in water.
2. Have the patient drink the decoction.

### To treat convulsion:

1. Pound the leaves and mix with coconut oil.
2. Put the leaves with *lana* (coconut oil) onto the patient's forehead for half day.

## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato



# NABIN TAMBISAN (*Bla.*) | *Artemisia vulgaris* L.

Other Local Names: Tambisan (*Bla.*); Hibas (*Bla.*)



## Utilized Part:

- Whole Plant

## Claims/Usage:

- Treats **skin infection (tinea versicolor, ringworm), cough**, fever, and **paralysis**

## Methods of Preparation and Administration:

### To treat skin infection (tinea versicolor/ringworm):

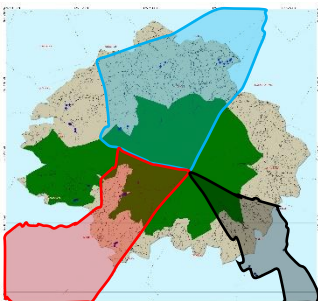
1. Heat the leaves by passing it over flame.
2. Rub them onto the infected area of the skin.

### To treat cough:

1. Heat the leaves by passing it over flame.
2. Crush/squeeze the leaves to obtain extracts.
3. Rub the extracts all over the patient's body.

### To treat paralysis:

1. Crush nabin tambisan, kufilbut (*p. 65*), and native ginger.
2. Combine the crushed plants, add a small amount of salt and wrap them together in a banana leaf.
3. Heat the banana leaf with the plants.
4. Unwrap and massage the combined plants onto the paralyzed body part. Accordingly, effects will be seen after three (3) days.



## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato

# NABIN TAMBISAN (*Bla.*) | *Artemisia vulgaris* L.

Other Local Names: Tambisan (*Bla.*); Hibas (*Bla.*)



## Utilized Part:

- Whole Plant

## Claims/Usage:

- Treats skin infection (tinea versicolor), ringworm), cough, **fever**, and paralysis

## Methods of Preparation and Administration:

### To treat fever (using roots):

1. Boil the roots and the stem for approximately 30 minutes.
2. Let the patient drink the decoction daily until the fever is cured.

### To treat fever (using leaves):

1. Pound the leaves to obtain extracts.
2. Have the patient drink about a tablespoon of the extract.

### **Alternative Method** to treat fever using leaves:

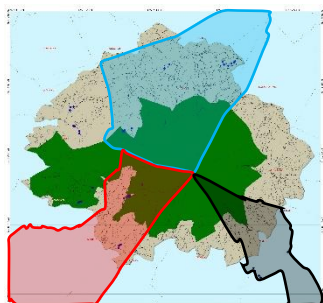
- a. Heat the leaves by passing it over flame. Crush the leaves and rub them all over the patient's body.
- b. Boil the leaves in two (2) glasses of water. Have the patient drink the decoction until he/she is cured. This method is also used for treating fatigue.

### If the person with fever is a **CHILD**:

1. Pound/crush the whole plant.
2. Rub the crushed plant all over the child's body.

## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato



# BALSAMINACEAE

Kalfae



# KALFAE (Bla.) | *Impatiens balsamina*

Other Local Names: Everyday



## Utilized Part:

- Whole plant except roots

## Claims/Usage:

- Treats irregular menstruation

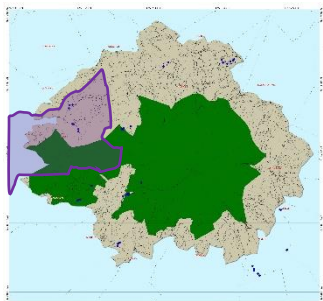
## Methods of Preparation and Administration:

### To treat irregular menstruation:

1. Rub the fruit in the patient's navel.

## Distribution:

- Brgy. Linan, Tupi, South Cotabato



# KALFAE (Bla.) | *Impatiens walleriana* Hook. F.

Other Local Names:



## Utilized Part:

- Whole plant except roots

## Claims/Usage:

- Smoothens facial skin
- Prevents children from becoming thin

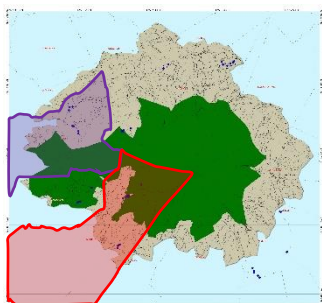
## Methods of Preparation and Administration:

### To smoothen facial skin:

1. Pound the leaves and mix them in water.
2. Rub/massage the leaves onto the face.

### To prevent children from becoming thin:

1. Pound the whole plant and mix in water.
2. Rub/massage the plant all over the child's body.



## Distribution:

- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Linan, Tupi, South Cotabato

# CAUSARINACEAE

Amgoo



# AMGOO (Bla.) | *Gymnostoma rumphianum* (Jungh. ex Vriese) L.A.S.Johnson

Other Local Names:



## Utilized Part:

- Leaves
- Bark

## Claims/Usage:

- Treats headache and fever

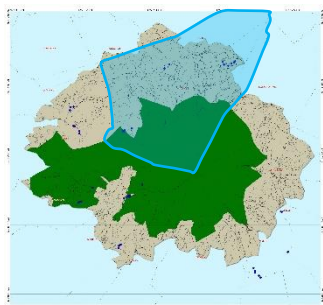
## Methods of Preparation and Administration:

### To treat headache:

1. Scrape off the bark.
2. Press the bark onto the patient's temples with the inner side of the bark touching the temples.

### To treat fever:

1. Burn the leaves or bark.
2. Let the patient stand over the fire such that the smoke passes all over his/her body.



## Distribution:

- Brgy. Miasong, Tupi, South Cotabato

# HYPOXIDIACEAE

Kalsangi



# KALSANGI (Bla.) | *Curculigo latifolia* Dryand. Ex W.T.Aiton

Other Local Names:



## Utilized Part:

- Roots
- Leaves

## Claims/Usage:

- Treats wounds and headache

## Methods of Preparation and Administration:

### To treat wounds:

#### Using roots:

1. Pound the roots and, together with guava leaves, boil in water.
2. Wash the wounds using the decoction.

#### Using leaves:

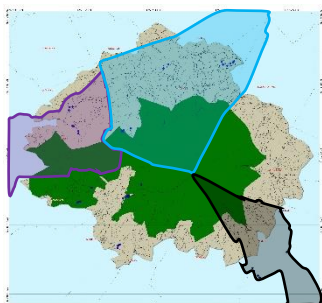
1. Crush some fresh leaves and put them directly onto the wounds.

### To treat headache:

1. Place the leaves directly onto the patient's forehead.
2. Leave as it is until the pain eases.

**Alternative Method** to treat headache: heat the leaves by passing it over flame. Wrap the patient's head with the leaves for up to five (5) hours.

**NOTE:** The plant should not have been exposed to any chemicals, e.g. pesticides.



## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato

# LAMIACEAE

Klungol  
Nabin lamfa  
Tunok-tunok



# KLUNGOL (Bla.) | *Callicarpa* sp.

Other Local Names: Plongol



## Utilized Part:

- Leaves
- Stem

## Claims/Usage:

- Thickens and shines hair

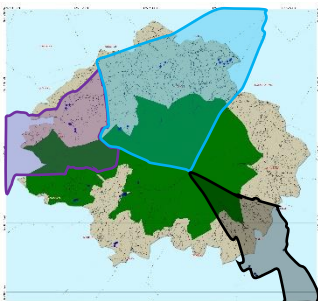
## Methods of Preparation and Administration:

### To thicken and shine hair:

1. Pound the leaves and the stem.
2. Massage the pounded materials onto the scalp and hair.
3. Rinse the scalp and hair properly after 10 to 15 minutes.
4. Do this regularly.

## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato



# NABIN LAMFA (Bla.)

*Mentha cordifolia* Lej. & Coutois  
auct.

Other Local Names:



## Utilized Part:

- Leaves

## Claims/Usage:

- Treats headache and constipation
- Prevents common cold

## Methods of Preparation and Administration:

### To treat headache:

1. Crush some fresh leaves to obtain extracts and massage the extracts onto the temples or forehead.

### To treat constipation:

1. Heat the leaves by passing it over a flame.
2. Compress the heated leaves onto the patient's abdomen.

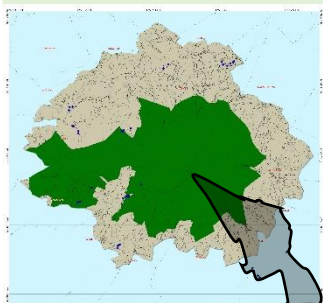
**Alternative method** to treat constipation: eat fresh leaves of nabin lamfa.

### To prevent common cold:

1. Rub some fresh leaves onto the nose.

## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato



# TUNOK-TUNOK (*Bis.*) | *Leonotis nepetafolia* (L.) R. Br.

Other Local Names:



## Utilized Part:

- Roots
- Leaves

## Claims/Usage:

- Treats stomachache and wounds

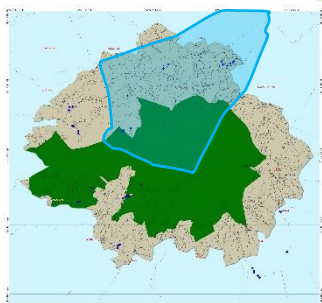
## Methods of Preparation and Administration:

### To treat stomachache:

1. Pound the roots and boil them in water.
2. Let the patient drink a glass of the decoction.
3. Rub enough amount of the decoction onto the patient's abdomen.

### To treat wounds:

1. Wash the wounds with water.
2. Pound the leaves and place them directly onto the wound.



## Distribution:

- Brgy. Miasong, Tupi, South Cotabato

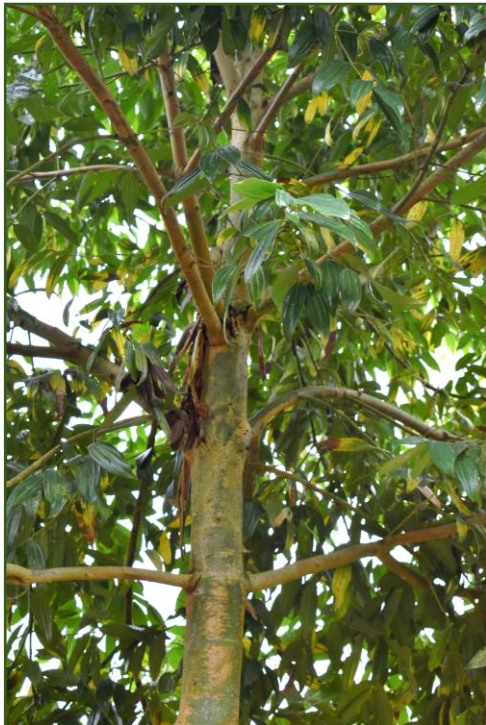
# LAURACEAE

Kringel



# KRINGEL (Bla.) | *Cinnamomum mercadoi* Vidal

Other Local Names: Kaningag, Karingag, Cinnamon



## Utilized Part:

- Bark
- Leaves

## Claims/Usage:

- Treats stomachache, toothache, gastroenteritis/ stomach flu (*suka-kalibang*), difficulty in breathing

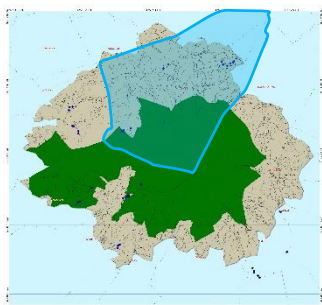
## Methods of Preparation and Administration:

### To treat stomachache, gastroenteritis/stomach flu:

1. Pound the bark thoroughly and soak it in *lana* (coconut oil).
2. Let the patient drink one (1) tablespoon of the infusion daily until the stomachache is cured.

### To treat toothache:

1. Soak the bark in water.
2. Have the patient rinse his/her mouth using the infusion.



## Distribution:

■ Brgy. Miasong, Tupi, South Cotabato

# LORANTHACEAE

Kihol



# KIHOL (*Bla.*) | *Amyema celebica* (Tiegh.) Danser

Other Local Names:



## Utilized Part:

- Stem
- Flower

## Claims/Usage:

- Treats postpartum relapse, fever, and anemia
- Prevents viral infections and supernaturally-caused afflictions (“*buyag*”, “*usog*”)

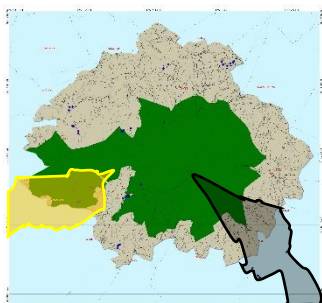
## Methods of Preparation and Administration:

### To treat postpartum relapse, fever, and anemia:

1. Boil the stem together with aknalom plant in water.
2. Have the patient drink the decoction after every meal.

### To prevent viral infections and supernaturally-caused afflictions:

1. Eat the flowers of kihol. It is believed that it acts like a vaccine especially when visiting other places.



## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Acmonan, Tupi, South Cotabato

# MALVACEAE

Bawan Mlato



# BAWAN MLATO (*Bla.*) | *Sida acuta* L.

Other Local Names: Eskuba; Walis-walis



## Utilized Part:

- Leaves
- Stem
- Roots

## Claims/Usage:

- Treats fever, stomachache, and fatigue
- Strengthens hair

## Methods of Preparation and Administration:

### To treat stomachache and fever:

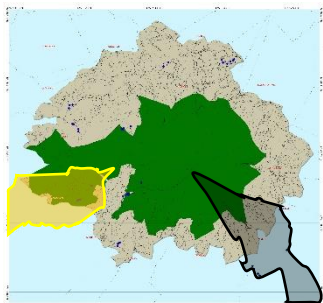
1. Boil the leaves in water.
2. Let the patient drink the decoction daily until stomachache or fever is cured.

### To treat fatigue:

1. Boil the roots in water.
2. Let the patient drink the decoction daily until the fatigue is cured.

### To strengthen hair:

1. Pound the roots and the stem.
2. Rub the pulp onto the hair before taking a bath.
3. Do this daily.



## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Acmonan, Tupi, South Cotabato

# MORACEAE

Kalfagang  
Maltaan



# KALFAGANG (Bla.) | *Ficus nota* Merr.

Other Local Names: Lanom



## Utilized Part:

- Roots
- Fruit
- Bark
- Leaves

## Claims/Usage:

- Treats **hemorrhoids**, rashes, measles, boils, and breast cancer

## Methods of Preparation and Administration:

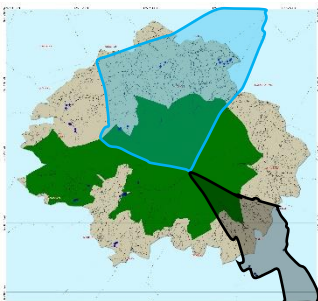
### To treat hemorrhoids:

1. Pound and combine a handful of kalfagang fruits and ten (10) pieces of lumbang fruits.
2. Add enough amount of *lana* (coconut oil), wrap in a banana leaf, and heat them altogether.
3. Have the patient crouch directly above the heated wrapping exposing the hemorrhoids.
4. Unwrap the banana leaf and let the smoke pass through the hemorrhoids for ten (10) minutes.
5. Do this three (3) times a day (morning, noon, afternoon/evening) until the person is cured.

## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato

■ Brgy. Miasong, Tupi, South Cotabato



# KALFAGANG (Bla.) | *Ficus nota* Merr.

Other Local Names: Lanom



## Utilized Part:

- Roots
- Fruit
- Bark
- Leaves

## Claims/Usage:

- Treats hemorrhoids, **rashes, measles, boils,** and breast cancer

## Methods of Preparation and Administration:

### To treat rashes or German measles:

1. Pound and combine young leaves of kalfagang and leaves of buyu (p. 63).
2. Rub the leaves onto the affected skin.

**Alternative Method** to treat rashes or German measles: Boil the roots in water. Have the patient drink the decoction.

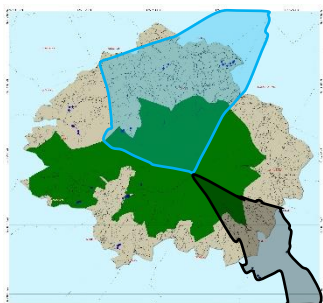
### To treat boils:

1. Burn the bark to ashes and apply the ashes directly onto the boil.

## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato

■ Brgy. Miasong, Tupi, South Cotabato



# KALFAGANG (Bla.) | *Ficus nota* Merr.

Other Local Names: Lanom



## Utilized Part:

- Roots
- Fruit
- Bark
- Leaves

## Claims/Usage:

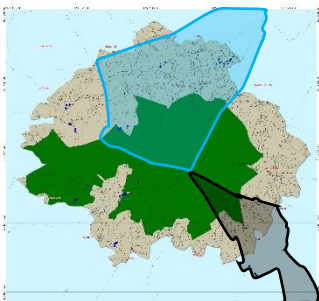
- Treats hemorrhoids, rashes, measles, boils, and **breast cancer**

## Methods of Preparation and Administration:

### To treat breast cancer:

1. Peel off the skin/bark from the branches and wash it with hot water.
2. Press the bark against the affected breast/breasts.
3. Leave as it is from morning to afternoon.
4. Repeat the process daily until the patient is cured.

**Note:** Use newly peeled off skin/bark every day.



## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato

# MALTAAN (*Bla.*) | *Ficus septica* Burm. F.

Other Local Names: Lagnob; Martaan



## Utilized Part:

- Leaves
- Roots

## Claims/Usage:

- Treats **appendicitis, snake bite**, spasm, rashes, warts, skin allergy, and headache

## Methods of Preparation and Administration:

### To treat appendicitis:

1. Boil some leaves in water.
2. Let the patient drink a glass of the decoction two (2) to three (3) times a day until appendicitis is cured.

### To treat snake bite:

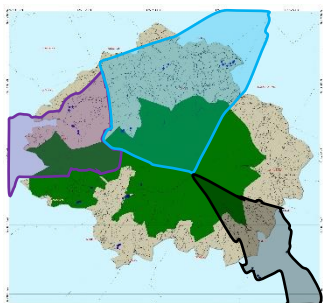
1. Force blood out of the wound.
2. Pound the leaves and squeeze off extracts directly onto the wound.

## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato

■ Brgy. Linan, Tupi, South Cotabato

■ Brgy. Miasong, Tupi, South Cotabato



# MALTAAN (*Bla.*) | *Ficus septica* Burm. F.

Other Local Names: Lagnob; Martaan



## Utilized Part:

- Leaves
- Roots

## Claims/Usage:

- Treats appendicitis, snake bite, **spasm, rashes, warts**, skin allergy, and headache

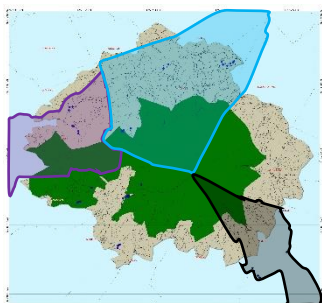
## Methods of Preparation and Administration:

### To treat spasms:

1. Dry roast rice or corn grains in a pan.
2. Add water and leave to boil then add three (3) pieces of young maltaan leaves.
3. Have the patient drink the decoction daily for three (3) days.

### To treat warts and rashes:

1. Put/rub the sap directly onto the warts or rashes daily until warts and rashes are removed.



## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato

# MALTAAN (Bla.) | *Ficus septica* Burm. F.

Other Local Names: Lagnob; Martaan



## Utilized Part:

- Leaves
- Roots

## Claims/Usage:

- Treats **appendicitis, snake bite, spasm, rashes, warts, skin allergy, and headache**

## Methods of Preparation and Administration:

### To treat skin allergies:

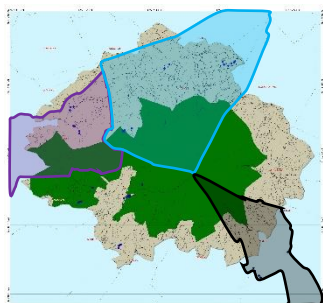
1. Rub the leaves onto the affected area of the skin.

**NOTE:** The patient should have taken a bath prior to the treatment.

This is also applicable in treating rashes.

### To treat headache:

1. Heat the leaves and directly place onto the patient's forehead.



## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato

■ Brgy. Linan, Tupi, South Cotabato

■ Brgy. Miasong, Tupi, South Cotabato

# PIPERACEAE

Buyu



# BUYU (Bis.) | *Piper betle* L.

Other Local Names: Ike (Bla.)



## Utilized Part:

- Leaves

## Claims/Usage:

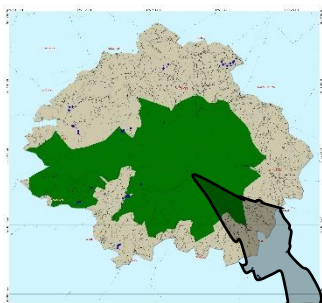
- Treats flatulence and cough

## Methods of Preparation and Administration:

### To treat flatulence and cough:

1. Heat the leaves by passing it over flame then crush them.
2. Rub/massage the leaves onto the patient's back starting from the lower part and upward.

**Note:** The leaves may be combined with kalfagang (p. 56) and “apog”



## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato

# POACEAE

Kufilbut



# KUFILBUT (*Bla.*) | *Eleusine indica* (L.) Gaertn.

Other Local Names: Plagtiki (*Bla.*); Bila-bila (*Bis.*);



## Utilized Part:

- Roots

## Claims/Usage:

- Treats myoma, post-partum relapse, paralysis, hemorrhoids, and Bell's palsy
- Strengthens hair

## Methods of Preparation and Administration:

### To treat myoma/post-partum relapse:

1. Boil the roots in two (2) glasses of water.
2. Let the patient drink a quarter of the decoction three (3) times daily.

**Note:** This method also cures stomachache, urinary tract infection, kidney stones, fatigue, hypertension, diabetes, and fever.

### To treat paralysis or Bell's palsy:

1. Pound the roots.
2. Rub/massage the roots directly onto the affected area.

### To strengthen hair:

1. Soak a bundle of kufilbut in two (2) glasses of water.
2. After taking a bath, apply the infusion into the hair and leave it for at most 24 hours.
3. Rinse the hair thoroughly.

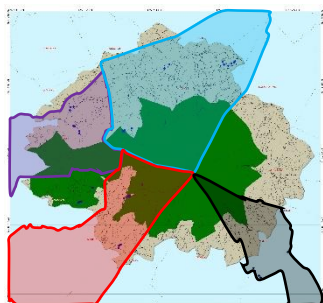
**Alternative Method** to strengthen hair: Grind the roots and massage directly onto hair and scalp.

### To treat hemorrhoids:

1. Pound kufilbut, native ginger, and makahiya.
2. Add a pinch of salt and wrap the ingredients altogether in a mlangay leaf then heat it.
3. Have the patient crouch directly above the wrapped plants exposing the hemorrhoids.
4. Unwrap the leaf and let the smoke pass through the patient's hemorrhoids.

## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato



# ROSACEAE

Kamit



# KAMIT (*Bla.*) | *Rubus roifolius* Sm.

Other Local Names: Kalmami



## Curative Part:

- Roots
- Leaves

## Claims/Usage:

- Treats chicken pox, German measles, and fatigue

## Methods of Preparation and Administration:

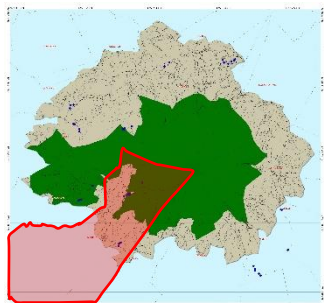
To treat German measles, chickenpox, and fatigue:

1. Boil the roots in water.
2. Let the patient drink the decoction daily until the measles or chicken pox is cured.

**Alternative method** to treat German measles:  
Pound the leaves and rub directly onto the affected skin.

## Distribution:

■ Brgy. Kablon, Tupi, South Cotabato



# RUBIACEAE

Kalbalol  
Kayu Danul  
Tawal Kanlib



# KALBALOL (*Bla.*) | *Neonauclea reticulate* (Havil.) Merr.

Other Local Names:



## Utilized Part:

- Leaf shoot

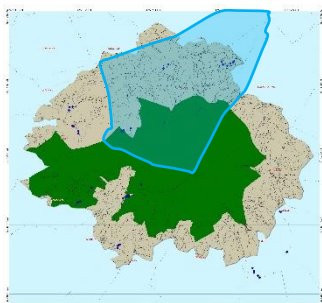
## Claims/Usage:

- Treats hyperacidity and heartburn


## Methods of Preparation and Administration:

### To treat hyperacidity and heartburn:

1. Split a leaf shoot into two (2).
2. Place one side of the leaf bud on the patient's abdomen (below the sternum).
3. Place the other half of the leaf on the patient's back directly opposite the leaf placed on the abdomen.



## Distribution:

 Brgy. Miasong, Tupi, South Cotabato

# KAYU DANUL (*Bla.*) | *Rubiaceae* sp.

Other Local Names:



## Utilized Part:

- Leaves
- Stem

## Claims/Usage:

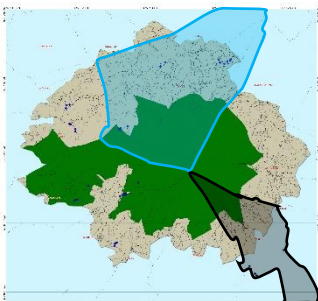
- Treats irregular menstruation, vaginal infection, and leukemia

## Methods of Preparation and Administration:

To treat irregular menstruation, vaginal infection, and leukemia:

1. From just above the roots, count and cut nine (9) pieces of the stem (grip size). Boil the stem pieces and nine (9) pieces of the plant's leaves in water.
2. Have the patient drink the decoction daily as drinking water until cured.

**Alternative method** for treating irregular menstruation/vaginal infection:  
Have the patient wash her genitals using the decoction.



## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato

■ Brgy. Miasong, Tupi, South Cotabato

# SAKLAS (*Bla.*) | *Mitracarpus hirtus* (L.) DC

Other Local Names:



## Utilized Part:

- Roots
- Leaves

## Claims/Usage:

- Treats wounds and stomachache

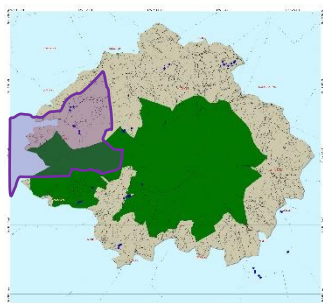
## Methods of Preparation and Administration:

### To treat wounds:

1. Crush some fresh leaves.
2. Put them directly onto the wounds.

### To treat stomachache:

1. Boil the roots in water.
2. Have the patient drink the decoction twice a day.



## Distribution:

■ Brgy. Linan, Tupi, South Cotabato

# TAWAL KANLIB (*Bla.*) | *Uvaria* sp.

Other Local Names: Black Balagon



## Utilized Part:

- Bark

## Claims/Usage:

- Treats dengue, snake bite, and rabies

## Methods of Preparation and Administration:

### Prepare an infusion, as follows:

1. Dry a bark of tawal kanlib and lino.
2. Soak the dried barks of tawal-kanlib and lino together with kihol (*p. 52*) leaves in lukewarm water.


### To treat snake bite and rabies:

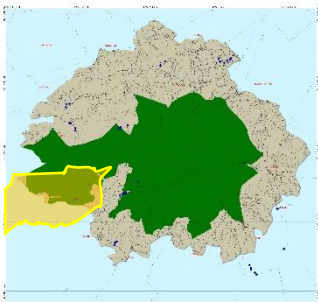
1. Let the patient drink a glass of the infusion.

### To treat dengue:

1. Let the patient drink the infusion.
2. Rub the lime from the patient's neck down to the shoulders.

## Distribution:

 Brgy. Acmonan, Tupi, South Cotabato



# RUTACEAE

Tawal Ulad



# TAWAL ULAD (Bla.) | *Lunasia amara* Blanco.

Other Local Names: Maltawal



## Utilized Part:

- Whole plant

## Claims/Usage:

- Treats **snake bite, rabies, dengue**, dysmenorrhea, constipation, hypertension, German measles, and rashes

## Methods of Preparation and Administration:

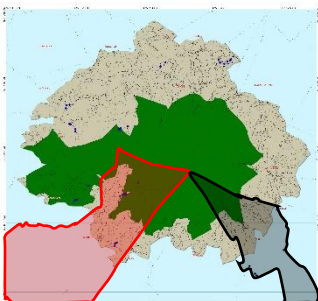
### To treat snake bite and rabies:

1. Force blood out of the wound.
2. Chew a tiny piece of the bark (about 0.5 inch) until a soft homogenate is formed with the saliva.
3. Place the chewed bark on top of the bitten area and wrap the wound and plant with a cloth.

**Note:** It is believed that a person who once used tawal-ulad is already immune to snake venom and/or dog rabies. It is also believed that bringing a leaf of tawal-ulad repels snakes.

### To treat dengue:

1. Scrape off the bark/skin.
2. Collect about one (1) tablespoon and add to a hot water.
3. Have the patient drink the infusion.



## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato

■ Brgy. Kablon, Tupi, South Cotabato

# TAWAL ULAD (*Bla.*) | *Lunasia amara* Blanco.

Other Local Names: Maltawal



## Utilized Part:

- Whole plant

## Claims/Usage:

- Treats snake bite, rabies, dengue, **dysmenorrhea, constipation, hypertension, German measles, and rashes**

## Methods of Preparation and Administration:

To treat dysmenorrhea, constipation, or hypertension:

1. Boil the leaves in water.
2. Have the patient drink the decoction three (3) times daily.

To treat German measles or rashes:

1. Pound the roots and boil in water.
2. Have the patient drink the decoction.

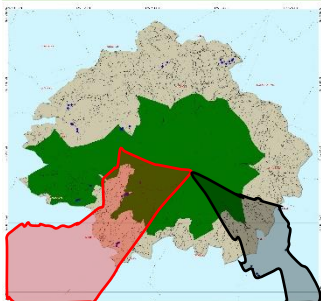
**Alternative method** to treat snake bite, rabies, and dengue:

1. Chew a tiny piece of the bark and sip its extracts.
2. Do not swallow the bark.

## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato

■ Brgy. Kablon, Tupi, South Cotabato



# URTICACEAE

Damay



# DAMAY (*Bla.*) | *Cypholophus microcephalus* (Blume) Wedd.

Other Local Names: Handa Lamay (*Bla.*); Kayu Damay (*Bla.*)



## Utilized Part:

- Leaves
- Stem

## Claims/Usage:

- Treats **ugahip (cold sores)**, **nuka-nuka (eczema)**, **German measles**, snake bite, swelling, urinary tract infection, myoma, and appendicitis

## Methods of Preparation and Administration:

To treat *ugahip*, *nuka-nuka*, and German measles:

1. Collect 21 leaves. Gently and continuously tap the leaves onto the affected skin.
2. Hang the leaves over a hearth until they wilt. It is believed that once the leaves wilt, the patient will be cured.

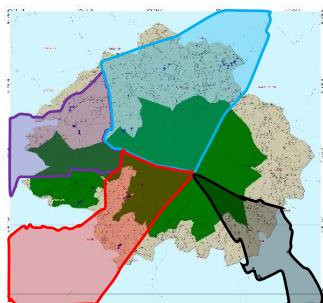
**Note:** Other healers do the treatment in series, using seven (7) leaves first, followed by 14 leaves, and finally 21 leaves.

**Alternative method** to treat *ugahip*, *nuka-nuka*, and German measles:

1. Collect and use specific number of leaves per day. Rub *lana* (coconut oil) on each leaf.
2. Directly apply three (3) leaves onto the affected area on the 1<sup>st</sup> day. Use five (5) leaves on the 2<sup>nd</sup> day, nine (9) leaves on the 3<sup>rd</sup> day, and finally, 21 leaves on the 4<sup>th</sup> day.
3. Hang the leaves over a hearth after every procedure until they wilt. It is believed that once the leaves wilt, the patient will be cured.

## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato



# DAMAY (*Bla.*) | *Cypholophus microcephalus* (Blume) Wedd.

Other Local Names: Handa Lamay (*Bla.*); Kayu Damay (*Bla.*)



## Utilized Part:

- Leaves
- Stem

## Claims/Usage:

- Treats *ugahip* (cold sores), *nuka-nuka* (eczema), German measles, **snake bite, swelling, urinary tract infection, myoma, and appendicitis**

## Methods of Preparation and Administration:

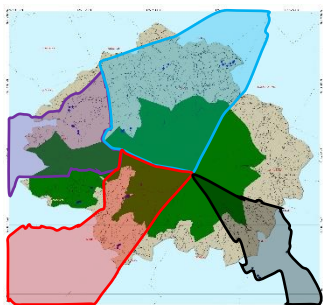
### To treat snake bite or swelling:

1. Scrape off the skin of the stem and boil it in water.
2. Have the patient drink the decoction.

### To treat urinary tract infection, myoma, or appendicitis:

1. Collect the skin of the stem and scrape off the mucilage on its inner side.
2. Have the patient ingest the mucilage.

**Note:** A small amount of water may be added but it should not be more than the mucilage. It is believed that ingesting the mucilage also cleanses the body.



## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Kablon, Tupi, South Cotabato
- Brgy. Linan, Tupi, South Cotabato
- Brgy. Miasong, Tupi, South Cotabato

# VERBENACEAE

Lantana  
Sentimento



# KANDING-KANDING (Bis.) | *Lantana camara* L.

Other Local Names: Lantana (Bis.)



## Utilized Part:

- Leaves

## Claims/Usage:

- Treats cough and fatigue

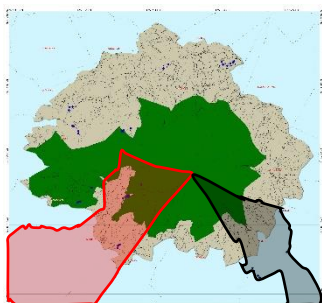
## Methods of Preparation and Administration:

### To treat cough:

1. Boil a handful of young leaves in two (2) glasses of water.
2. Have the patient drink the prepared decoction.

### To treat fatigue:

1. Boil in water the leaves of lantana, herbas, bayabas, kukobanog, maltaan (p. 59), dila-dila, manga, dalupang, and dried banana leaves until the water turns yellow.
2. Have the patient drink the decoction.



## Distribution:

- Brgy. Maligo, Polomolok, South Cotabato
- Brgy. Kablon, Tupi, South Cotabato

# SENTIMENTO (Bis.) | *Stachytarpheta jamaicanensis* (L.) Vahl

Other Local Names: Elepante



## Utilized Part:

- Leaves

## Claims/Usage:

- Treats wound and fatigue

## Methods of Preparation and Administration:

### To treat wounds:

1. Crush some fresh leaves and put them directly onto the wound.

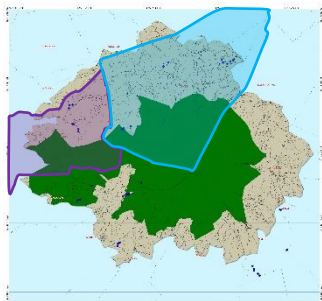
### To treat fatigue:

1. Boil the leaves or roots in water.
2. Have the patient drink the decoction.

## Distribution:

■ Brgy. Linan, Tupi, South Cotabato

■ Brgy. Miasong, Tupi, South Cotabato



# ZINGIBERACEAE

Kwakok



# KWAKOK (*Bla.*) | *Zingiber sp.*

Other Local Names:



## Utilized Part:

- Flower
- Rootstock

## Claims/Usage:

- Treats hemorrhoids

## Methods of Preparation and Administration:

### Using the flower:

1. Using the flower, push the hemorrhoids back to the anus.

**Note:** For this to be effective, the healer must take a bath before doing the procedure. This must also be done beside a river where the flower must be thrown into and must not be seen by the patient during and after the procedure.

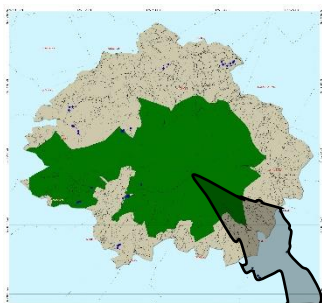
**Alternative method** to treat hemorrhoids using the flower: Cut the flower into 14 pieces and use the even-ordered slices, i.e. 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, and 14<sup>th</sup> slices (a total of 7 pieces). Press the pieces against the infected area for a couple of minutes.

### Using the rootstock:

1. Cut the rootstock into 14 pieces. Use only the even-ordered slices (a total of 7 pieces) as in the prior method.
2. Wrap the pieces in a banana leaf and heat.
3. Have the patient crouch directly above the wrapped rootstock exposing the hemorrhoids.
4. Unwrap and let the smoke pass through the patient's hemorrhoids.

## Distribution:

■ Brgy. Maligo, Polomolok, South Cotabato



# Other Unidentified Medicinal Plants

Kalah  
Kayu tawal  
Maglong



# KALAH (*Bla.*) |

Other Local Names:



## Utilized Part:

- Roots

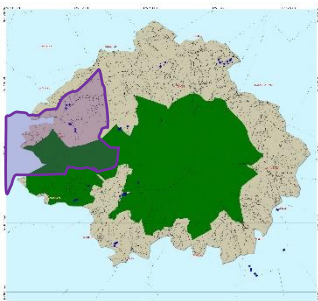
## Claims/Usage:

- Treats arthritis

## Methods of Preparation and Administration:

### To treat arthritis:

1. Boil the roots in water.
2. Have the patient drink the decoction three (3) times a day until the arthritis is eased.



## Distribution:

■ Brgy. Linan, Tupi, South Cotabato

# KAYU TAWAL (*Bla.*) |

Other Local Names:



## Utilized Part:

- Whole plant

## Claims/Usage:

- Treats stomachache, dengue, snake bite, rabies, and malignant magic (*barang*)

## Methods of Preparation and Administration:

To treat, an infusion must be prepared as follows:

1. Soak the skin of the roots in *lana* (coconut oil).
2. Allow it to sit at room temperature for a couple of weeks.

### To treat stomachache:

Drink one (1) teaspoon of the decoction three (3) times a day to treat stomachache .

### To treat snake bite, dengue, and rabies:

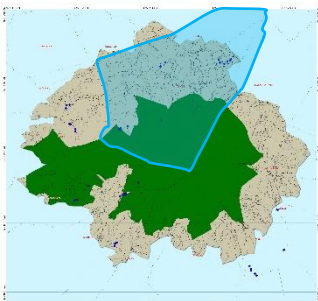
1. Have the patient drink one (1) teaspoon of the same infusion three (3) times a day.
2. Gently rub enough amount of the decoction on the bitten area (for snake bite and rabies) or whole body (for dengue).

### **Alternative method** to treat stomachache (using leaves):

1. Boil some leaves in water.
2. Have the patient drink one (1) glass of the boiled water daily.

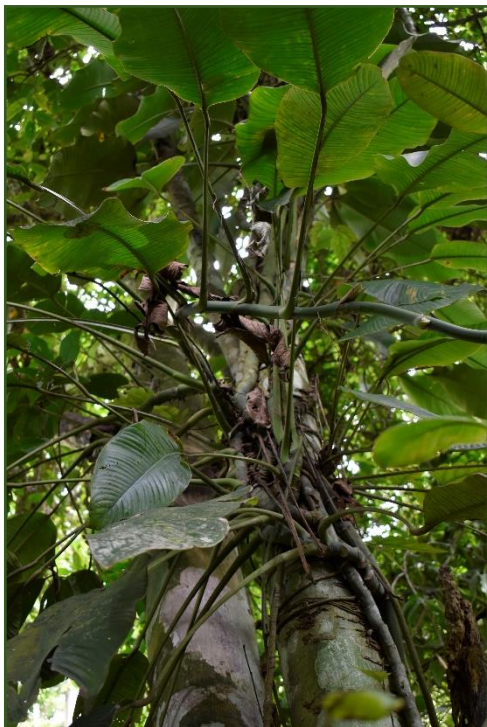
## Distribution:

 Brgy. Miasong, Tupi, South Cotabato



# MAGLONG (*Bla.*) |

Other Local Names:



## Utilized Part:

- Stem

## Claims/Usage:

- Treats headache, migraine, gastroenteritis/stomach flu (*suka-kalibang*), and difficulty in breathing

## Methods of Preparation and Administration:

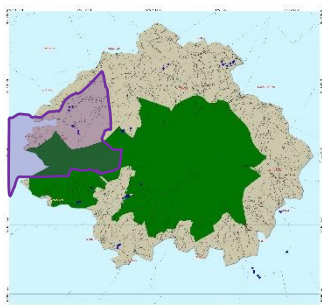
To treat headache, migraine, gastroenteritis/stomach flu (*suka-kalibang*), and difficulty in breathing:

1. Boil the outer layer of the vine in water.
2. Filter out the scraped outer layer and collect the water.
3. Have the patient drink the decoction two (2) to three (3) times a day.

**Note:** The prepared decoction may be used for up to two (2) days.

## Distribution:

■ Brgy. Linan, Tupi, South Cotabato



# MALKORENG (*Bla.*) |

Other Local Names:



## Utilized Part:

- Leaves
- Roots

## Claims/Usage:

- Treats German measles and insomnia (for children)

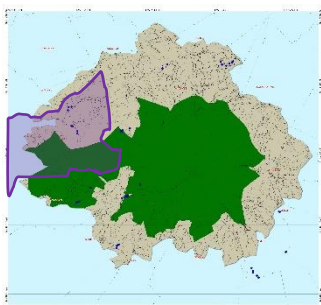
## Methods of Preparation and Administration:

### To treat German measles:

1. Boil the roots in water.
2. Drink the decoction thrice a day.

### To treat insomnia (for children):

1. Boil some dry leaves in water.
2. Let the child take sips of the decoction.



## Distribution:

■ Brgy. Linan, Tupi, South Cotabato

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