

**Ethnomedical documentation of and community health education for selected
Philippine ethnolinguistic groups: the Mansaka people of Pantukan and
Maragusan Valley, Compostela Valley Province, Mindanao, Philippines**

A collaborative project of

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EXECUTIVE SUMMARY

An ethnopharmacological study of the Mansaka people in the municipalities of Pantukan and Maragusan Valley, Compostela Valley Province was conducted in June 1999 to May 2000. The research study covered five months in Pantukan and four

months in Maragusan Valley. Documentation included *materia medica*, indigenous knowledge and beliefs on healing practices of the Mansaka people.

There were 11 respondents interviewed in Barangay Napnapan of Pantukan and 13 informants from Maragusan Valley which included healers, elders and family health care providers. A total of 105 plants, 9 animal products, 1 human and 2 mineral products were documented. Documentation of herbal plants included the local name(s), part(s) used, indication, preparation, direction for use, and precautions. Other relevant information on the use of plants were also noted, if available. They were used for a total of 63 various ailments and diseases that required different medicinal plants and other natural products. The most frequently used plant parts were the roots, bark and leaves. Decoction and poultice were the most common preparations. Medications, in most cases, were used until symptoms disappeared. There were documented plants used for malaria, to facilitate/enhance delivery of baby, for abnormal menstruation, dysmenorrhea, birth control, postpartum relapse and bleeding, snake bites and other common infectious and non-infectious diseases. Some animal products used to promote good health and to prevent sickness were also documented. Most of the healers and elders believed that most diseases were caused and inflicted by evil spirits and other supernatural beings. The collection of plant specimens was done in Barangay Magcagong and Barangay Cambagong of the Municipality of Maragusan Valley for taxonomic and preservation purposes. Specimens for 26 plants were collected.

KEYWORDS

Mansaka
Ethnopharmacology
Pantukan
Maragusan
Compostela Valley
Materia medica
Lumads
Bagani
Matikadung
Balyan

INTRODUCTION

The Philippines is home to more than 13 million indigenous peoples belonging to more than 120 distinct ethnolinguistic groups. Most of the indigenous Filipinos live

in the mountains or their fringes, or near the sea. They are found throughout the archipelago.

Each ethnolinguistic group has a tradition of practices, including those which refer to healing. The people have used plants and other natural products from the forest and the sea to treat their sick.

Very few studies have been done on indigenous Philippine medicine. We wish to address the need to document, and hopefully, preserve and propagate the beneficial healing traditions of our indigenous peoples. We also wish to search for potentially useful therapeutic agents among the ethnomedical practices of our indigenous peoples before the said healing traditions are overcome by the twin threats of forest and sea degradation, and onslaught of lowland mainstream culture.

We hope that with the information that we shall gather from the research, we shall be able to document the plants and other natural products being used as medicinal agents by the Mansaka people; document their beliefs and practices on health, diseases and healing; prepare culturally acceptable health education messages for the Mansaka people and help in the advocacy for the rights of the indigenous peoples and for the preservation of their ancestral homelands in consonance with preserving the biodiversity of our country's forest and seas.

This particular research focused on the Mansaka people of Pantukan and Maragusan Valley, Compostela Valley Province.

OBJECTIVES OF THE STUDY

The objectives of the study were:

1. To document the plants and other natural products being used as medicinal agents by the Mansaka people;
2. To document their beliefs and practices on health, disease and healing;
3. To prepare culturally acceptable health education messages for the Mansaka people; and
4. To help in the advocacy to preserve the indigenous peoples' ancestral homelands, as well as the biodiversity of their ecosystem.

METHODOLOGY

SITE SELECTION

The selection of research sites was based on the following criteria:

1. Community has reputation for indigenous medical practices, ie, presence of actively practicing healers;
2. Community is living at or near the forest;
3. Community is known to have continually practiced its indigenous traditions;
4. Community has stable peace and order situation; and
5. Community can be accessed using available means of transportation within a reasonable period of time.

SOCIAL PREPARATION AND IDENTIFICATION OF CONTACTS

Prior to the formal conduct of the study, the researcher visited and coordinated with different organizations such as the Pantukan Mansaka Pagkakaisa (PAMAPA) headed by Maticadung Laurencio Camana, national and local government units who were familiar with the Mansaka people and presented the aforementioned criteria, seeking help in the identification of possible research sites.

Courtesy call and coordination with the municipal mayor, *barangay* officials, military and Philippine National Police, and the tribal chieftains were undertaken before immersion in the community to insure safety and security of the researcher. This was done by personally visiting their offices and presenting the letter from UP Mindanao.

The National Commission for Indigenous Peoples (NCIP) office in Tagum City, the municipal office and the tribal chieftains were most helpful in the process of site identification because they had direct contact and involvement with the Mansakas under their respective areas of jurisdiction.

Usually, the tribal chieftain or the *barangay/sitio* official became the researcher's contact and guide during immersion period and data gathering in the area.

Community assemblies for consultation prior to immersion were not initiated in the area as recommended by the tribal chieftain because of factions within the tribe. The researcher usually initiated informal consultation during impromptu group gatherings.

SELECTION OF INFORMANTS

The traditional healers or *balyans* who were active practitioners and most highly regarded by the community in healing ailments and diseases were considered as the major informants for this study.

During the researcher's immersion in the community, it was sad to note that these healers knew only a number of plants and had become inactive in their practice. The

onslaught of lowland mainstream culture and the healers' involvement in different religious sects had gradually influenced the way of life and orientation of these people.

Other respondents like elders and caregivers were also identified and interviewed with the help of the community and by the researcher's guides who were familiar in the area.

METHODS OF DATA COLLECTION

The researcher gathered primary data from key informants and other respondents by means of interviews, participant-observation and informal or focus group discussion with the help of a pre-tested set of guide questions. House-to-house visit was also found as an effective method in data gathering.

The main data included the name of the plant and other products used, the part/s used, indications or medicinal uses, methods of preparation, direction for use and dosage.

Other relevant information observed, seen and heard by the researcher were also noted and photodocumented. Recording of interviews was also employed for some respondents.

Immersion in the community for a certain period also assured the researcher of possibly complete and accurate data as he had the opportunity of documenting the practices through participant-observation.

Secondary data were gathered through literature search from different libraries and from organization or individual contacts who had knowledge of this particular cultural group. The researcher also visited different school libraries and museums outside the Province of Davao. These included the Summer Institute of Linguistics (SIL) in Nasuli, Bangcud, City of Malaybalay, Bukidnon Province, the Tala-andig School of Living Traditions in Lantapan, Bukidnon, the Xavier University Library and Museum in Cagayan de Oro City, Misamis Oriental, and the Library of the Mindanao State University – Iligan Institute of Technology (MSU-IIT) in Iligan, Lanao del Norte.

METHODS OF DATA VALIDATION

The initial data gathered were validated with the help of the healers and elders through individual and informal or focus group discussion, which usually took place in the late afternoon, and by the time that they had arrived from their work in the farm. Informal group discussion usually happened over a bottle of liquor such as Tanduay, Fighter, beer and tuba, which made the conversation more often, highly animated as the researcher slowly gained their trust.

COMMUNITY HEALTH EDUCATION

Basic health education that was culturally acceptable and fit to the immediate needs of the indigenous community was initially conducted and presented to the community

through meetings or informal group discussions with family health care providers. The health education included care and medication for the common ailments experienced by the community. These included cough, fever, diarrhea, vomiting with diarrhea, colds, wounds, headache, stomachache, scabies and boils. Medications using the plants listed in the *materia medica* that were confirmed by the healers as most effective for certain diseases were recommended for use. Environmental sanitation and personal hygiene were also introduced as necessary factors to prevent sickness.

Health education was done in Sitio Piasusuan, Napnapan, Pantukan and in Barangay Langgawisan, Maragusan Valley.

RESULTS AND DISCUSSION

THE MANSAKA PEOPLE

Ethnography

The Mansakas are the least known of the aboriginal tribes of Davao Province occupying or mostly residing near the upper bank of the river and in the different hinterlands of Compostela Valley Province (Corcino, 1998).

The Mandaya and Mansaka have many similarities in culture hence, many writers classify them as one ethnolinguistic group. The rootwords *daya* and *saka* denote “interiors” and “highlands”, respectively (Gloria, 1998).

Fermin Chicote (in Sanchez, 1958), a Mansaka-Chinese mestizo, believed that the Mansaka, the Mandaya and the Kalagan belong to the same ethnic group; they have similar physical features, and their attire carries generally similar designs. They also speak essentially the same language though intonation and some words vary.

Words of the Mandayas contain more “y” while that of the Mansakas have more “r”. The latter do not pronounce the letter “h” in the beginning of words. According to *Matikadungs* (elders) Laurencio Camana of Pantukan and Espada Camana of Maragusan Valley, their forefathers came from the province of Surigao, which they called Manorigao. The name Mansaka was derived from the words “man” which means *otaw* (people) and *saka* which means upstream or highland.

Origin and history

A long, long time ago, before the coming of Islam in Mindanao, the aborigines of Davao were called Mamanwa or Banwaon (people living in settlements). They were under the leadership of the *bagani* and the *matikadung*, and were known as peace-loving and industrious but brave when provoked.

They did not claim that the land they occupied was theirs but was given to them by their *Magbabaya* (God). They believed in *anitos* (spirits) and their *babaylan* or priestess usually led them in worshipping.

The Mamanwas were very cooperative and always followed the command of their leaders. They had occupied a territory where the leaders and followers were separated from other tribes by the river or mountains.

When Islamization came to Mindanao and was spread throughout the island especially in the province of Davao, the *baganis* and *matikadungs* were alarmed because according to the towncrier, everybody must submit to the Muslim *sultan* or *datu* for baptism in acceptance of the Islamic faith.

After knowing the news, the *baganis* and *matikadungs* called for a joint meeting by way of beating the *agong*. The Mamanwas were then gathered and informed that the Muslim *sultan* or *datu* wanted them to be converted to Islam and many opposed the proposal.

The *bagani* called all his assistants; the so-called *maniklads* composed of six persons. The first *maniklad* with his men were told to stay in the mountain. The second *maniklad* and his men were told to dwell in the forest. The third *maniklad* and his followers were told to stay in the place surrounded by sea and water. The fourth was told to dwell on the upstream of the river; and the rest of the *maniklads* with their men were told to stay in the upper banks of the river or creeks. Because of this strategic distribution of their warriors, they were now prepared to face their conquerors and defend their territories against them.

When Islam was embraced by some of the natives in Mindanao, some Mamanwas who stayed along the seashore or river subscribed to the Islam faith and until now are called Islam or Kalagan. People who were headed by the *maniklad* and dwelt in the mountaintop are now called Aeta. Followers of the *maniklad* who stayed at the foot of the mountain are now called Dibabaon. People who dwelt under the forest are called Mangguwangan. People who stayed in the upstream of the river are called Mandaya, and those who lived in the upper banks of the river are called Mansaka.

Geographic distribution and demography

The Mansakas originally occupied the cordillera from Surigao down to Cape San Agustin and northwestward to Cuambog (now Mabini) and further into the hinterlands of Maragusan Valley. In 1971, they numbered around 4,000 out of the 10,000 population in and around Maragusan Valley. Antonio S Magana, an Ateneo de Davao student, stated that 95% of the Mansakas in that Valley were illiterate despite the presence of religious missionaries trying to convert the indigents of this town (Corcino, 1998).

At present, they are highly concentrated in the municipalities of Maragusan Valley, Pantukan, Mabini and Maco where they rank as the second largest ethnic group with population of 5,446, 4,646, 4,858 and 6,572 respectively (NSO, 1995). They are also found in the municipalities of Mawab, New Bataan and Nabunturan with population of 1,500, 1,291 and 967, respectively (NSO, 1995).

Some of them intermingle with and are already acculturated to the lowlander's way of life. Those residing near coastal areas or in the *poblacion*, especially those who are educated, are engaged in business and are holding positions in government agencies or as *barangay* or municipal councilors.

The estimated population in the provinces of Davao-Compostela Valley and Davao Oriental are 45,599 and 12,052, respectively (NCIP, 1997).

Housing and settlement

During the olden days or the *baganiship* system, houses were usually elevated or built at the top of large trees and their ladder always pulled out at night as protection against *pangayaws* or intruders. They even put up barriers on the approaches to their hidden huts, such as *lit-ag* or *balatik* or arrow points made from *bagakay* or *tambuung* (bamboo) in order to protect them from raids (*pangayaws*) and to signal that the place is off limits.

Their houses were like of the Mandaya type, mostly elevated above the ground, made up of indigenous materials such as bamboo, different hardwoods, bark of woods and leaves of cogon or palms and *uway* (rattan) for tying. The floor was made of hardwood, bamboo strips or bahi, walls from strip of hardwoods or flattened bamboo. Roofs were also made from leaves of cogon or palms or chips of hardwood. Usually with a single partition only, the sleeping room and their *sala* along with the kitchen. Generally, housing materials vary depending on what are readily available in the area. Some houses were already modified and made up of commercial products especially for those who can afford, in fact, some have little *sarisari* stores.

Physical appearance

As described by early researchers, the primitive Mansakas they had encountered in the forested areas of the municipality of Mawab were indeed as white as, in fact, whiter than Europeans.

Generally, they looked physically healthy having a clean body without any markings or tattoos and were quite attractive people with extra-ordinary intelligence. There were two types, clearly distinguishable from one another, one much taller, much lighter in complexion and more refined than the other.

When young they were beautiful people with eyes in perfect condition of warm and most magnetic deep brown. The eyes were perfectly straight, like those of Aryans, large with heavy upper lids and fine eyelashes. Some old folks possess Caucasian features while others appeared as Papuan type. Especially noticeable in the Papuan type was the nose being flat and much expanded at the nostrils, while the other type possessed rather well-formed noses, prominent and more developed upper lip, and with most beautifully shaped Cupid's-bow lips. The ears were of remarkable chiseling beauty and refinement, small and graceful. They were hairless on the chin, but had a slight down on the upper lip. Men and women were so finely formed with frail, delicate, graceful-looking arms and legs, but of immense muscular strength, that at first sight in young people it was difficult to tell a boy from a girl by the face. The women were very shy, had sentimental faces and with such nicely chiseled cheekbones and lips, unwrinkled smoothed skin and were quite attractive (Landor, 1904).

Old folks usually have black teeth as a result of constantly chewing betel nut or what they called *mama*. Men usually have broad shoulders, large jaws with high forehead and were definitely taller than women.

Younger generations, which mostly result from intermarriages with other ethnic groups, have a general appearance which vary from light to fair brown skin with the prominent, distinguishable features of that of the Papuan type.

Clothing and accessories

Back in the olden days, woven abaca cloth (*dagmay*) is the common clothing worn although blouses for women are fast being replaced by cotton cloth (*saragboy*) for practical reasons and also because abaca fiber weaving is a very tedious process. The blouses are embroidered with colorful and attractive designs which they call *yatikup na dagum* (Corcino, 1998).

Dagum is the general term for their clothing. Men wear the *dagum* as their vest and the *baligkasan* and *pantot* as long and short pants, respectively.

Old women usually have a big hole in earlobes which enable them to wear fancy earrings which usually have three parts: *balikog* – a piece of wood carved into a size of a twenty-five centavo coin tucked into the earlobe, *sampad* – a tinplate or sometimes gold-plated outer covering attached to the *balikog*, and the *laog* – varicolored glass beads strung together to hang loose from the *balikog* about two inches. They also wear *balyug* as necklaces or *palatina*, a silver breast ornament worn with glass bead necklace, or crocodile teeth necklace. *Taklay* as bracelet for the arm and *sangkil* as bracelet for the feet; but only the most beautiful women are allowed to wear them.

Economy

Looking back many years ago, the Mansakas were extremely dependent on farming, fishing, and hunting for their survival. *Kaingin* agriculture had for centuries sustained the livelihood of these people. *Kaingin* or swidden farm is usually made on sloping lands which are cleared by burning of cut vegetative cover. The cleared areas were planted to a wide variety of seasonal crops such as upland rice, white corn, *camote*, *wakag (gabi)*, squash and coffee for their consumption and abaca for their clothing. Upland rice is the major product while other crops such as yam, sweet potato, squash, white corn, beans and peanuts are planted around the perimeter or along gullies to supplement their daily food consumption. Later they planted root crops to sell or barter. Men were the ones who prepared or cleaned the area and women undertook the planting and the weeding of the plot.

Like any other cultural group, Mansaka men were also known as good hunters, exposed as they generally were to wild animals like pigs, deer, monkey, birds, lizard and others which they needed as food to supplement their farm harvests. They used *bukakang*, a single-shot gun, spears, bow and arrow, *sumpitan* and *lit-ag* or *balatik* in trapping wild animals in the forest. Their hunting dogs, mostly there are three, accompany them and help them find and chase wild animals.

Mansakas in the *barangay* of Napnapan in Pantukan still rely on farming as the main source of livelihood, though upland rice is not planted anymore. White corn, bananas, coffee, root crops and some fruit trees are the major products. Some upland dwellers are involved in rattan gathering and in gold panning to generate additional income, although some are still engaged in hunting. Fishing is totally absent due to highly silted river – the result of continuous mining activity in the mountains.

In Barangay Langgawisan of Caragan Valley in the municipality of Maragusan Valley, farming still sustains the livelihood of the Mansaka people. Upland rice is still the major farm produce with white corn, fruit trees and root crops as secondary products for sustenance. They do not sell their farm harvest because of difficulty in transporting and hauling their products. Hunting of wild animals is still present. Some community members are involved in raising chickens, pigs, goats and other domestic animals.

Family and social organization

Traditionally, two types of families are recognized. The common one is a nuclear family composed of the married couple and their unmarried children while the other is a polygamous family of one male and two or more wives with their children, though the latter is seldom practiced, except in remote areas or long time ago.

The Mansaka family is patriarchal. The father looks after the family's protection foremost, as well as takes charge of the heavier part of preparing a *kaingin* for planting and hunting for wild animals. The wife is in-charge of household chores and undertakes the planting of the crops such as rice, corn, *camote*, *gabi* (*wakag*), squash, coffee and abaca and the weeding of the plot. The children help in their mother's works.

Social organization is based on a cluster of houses containing affinity or consanguinity related kin, or as an extended joint family, composed of several nuclear families tied to core families by parent or sibling links.

Marriage

In the olden days, the parents of the bride and groom arranged marriage among the Mansaka. The parents of the girl set the amount of dowry for their daughter. The dowry was in terms of *allangs* meaning slaves and agongs, a musical instrument, and *patakia*, which is a container for their betel nut chew. They usually gave away slave as dowry. Daughters of the *baganis* commanded the highest dowry which was usually from ten to fifteen *allangs* (slaves) with so many agongs and *patakias* to accompany them (Corcino, 1998).

For the marriage celebration, they met in the bride's home and have a day or two of feasting. The parents of the groom and bride take turns in butchering pigs for the occasion. Any elder could perform the marriage ceremony, although usually it is the *bagani* or the *matikadung* that officiates. The ceremony consists of the groom and

bride partaking of the feast. They eat together; the groom takes a portion of the rice and viand in his hand and lets his bride eat it. The bride does the same for her groom. Such marriage last for a lifetime, and faithfulness on the part of the bride is settled by the sharp blade of a bolo or the point of a spear (Corcino, 1998).

Mansaka maiden usually marries when she reaches the age of 13 to 15 or when she is already experiencing menstruation. Age gap between the intended couples does not matter but virginity is important. Once the husband finds out that his bride is no longer a virgin, the parents of the girl are asked to refund whole or at least a third of the wedding expenses.

Baptism

This is the time after marriage that the parents, grandparents and relatives will gather again and share whatsoever resources they had for the *bonong* (baptism) of the child.

According to *Matikadung* Laurencio Camana of Pantukan, the mother will hold the child first and have his feet step into the prepared foods. After the mother, the father will do the same followed by the other relatives and finally, the *balyan*.

Political leadership

In the olden days, Mansaka settlements practiced leadership by consensus. Leaders like the *baganis* (warriors' head) are highly regarded due to their personal valor, fortitude, physical strength and being the son of a former *bagani*, but above all due to a certain amount of charisma. A *bagani*, before assuming the title, had to kill seven or more men in battle and in surprise raids or *pangayaws*. He had his domain of political authority where his rule was law. *Baganis* were distinguished from other warriors and commoners by their clothing and turbanlike headpieces. On the other hand, *matikadungs* (elders) are regarded as such due to their age, wisdom and personal qualities. Whenever difficult decisions were to be made like in cases of criminal offenses and conflicts, they gathered the *matikadungs*, including the intelligent men among them for the final judgment (Corcino, 1998).

At present, most indigenous communities are under the existing system of political leadership where the *bagani* system is totally absent. The *matikadungs* (elders) are still recognized as leaders of the indigenous community and handle difficult matters that involve members of the tribe.

Musical instruments

The musical instruments dear to the Mansaka are the *kudlong* and *takol*, guitar-like instruments, which vary in shape and size. One version of the *kudlong* is the *binudyaan*, a thirty-inch guitar made of wood and shaped like a boat with a curved neck for its handle. Other version of *kudlong* is the *binarig*, made of wood and has two strings. The *takol* is made of bamboo about two feet long and has four or five

strings. The *parundag* and the *kubing* are wind instruments. The *parundag* or bamboo flute is played like a saxophone and is made of *bagakay* or *tambuang*, a species of small bamboo. The *Kubing* is the Jew's harp, a bamboo carving with a thin vibrating element incised at the middle of one end of a piece of bamboo about six inches in length. This is played on the mouth, its musical sound and cadence controlled by mouth and tongue. The mouth serves as the soundbox as the incised end is made to vibrate with the use of a finger. They also have drumming instrument called *gimbal*, made of hardwood, bahi and deerskin, which produces sound by means of beating with a piece of wood or by the hands.

World view, beliefs and values

Creation

One day Taganlang (God) sat on a rock and came to the idea of making the universe bigger. He called his bird named Oribig and ordered him to fly to the farthest corner of the universe to gather some soil. When Oribig returned with the soil, Taganlang began his work of creation. He kneaded the soil brought by Oribig and laid it on a rock. The kneaded soil became the present world. Plants, animals, mountains, plains, rivers and oceans emerged.

Taganlang was not pleased by what he had done, so he got some *kasili* wood and made the first man out of it. Then he got some *bangoy* wood and made the first woman. After a while he covered his designs with leaves. When he removed the leaves, the first two people on earth were disclosed.

Taganlang taught the two creatures the names of the things around them. It is said that the reason for our knowing the names of the things around us can be traced back to this event (Magana, 1990).

Like most Davao cultural groups, the Mansakas believe in a supreme being. They refer to their god as Magbabaya or Magbubuot in the Cebuano dialect. They are fatalistic and consider everything as the will of Magbabaya. They have a *balyan*, either man or woman, usually the latter, who serves as priestess and as medium for religious ceremonies as well as their intercessor for invoking the goodwill of evil spirits (*busaw*) and the *anitos* to bring about cure or relief for their sickness. They offer food, wine and betel nut, *areca* leaves and lime or *mama* to appease the evil spirits. They believe that human ailments are caused by displeased super-beings. Their households usually have the *manaog*, a wooden carving that serves as their idol or guardian angel which would protect them from harm (Corcino, 1998).

They believe, too, in omens. In their daily tasks, in their trips, or in their hunting of wildlife, they wait for an opportune time. They put strong faith in the call or sound of a certain bird, the *alimokon*, whether their venture would be successful or is doomed to fail (Corcino, 1998).

They have the trait of giving as long as there is still something to give.

The Mansakas believe in *gaba* or *silot* to an offender. This comes from the controller of the universe, God.

They also regard the earth (*Banwa*) as the nourishing mother since it provides their day-to-day needs.

They also have the trait of offering food and drinks to their visitors and this hospitality shall be respected.

They consider the name given to a child as sacred since their elders give this.

Lunar observations are strictly adhered to when planting and cutting trees or bamboo for house construction. It was believed that the ideal day to cut is on the seventh day after full moon, because lumber or bamboo cut this day will not easily rot or be attacked by borers.

Nobody must say something against the spirits or *busaw*, or else, something will happen to him/her or to any member of the family.

Before planting and during harvest of upland rice, feasts called *sawit* (meaning “to share”) are held with a butchered pig, *biais*, a native wine from sugar cane and cooked newly harvested rice. A ritual is also done before planting to ask for bountiful harvest.

A house must be abandoned when a member of the family dies in it because they believe that evil spirits had cursed it.

Children are not allowed to be around during conversation with elders or visitors.

Respect is highly regarded to elders.

Decision or judgement on cases, conflicts and offenses handed by the *matikadungs* is inviolable.

DESCRIPTION OF STUDY SITES

Municipality of Pantukan

Pantukan, the last municipality in the southern part of Compostela Valley Province is situated in the northern side of Davao Gulf which geographically lies between latitude $07^{\circ} 5'N$ and $07^{\circ} 15'N$ and longitude $125^{\circ} 50'E$ and $125^{\circ} 65'E$. It is approximately 39 kilometers south of Tagum City and about 93 kilometers east of Davao City. Pantukan is highly accessible by bus from Davao City passing through Tagum City and the national and provincial highway bound to Davao Oriental.

Generally, the municipality of Pantukan has a second climatic type (under Corona's classification) characterized by a short dry season and a very pronounced rainy period.

Topography is characterized by a wide area of flat to gently sloping terrain in the eastern part and rugged to mountainous in the western side of the town, with elevation ranging from 100 to 2,000 meters above sea level.

It has a vast area of primary and secondary forests, which have been exploited and depleted by continuous mining and logging activities in the area.

Barangay Napnapan

The *barangay* is situated in the southeastern side of the municipality of Pantukan and about 12 kilometers away from the said town. Only *sitios* at the lower part of the *barangay* can be accessed by four-wheel vehicles, but those situated in the hinterlands are accessible only to motorcycle locally known *habal-habal*. It is bounded by Barangay Tagugpo on the east, Barangay Tambongan on the west, Sitio Ayan of Kingking on the north and Sitio Tapiz of Barangay Tambongan on the south.

Napnapan is the second largest *barangay* of Pantukan having a total land area of 18,000 hectares with 5,000 hectares of agricultural and 13,000 hectares of forest land. It has 18 *sitios*.

It has a population of 8,753 with 2,172 households based on the NSO 1995 census 63% belong to the Mansaka cultural group who are highly concentrated in the *sitios* of Piasusuan, Binaba, Linipotan and Binugsayan.

The area has a favorable climate that makes farming the community's main source of livelihood along with livestock raising, gold panning and illegal flitching for upland dwellers.

The rivers are highly silted due to continuous mining activities in the mountains which makes water unsuitable for everyday use. The Mansakas mostly depend on deep or shallow well, *poso* or hand pump and springs for their source of drinking water.

The existing religious organizations found in the *barangay* include Roman Catholic, Seventh Day Adventist, New Apostolic, 2 ka Banay, Iglesia ni Kristo, Protestant, Four Square, King of Kings and Universal Church of Christ.

Community-based Forest Management Agreement (CBFMA) was awarded to the Pantukan Mansaka Pagkakaisa (PAMAPA) of Barangay Napnapan under the chairmanship of Matikadung Laurencio Camana, late last year (1999) by the DENR.

The *barangay* has three elementary schools and five primary schools with relatively complete facilities. Literacy rate in the *barangay* is about 70%. Cebuanos account for most of this.

The *sitio* or special *barangay* of Piasusuan was the main area or focus of research study, although other *sitios* such as Binaba, Pulanglupa and Binugsayan were also visited.

Sitio Piasusuan

The *sitio* lies in the easternmost part of the *barangay*. It is in a valley surrounded by primary forest at higher elevation and secondary or residual forest near the foothills where most of the *kaingins* or swidden farms are located.

The only means to reach the area is by motorcycle, locally known as *habal-habal*. Fare ranges from 100 to 200 pesos per person, considered to be very expensive so *lumads* sometimes hike from the area to the market place and vice versa. The long route consisting of rugged terrain and rocky road, crossing and re-crossing the Matiao river 38 times, is passable only during the dry season as heavy rains cause the river to swell.

Approximate population is 700 people with 70% belong to the Mansaka cultural group. The area is divided into seven *puroks*. The Mansakas are highly concentrated in Purok Centro, Igwan and Ayan, while in *sitios* Lusang, Ordan, Dagasang and Putingsayaw, they co-exist with Cebuanos.

The elementary school has two teachers who take care of pupils from grade I to grade IV. They hold classes from Tuesday to Thursday only, as Monday is spent to go up the *barangay* while Friday is for going down.

The presence of a military detachment of the Philippine Army in the area is not considered as a threat to the peace and order situation in the *sitio*.

Electricity has not reached the area as the *sitio* is relatively far from its mother *barangay*. One household has a generator to supply electricity for their own needs and business, ie, showing of Tagalog movies at night through a Betamax player. Five pesos is charged for entrance fee.

Kaingin farming is the main source of livelihood. Mining (gold panning) and rattan gathering are resorted to to generate additional income. Wild animals are hunted for food.

Municipality of Maragusan Valley

The town is situated in the southeastern part of Compostela Valley Province with coordinates of latitude 7° 23'N and longitude 125° 5'E. It is approximately 142 kilometers east of Davao City, about 87 kilometers southeast of Tagum City and 51 kilometers south of Nabunturan, the capital town of Compostela Valley Province. The area is accessible to all means of transportation, which usually takes about five hours of travel by bus from Davao City passing through Tagum City and the Municipality of Nabunturan.

The municipality is characterized by a wide area of plains, mostly rice and corn farms, vegetable gardens and banana plantations. It is surrounded by about 26 peaks of primary and secondary forests with elevation ranging from 2,000 to 9,700 feet above sea level.

Maragusan Valley has a pleasant climate considering its elevation. This climate falls under the second type, based on Corona's Classification. It is classified as a third class municipality. The only native settlers recognized in the area are the Mansaka people, which are highly concentrated in Caragan Valley. The Mansakas constitute a lesser percentage of the population in other *barangays*. In the *poblacion*, they are concentrated in the Mansaka Village, a land exclusively reserved for them by the municipal government.

Barangay Langgawisan

Barangay Langgawisan in Caragan Valley, which is situated in the middle of the forest, is approximately 26 kilometers away from the *poblacion* of Maragusan Valley. It takes almost a day of hike, trekking the steep slope of Mount Candalaga to reach Barangay Langgawisan, the main area of research. The *barangays* of Magcagong, Cambagang and New Panay were also visited.

The community's main source of livelihood is farming. Upland rice is the major farm product along with some rootcrops such as *wakag* (yam) and *camote*. Others are white corn, beans, peanut, squash, banana, jackfruit, mango, *marang*, guava, avocado and *guyabano*. Some tribesmen fish and hunt wild animals for household consumption.

There is no electricity in the area, except for one household who owns a generator to supply energy for their own needs and business – *sarisari* store and video movie showing.

Though the area is very far and definitely not accessible to any motored vehicle, the inhabitants are lucky enough to have an elementary school (from grade I to VI) with six school teachers that are highly dedicated to serve and help these indigenous people who are in the most remote *barangays*.

INFORMANTS

Types of healers

Magbubulong

*Magbubulong*s were healers that used herbal plants, animals and other natural products in healing common ailments and diseases. They mostly used the roots, leaves and bark of plants with decoction and poultice as the most common preparations. Most of the *magbubulong*s were elders who had learned the knowledge from their parents and other healers.

Mangingilot or mananabang

Mangingilots or *mananabang* were mostly elders in the community who had the traditional knowledge in assisting or helping pregnant women before and during childbirth. The *mananabang* also used some herbal products and indigenous materials as accessories.

Balyan

They were community members who employed healing with the help of an *abyan* that will tell the cause of ailments and diseases, whether it can be cured or not, and the process of healing. Their *abyan* or spirit familiar was mostly a supernatural being that only the *balyan* can see and hear. They learned the art of *balyanism* through their dreams, from a parent who is also a *balyan*, and some by befriending the said spirits.

CONCEPT OF HEALTH, DISEASE AND HEALING

Health

They considered a person of good health in terms of physical aspect like having a good, robust, well and able appearance and can perform everyday work.

Their ancestors had the practice and belief of eating wild animals such as the meat of monkey, wild pig, deer and python because for them eating the meat will give them good health and prevent sickness.

Like the adults, to promote good health, the children were also allowed to eat the meat of wild animals, honey from wasp or bees and some plants and fruits such as yam, *camote*, banana and mango.

Diseases

Most of the traditional healers and elders believed that diseases, which resulted to one's death, are caused and inflicted by displeased evil spirits or supernatural beings. One symptom for this sickness is the increase in body temperature that is sometimes accompanied by chilling of the whole body.

Other common diseases that were experienced by the community such as cough, fever, diarrhea, colds, stomachache, headache, vomiting scabies, boils, and itchiness were caused by environmental factors, sanitation and hygiene, and by the food that they ate. Exerting too much force during work is also one common cause of ailments. It can cause fever, cough, headache, *bughat* and *kalipong*.

Poor sanitation and hygiene can cause scabies, boils, diarrhea vomiting and itchiness.

Fever, cough, colds, *kabuhi* and *panuhot* may be caused by environmental factors.

Evil spirits can bring about fever, headache, itchiness, scabies, *gidautan*, vomiting with blood, rheumatism, mumps, measles, insomnia and diarrhea with blood.

Unsuitable food can cause diarrhea, vomiting, *kalipong*, *bughat*, *kabuhi* and stomachache.

Healing

Before, most of the tribesmen used herbal plants, animals and even minerals to treat diseases and ailments. The idea of using “modern drugs” is not the first option; instead they used what is readily available around to treat common diseases and ailments. But for those ailments that cannot be remedied by herbal plants, they will seek the services of the *balyan* who employed healing with the help of their *abyans*, a familiar, friendly spirit that will tell the cause of ailments and the cure. It was not only the *balyans* who had much healing knowledge, but elders are also much knowledgeable and, in fact, know more on herbal plants.

At present, most of the communities rely on “modern drugs” for healing ailments because for them, using herbal plants requires time and a tedious process. In fact, the healing knowledge and practice of this tribe is slowly forgotten and maybe, in the near future will become extinct.

Healing ritual

The traditional healer or *balyan* was locally known as the most powerful and effective means of healing ailments that were believed to be caused by some displeased evil spirits or supernatural beings.

Before the healing process is to be initiated, the *balyan* will determine first whether such ailment can be cured or not. Cutting the head of a chicken will do, if the beheaded neck pointed to the east, then the ailing person can still be cured. But, if it pointed to the west, then the patient chance is uncertain. Then, the *abyan* of the healer will tell the *balyan* what to do and how the healing process is to be undertaken. Usually they offer food, wine and betel nut, areca leaves and lime or *mama* to appease the evil spirits.

THE MAKING OF A BALYAN

Though the practice of *balyanism* is no longer considered as part of the culture and practice of existing generation, the Mansaka people still believe that it is the most effective and affordable means of healing ailments.

The *balyans* or *diwataha*” are tribesmen who are known to have the power and ability to communicate with the spirits and cure ailments. With the help of their *abyan* they treat diseases believed to be caused by displeased evil spirits. In order to become a *balyan*, one primary requirement is to have good qualities. He or she must be patient,

kind, even-tempered, helpful, friendly and has no vice. Some old folks confess that a *balyan* earned her/his healing knowledge by being anointed by the anito or spirit of a dead person who was a *balyan* through dreams, by learning from their *balyan* parents or by inheritance, or by learning the art of befriending the spirits. Most *balyans* claim that the healing power did not come from them, but from their *abyans* who often possessed the *balyan* who in turn experience a trance-like state, characterized by very wild and frenzied dance with incantation.

RECOMMENDATIONS

Consultation meeting to obtain Prior Informed Consent (PIC) with the indigenous people as a primary requirement for the collection of specimens should be done early. Whatever problems encountered will be anticipated in advance and collection of specimens will be undertaken gradually during the immersion period.

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APPENDICES

TABLES

Table 1. *Materia medica*

Scientific name : *Musa textilis*
Local name(s) : *Abaka* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Samad</i> (Wound)	Bark	Scrape bark, pound pulp and squeeze juice.	Apply juice in the wound.	Stops bleeding	3 individual interviews

Scientific name : *Persea americana*
Local name(s) : *Abokado* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Sakit sa tiyan</i> (Stomach-ache)	Leaf bud	Gather leaves and boil in ample amount of water.	Drink decoction one glass a day.		2 individual interviews
<i>Suka-kalibang</i> (Vomiting with diarrhea)	Leaves	Gather leaves and boil in ample amount of water.	Drink decoction one glass a day.		2 individual interviews 1 FGD

Scientific name : *Allium sativum*
Local name(s) : *Ahos* (Cebuano), *bawang* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Sakit sa ulo</i> (Headache)	Cloves	Pound.	Place on the forehead.	Relieves pain	1 individual interview
<i>Pinaakan sa bitin</i> (Snake bite)	Cloves	Pound and squeeze juice.	Apply juice on bitten area.		3 individual interviews

Scientific name : *Agathis philippinensis*
Local name(s) : *Almaciga* (Common)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fever	Resin <i>sugian</i> + <i>lumot</i>	Burn resin and the <i>lumot</i> (moss).	Place patient in front of the smoke.		2 individual interviews

	<i>sa kahoy</i>				
Measles	Resin	Burn.	Place patient in front of the smoke.	<i>Paulsa</i> (To let full symptoms of the disease come out)	1 individual interview
<i>Wala paningta nga tawo*</i>		Burn resin and the <i>lumot</i> .	Place patient in front of the smoke.		1 individual interview

*Condition where one hardly perspires

Scientific name : *Mallotus multiglandulosus*
Local name(s) : *Alom* (Mansaka), *alim* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Piang/bali</i> (Fracture)	Bark	Cut a fresh bark.	Place or wrap on fractured area and tie with cloth. Replace when it becomes dry.		2 individual interviews

Scientific name : *Pipturus arborescens*
Local name(s) : *Andamay* (Mansaka), *dalunot* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Samad</i> (Wound)	Bark	Scrape and pound pulp.	Apply on the wound.	Enhances healing	1 individual interview
<i>Hubag nga dunay nana</i> (Swelling with pus)	Pulp	Scrape and pound pulp.	Apply on affected area.	Most effective	1 individual interview

Scientific name :
Local name(s) : *Anggilo* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Ubo</i> (Cough)	Bark	Scrape bark to produce pulp and boil in 2 glasses of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		4 individual interviews 2 FGD

<i>Sakit sa tiyan</i> (Stomach-ache)		Scrape bark to produce pulp and boil in 2 glasses of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		4 individual interviews 2 FGD
<i>Kalentura</i> (Fever)		Scrape bark to produce pulp and boil in 2 glasses of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		3 individual interviews 1 FGD
<i>Gidam</i> (Malaria)		Scrape bark to produce pulp and boil in 2 glasses of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		2 individual interviews 1 FGD
<i>Katol-katol</i> (Itchiness)		Scrape bark to produce pulp and boil in ample amount of water.	Use decoction as wash on affected area. Continue until symptoms disappear.		3 individual interviews 1 FGD
<i>Nuka-nuka</i> (Boils)		Scrape bark to produce pulp and boil in ample amount of water.	Use decoction as wash on affected area. Continue until symptoms disappear.		4 individual interviews 1 FGD
<i>Samad</i> (Wound)		Scrape bark, pound pulp and squeeze juice	Apply juice on the wound.	Enhances healing	2 individual interviews 2 FGD

Scientific name : *Impatiens balsamina*

Local name(s) : *Anliliga* (Mansaka), *suranga* (Cebuano), *kamantigi* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Padali ug panganak</i>	Fruit	Get a fresh mature fruit.	Rub once on the stomach of woman giving birth.	Fruit will explode.	2 individual interviews

Scientific name :

Local name(s) : *Atol-atol* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Gum problem	Roots	Scrape bark.	Apply on affected area.		1 individual interview

Scientific name : *Caryota cumingii*
 Local name(s) : *Bahi* (Cebuano), *patikan* (Mansaka), *pugahan* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Parturi-facient	Core	Slice the stem and get a piece of core.	Have the patient eat the core.		1 individual interview

Scientific name :
 Local name(s) : *Bagikik* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Hubag sa liog</i> (Goiter)	Flower	Make into necklace.	Put on the neck.	Avoid eating round food.	1 individual interview

Scientific name :
 Local name(s) : *Bako* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Snake bite	Fruit	Clean fruit.	Chew and swallow.		1 individual interview

Scientific name : *Omalanthus populneus*
 Local name(s) : *Balanti* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Swelling with pus	Leaves	Place leaves over low fire and put coconut oil.	Place over affected area.		1 individual interview
Wound	Bark	Cut a fresh long bark.	Tie on the wound.	Wound will be healed.	2 individual interviews
Swelling with pus	Sap from stem	Make a cut on stem and gather sap.	Apply sap around affected area.		1 individual interview

Scientific name : *Averrhoa carambola*
 Local name(s) : *Balimbing* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Diabetes	Leaves	Gather leaves and boil in 2 glasses of water.	Drink decoction one glass after meals (3 times a day). Continue drinking until symptoms disappear.		1 individual interview

Scientific name : *Ficus balite*
 Local name(s) : *Balite* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fracture	Bark	Cut a fresh bark.	Place or wrap on fractured area and tie with cloth. Replace when it becomes dry.		2 individual interviews
Wound	Roots	Scrape bark, pound pulp and squeeze juice.	Apply juice on wound.	Stops bleeding and enhances healing.	3 individual interviews 2 FGD

Scientific name : *Lagerstroemia speciosa*
 Local name(s) : *Banaba* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Headache	Leaves	Get fresh leaves.	Place on forehead.		2 individual interviews 2 FGD

Scientific name : *Ficus nota*
 Local name(s) : *Basikong* (Mansaka, Cebuano), *tibig* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Sakit sa baga</i>	Bark	Scrape bark to produce pulp and boil 1 tablespoon in 2 glasses of water.	Drink decoction 1 glass 3 times a day. Continue until symptoms disappear.		1 individual interview
Asthma		Scrape bark to	Drink decoction		1 individual

		produce pulp and boil 1 tablespoon in 2 glasses of water.	1 glass 3 times a day. Continue until symptoms disappear.		interview
Cough		Scrape bark to produce pulp and boil 1 tablespoon in 2 glasses of water.	Drink decoction 1 glass 3 times a day. Continue until symptoms disappear.		1 individual interview

Scientific name : *Vigna sesquiedalis*

Local name(s) : *Batong* (Cebuano), *kabay* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Gum problem	Roots	Pound roots and squeeze to extract juice.	Rub juice on affected area. Continue until symptoms disappear.		1 individual interview

Scientific name : *Psidium guajava*

Local name(s) : *Bayabas* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Ulcer	Leaf bud	Chew leaves.	Swallow juice. Continue until symptoms disappear.		2 individual interviews
Stomach-ache		Gather leaves and boil in ample amount of water.	Drink decoction. Continue until symptoms disappear.		2 individual interviews
Vomiting with diarrhea		Gather leaves and boil in ample amount of water.	Drink decoction. Continue until symptoms disappear.		3 individual interviews

Scientific name :

Local name(s) : *Bislig* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
To prevent the uterus from going down after childbirth	Root	Debark root.	Apply the root as belt in the waistline.		1 individual interview

Scientific name : *Musa* sp
 Local name(s) : *Biyolongan* (Mansaka), *bongan* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Measles	Leaves	Place leaves over low fire.	Apply leaves in the stomach.	<i>Paulsa</i>	1 individual interview

Scientific name :
 Local name(s) : *Bogtoston* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Bughat</i> *	Roots	Wash roots and boil in ample amount of water.	Drink decoction one glass a day.		1 individual interview 2 FGD
Stomach-ache		Wash roots and boil in ample amount of water.	Drink decoction one glass a day. Continue until symptoms disappear.		3 individual interviews 2 FGD
<i>Tipos</i>		Wash roots and boil in a glass of water.	Drink decoction one glass a day.		2 individual interviews 2 FGD

*An ailment due to doing something that is prohibited when one is on the period of recovery from a previous illness.

Scientific name :
 Local name(s) : *Bolobod* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Biti</i> (White spot on the eye)	Sap from stem	Cut fresh stem.	Blow the stem pointing downward to drop sap into affected eye. Continue until irritation disappears.		2 individual interviews 1 FGD
Sore eyes		Cut fresh stem.	Blow the stem pointing downward to drop sap into affected eye. Continue until irritation disappears.		3 individual interviews 2 FGD

Scientific name :
 Local name(s) : *Bongloy* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fracture	Bark	Cut a fresh bark.	Place or wrap on fractured area and tie with cloth. Replace when it becomes dry.		1 individual interview 1 FGD
Wound		Scrape bark, pound pulp and squeeze juice.	Apply juice on wound		2 individual interviews 1 FGD
Stomach-ache		Pound bark and boil in 2 glasses of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		3 individual interviews 2 FGD

Scientific name : *Piper betle*
 Local name(s) : *Boyo* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Swelling with pus	Leaves + <i>apog</i> (lime)	Pound leaves and mix with <i>apog</i> .	Apply on affected area. Continue until pus disappears.		3 individual interviews 2 FGD

Scientific name :
 Local name(s) : *Boyon* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Biti</i>	Sap from stem	Cut fresh stem.	Blow the stem pointing downward to drop sap into affected eye once a day. Continue until symptoms disappear.		3 individual interviews 2 FGD
Sore eyes		Cut fresh stem.	Blow the stem pointing downward to drop sap into affected eye		3 individual interviews 2 FGD

			once a day. Continue until symptoms disappear.		
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Scientific name :
Local name(s) : *Boglay* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fracture	Leaves	Place leaves over low fire.	Apply on affected area.		1 individual interview 1 FGD

Scientific name :
Local name(s) : *Dapdap* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Darap</i> (Measles)	Bark	Scrape bark to obtain pulp and boil in water.	Use decoction as bath once a day. Continue until symptoms disappear.		2 individual interviews 1 FGD

Scientific name :
Local name(s) : *Darog-darog* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Biti</i>	Sap from stem	Cut fresh stem.	Blow the stem pointing downward to drop sap into the eye once a day. Continue until symptoms disappear.		1 individual interview
Sore eyes		Cut fresh stem.	Blow the stem pointing downward to drop sap into the eye once a day. Continue until symptoms disappear.		1 individual interview

Scientific name :
 Local name(s) : *Dila-dila sa iro* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Bughat</i>	Roots	Boil in water.	Drink one glass of decoction glass 3 times a day. Continue until symptoms disappear.		2 individual interviews 1 FGD

Scientific name : *Alstonia scholaris*
 Local name(s) : *Dita* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach-ache	Bark	Scrape bark and boil in ample amount of water.	Drink decoction one glass a day. Continue until symptoms disappear.		3 individual interviews 2 FGD
Diarrhea		Scrape bark and boil in ample amount of water.	Drink decoction one glass a day. Continue until symptoms disappear.		3 individual interviews 2 FGD
Malaria		Scrape bark and boil in ample amount of water.	Drink decoction one glass a day. Continue until symptoms disappear.		3 individual interviews
Stomach-ache	Roots	Scrape roots and boil in ample amount of water.	Drink decoction one glass a day. Continue until symptoms disappear.		4 individual interviews 2 FGD
Diarrhea		Scrape roots and boil in ample amount of water.	Drink decoction one glass a day. Continue until symptoms disappear.		4 individual interviews 2 FGD
Malaria		Scrape bark and boil in ample amount of water.	Drink decoction one glass a day. Continue until symptoms disappear.		4 individual interviews

Scientific name : *Musa* sp
 Local name(s) : *Dol* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Gum problem	Sap	Cut the <i>puso</i> and place sap on a cloth.	Rub cloth with sap on affected area.		1 individual interview

Scientific name : *Curcuma domestica*
 Local name(s) : *Dolaw* (Cebuano), *kalawag* (Mansaka), *luyang dilaw* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Rheumatism	Fruit	Scrape fruit, wrap in banana leaves, mix a small amount of coconut oil and place over low fire.	Squeeze juice and apply on affected area.		1 individual interview

Scientific name : *Blumea balsamifera*
 Local name(s) : *Gabon* (Cebuano), *sambong* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Rheumatism	Leaves	Place leaves over low fire and squeeze juice.	Rub juice over affected area. Continue until symptoms disappear.		2 individual interviews 2 FGD
<i>Gahi nga ubo</i> (Severe cough with chest pains)		Gather leaves and boil in 2 glasses of water.	Drink one glass of decoction 3 times a day. Continue until symptoms disappear.		3 individual interviews 2 FGD
Cough		Place leaves over low fire and squeeze juice.	Drink a teaspoon of juice 3 times a day. Continue until symptoms disappear		2 individual interviews 2 FGD
<i>Kalentura</i> (Fever)		Gather leaves and boil in ample amount of water.	Drink decoction one glass a day. Continue until symptoms disappear.		3 individual interviews 2 FGD

		Place leaves over low fire and squeeze juice.	Drink a teaspoon of juice 3 times a day. Continue until symptoms disappear.		2 individual interviews 2 FGD
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Scientific name : *Chromolaena odorata*

Local name(s) : *Hagonoy* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Wound	Leaf bud	Pound leaves.	Place on wound and tie with cloth.	Most effective for wound	4 individual interviews 2 FGD
Wound	Bark	Scrape bark, pound pulp and squeeze juice.	Apply juice on wound.	Most effective for wound	3 individual interviews 2 FGD

Scientific name : *Trema orientales*

Local name(s) : *Hanagdong* (Cebuano), *anabiong* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Swelling with pus	Leaves	Pound leaves.	Apply on affected area. Replace when dry. Continue until pus disappears.		2 individual interviews 2 FGD
Wound	Bark	Scrape bark to obtain pulp and pound.	Apply on the wound.		4 individual interviews 2 FGD
Stomach-ache		Scrape bark to obtain pulp and boil in 2 glasses of water.	Drink one glass of decoction after meals (3 times a day). Continue drinking until symptoms disappear.		3 individual interviews 2 FGD

Scientific name :
 Local name(s) : *Hantotorog* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Excessive bleeding during menstruation	Roots + 7 leaves	Boil roots in ample amount of water.	Drink a glass of decoction and sit on the 7 leaves. Continue until symptoms disappear.		1 individual interview

Scientific name : *Averrhoa bilimbi*
 Local name(s) : *Iba* (Cebuano), *kamias* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach ache	Leaves	Cut leaves into pieces and boil in 2 glasses of water.	Drink one glass of decoction 3 times a day. Continue drinking until symptoms disappear.		2 individual interviews 2 FGD

Scientific name :
 Local name(s) : *Imos* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Diarrhea	Roots	Wash and chew roots.	Swallow sap or juice. Continue until symptoms disappear.		2 individual interviews

Scientific name : *Coleus amboinicus*
 Local name(s) : *Karabo* (Mansaka), *oregano* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Cough	Leaves	Place leaves over low fire and squeeze juice.	Drink a teaspoon of juice. Continue until symptoms disappear.		3 individual interviews 1 FGD

Scientific name :
 Local name(s) : *Kalagboto* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Rheumatism	Leaves	Place 14 leaves over low fire.	Apply heated leaves on affected area.		2 individual interviews 1 FGD

Scientific name : *Calamus* sp
 Local name(s) : *Kalapi* (Mansaka), *uway* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Snake bite	Core	Chew a part of core.	Place chewed core over the head and rub around bitten area.		1 individual interviews 1 FGD
Stomach-ache		Chew a part of core.	Swallow juice. Continue until symptoms disappear.		2 individual interviews 1 FGD
		Pound core and squeeze juice.	Drink a teaspoon of juice.		2 individual interviews 1 FGD

Scientific name : *Lycopersicon esculentum*
 Local name(s) : *Kamatis* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Impatso sa bata</i>	Leaves	Pound leaves.	Place on the stomach.		1 individual interview

Scientific name : *Capsicum annuum*
 Local name(s) : *Katombal* (Cebuano), *sili* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Swelling with pus	Leaves	Place leaves over low fire.	Apply on affected area. Continue until symptoms disappear.		2 individual interviews 1 FGD

Scientific name :
 Local name(s) : *Kawilan* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach-ache	Water or sap from stem	Cut a fresh stem and gather sap.	Drink a teaspoon of sap 3 times a day. Continue drinking until symptoms disappear.		2 individual interviews

Scientific name : *Bixa orellana*
 Local name(s) : *Kuwitis* (Mansaka), *atsuete* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Dysmenorrhea	Leaf buds	Gather fresh leaf buds.	Place on the <i>puson</i> (hypogastric area).	It will induce menstruation.	1 individual interview

Scientific name :
 Local name(s) : *Labai* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Kalipong</i> (Loss of consciousness)	Roots	Gather dried roots and burn.	Inhale smoke.		1 individual interview
Convulsion	Roots (<i>Labai</i> + <i>kamugna</i> + <i>daat</i> + <i>sapi</i>)	Gather roots and burn.	Place child in front of smoke.		2 individual interviews

Scientific name :
 Local name(s) : *Lakatan* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Wound	Leaf bud	Chew leaf bud.	Squeeze juice on wound.	Stops bleeding	3 individual interviews 1 FGD

Scientific name : *Lansium domesticum*
 Local name(s) : *Lansones* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Boils	Bark	Scrape a handful of bark and boil in ample amount of water.	Use decoction to wash affected area once a day.		2 individual interviews 1 FGD
Stomach-ache		Scrape a handful of bark and boil in 2 glasses of water.	Drink one glass of decoction 3 times a day. Continue until symptoms disappear.		3 individual interviews 2 FGD
Stomach-ache	Young leaves	Gather sufficient amount of young leaves and boil in ample amount of water.	Drink one glass of decoction 3 times a day. Continue until symptoms disappear.		3 individual interviews 2 FGD

Scientific name :
 Local name(s) : *Linitom* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach-ache	Bark	Scrape and boil in water.	Drink decoction.		2 individual interviews

Scientific name :
 Local name(s) : *Liplip* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Toothache	Roots	Wash and pound roots.	Apply an amount on affected area.		1 individual interview
Swelling with pus	Leaves	Gather fresh leaves.	Apply on affected area.		1 individual interview

Scientific name : *Cocos nucifera*
 Local name(s) : *Lubi* (Cebuano), *niyog* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Boils	Fruit with sprout	Chop fruits, process into oil and mix with Johnson's baby powder.	Apply on affected area.		2 individual interviews 1 FGD

Scientific name : *Athyrium* sp
 Local name(s) : *Lokdo* (Mansaka), *pako-pako* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fracture	Leaf bud of <i>lokdo</i> , bark of <i>balite</i> , branch of <i>tigbaw</i> , <i>uway</i>	Pound leaf buds of <i>lokdo</i> .	Apply on affected area, wrap with bark, place branch as support and tie with bark of <i>uway</i> .	Prevents swelling	1 individual interview

Scientific name : *Gliricidia sepium*
 Local name(s) : *Madre de cacao* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Wound	Bark	Scrape bark, pound pulp, mix with coconut oil and squeeze juice.	Apply juice on wound.		1 individual interview 1 FGD
Boils		Scrape bark, pound pulp, mix with coconut oil and squeeze juice.	Apply juice on wound. Continue until symptoms disappear.		1 individual interview

Scientific name :
 Local name(s) : *Magakasili* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fracture	Bark	Cut and place bark over low fire.	Place or wrap on fractured area and tie with cloth. Replace when dry		1 individual interview

Scientific name :
 Local name(s) : *Mandalosa* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fever	Leaves (<i>mandalosa</i> + <i>dila-dila sa iro</i> + <i>gapas</i>)	Chop leaves into pieces.	Apply on the upper part of the stomach. Continue until symptoms disappear.		4 individual interviews 2 FGD

Scientific name : *Mimosa pudica*
 Local name(s) : *Huya-huya* (Cebuano), *makahiya* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Insomnia	Roots	Gather roots and boil in 3 glasses of water.	Drink one glass of decoction 3 times a day. Continue until symptoms disappear.		1 individual interview

Scientific name : *Muntingia calabura*
 Local name(s) : *Mansanitas* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Kabuhi</i> (Epigastric pain)	Roots	Boil roots in 2 glasses of water.	Drink one glass of decoction 3 times a day. Continue drinking until symptoms disappear.		2 individual interviews
Diarrhea		Boil roots in 2 glasses of water.	Drink one glass of decoction 3 times a day. Continue drinking until symptoms disappear.		2 individual interviews 1 FGD
Vomiting with blood	Leaves	Gather leaves and boil in 2 glasses of water.	Drink one glass of decoction 3 times a day. Continue drinking until symptoms disappear.		1 individual interview

Scientific name :
 Local name(s) : *Mari* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Swelling with pus	Bark	Scrape bark, pound pulp and squeeze juice.	Apply juice on affected area.		2 individual interviews

<i>Bonol</i> (hema- toma)		Scrape bark, pound pulp and squeeze juice.	Apply juice on affected area.		1 individual interview
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Scientific name : *Coeus blumei*

Local name(s) : *Marisa* (Mansaka), *atay-atay* (Cebuano), *mayana* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Cough	Leaves	Place over low fire and squeeze to extract juice.	Drink one teaspoon after meal.		1 individual interview
Fever		Place over low fire and squeeze to extract juice.	Drink one teaspoon after meal.		1 individual interview

Scientific name : *Pterocarpus indicus*

Local name(s) : *Narra* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
To induce menstruation	Bark + roots (<i>narra</i> , <i>tarabogak</i> , <i>salindago</i>)	Boil in water with the use of <i>tambuwang</i> (bamboo).	Drink decoction.		1 individual interview
Abnormal menstruation		Boil in water with the use of <i>tambuwang</i> .	Drink decoction. Continue until menstruation returns to normal.		1 individual interview 1 FGD

Scientific name : *Palaquium luzoniense*

Local name(s) : *Nato* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Ulcer	Bark	Cut bark and boil in a glass of water.	Drink decoction. Continue until symptoms disappear.		2 individual interviews
<i>Gahi nga ubo</i>		Cut bark and boil in a glass of water.	Drink decoction. Continue until symptoms disappear.		1 FGD
Difficulty of urinating		Cut bark and boil in a glass of water.	Drink decoction. Continue until symptoms disappear.		1 FGD

Scientific name : *Andropogon aciculatus*
 Local name(s) : *Padawat* (Mansaka), *amorseco* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Wound	Leaves	Pound and squeeze juice.	Apply juice on wound.	Stops bleeding and enhances healing	2 individual interviews 2 FGD

Scientific name :
 Local name(s) : *Panaitan* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Diarrhea with blood	Roots	Scrape and boil in water.	Drink decoction. Continue until symptoms disappear.		1 individual interview

Scientific name : *Pangium edule*
 Local name(s) : *Pangi* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Panuhot</i> (Pain and crepitus on fracture)	Leaves	Gather fresh leaves.	Apply on affected area. Continue until symptoms disappear.		1 individual interview

Scientific name : *Memecylon lanciulatum*
 Local name(s) : *Panla* (Mansaka), *bigig* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Pimples	Fruit	Pound and squeeze juice.	Wash face with juice.		1 individual interview 1 FGD
<i>Ap-ap</i>		Pound and squeeze juice.	Use juice to wash affected area.		2 FGD

Scientific name : *Tinospora rumphii*
 Local name(s) : *Panyawan* (Cebuano), *makabuhay* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach-ache	Bark	Scrape to obtain pulp and boil in 2 glasses of water.	Drink one glass of decoction 3 times a day. Continue drinking until symptoms disappear.		6 individual interviews 2 FGD
Vomiting with diarrhea		Chew.	Swallow sap. Continue until symptoms disappear.		1 individual interview
		Scrape bark and boil in two glasses of water.	Drink one glass of decoction 3 times a day. Continue until symptoms disappear.		1 individual interview
Toothache	Sap from stem or vine	Cut a fresh stem.	Blow the stem pointing downward to drop sap into the eyes (same side with tooth ache) once a day. Continue until symptoms disappear.		4 individual interviews 2 FGD
<i>Gahi nga ubo</i>		Cut a fresh stem and gather sap.	Drink a teaspoon of sap 3 times a day. Continue until symptoms disappear.		4 individual interviews 2 FGD

Scientific name :
 Local name(s) : *Rabotra* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Vomiting with diarrhea	Roots	Gather roots and boil in ample amount of water.	Drink decoction one glass a day. Continue drinking until symptoms disappear.		2 individual interviews

Scientific name : *Laportea mayeniana*
 Local name(s) : *Sagay* (Mansaka), *alingatong* (Cebuano), *lipang kalabaw* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Sira</i> (Disease acquired from prostituted women thru sexual intercourse)	Roots	Heat roots in ample amount of coconut oil.	Apply oil on male sex organ.		1 individual interview

Scientific name : *Musa sp*
 Local name(s) : *Saging tondan* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Kabuhi</i>	Roots	Wash thoroughly and boil in ample amount of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		2 individual interviews 1 FGD
Diarrhea		Wash thoroughly and boil in ample amount of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		3 individual interviews 2 FGD

Scientific name :
 Local name(s) : *Sagombibilan* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Swelling with pus	Leaves	Burn leaves, pound to become powdery and mix with coconut oil.	Rub in one direction on affected area. Continue until symptoms disappear.		2 individual interviews 1 FGD
Goiter		Burn leaves, pound to become powdery and mix with coconut oil.	Rub in one direction on affected area.		1 FGD

Mumps		Burn leaves, pound to become powdery and mix with coconut oil.	Rub in one direction on affected area.		1 individual interview
Wound	Bark	Scrape bark, pound pulp and squeeze to produce juice.	Apply juice on wound.	Stops bleeding	3 individual interviews 1 FGD

Scientific name :
Local name(s) : *Sala* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Vomiting with blood	Roots (<i>sala</i> + <i>tatabako</i> + <i>ati</i> + <i>bayanti</i>)	Boil in ample amount of water.	Drink decoction. Continue until symptoms disappear.		2 individual interviews 1 FGD

Scientific name :
Local name(s) : *Salay* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Cough	Seed of fruit	Place seed in a glass of hot water.	Drink. Continue until cough disappears.		3 individual interviews 1 FGD

Scientific name :
Local name(s) : *Salimbangon* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Rheumatism	Leaves	Place leaves over low fire.	Place heated leaves on affected area and tie with cloth.		1 individual interview

Scientific name :
Local name(s) : *Salinabang* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Snake bite	Fruit + leaves	Wash and clean fruit.	Chew fruit, swallow juice, place chewed fruit on bitten area and	Prevents the rapid spread of poison	2 individual interviews

			tie leaves on the upper part.		
Wound	Fruit	Wash, clean and chew fruit.	Apply chewed fruit on the wound.	Stops bleeding	4 individual interviews 1 FGD
Post-partum bleeding		Wash fruit thoroughly and boil in ample amount of water.	Drink decoction one glass a day Continue drinking until bleeding disappears.		1 individual interview
Vomiting with diarrhea		Pound fruits and boil in 2 glasses of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		2 individual interviews
Stomach-ache		Pound fruit and boil in 2 glasses of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		3 individual interviews

Scientific name :

Local name(s) : *Salindago* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Wound	Branch-let	Pound and squeeze to extract juice.	Apply juice on wound.	Stops bleeding and enhances healing	3 individual interviews 2 FGD

Scientific name : *Tamarindus indica*

Local name(s) : *Sambag* (Cebuano), *sampalok* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach-ache	Leaves	Cut leaves into pieces and boil in 2 glasses of water.	Drink decoction one glass 3 times a day. Continue drinking until symptoms disappear.		1 individual interview

Scientific name : *Sandoricum koetjape*
 Local name(s) : *Santol* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Diarrhea	Bark	Scrape and boil in 3 glasses of water.	Drink decoction. Continue until symptoms disappear.		1 individual interview
Stomach-ache		Scrape and boil in 3 glasses of water.	Drink decoction. Continue until symptoms disappear.		1 individual interview

Scientific name :
 Local name(s) : *Sogi-an* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fever	<i>Duga</i> (resin) <i>sa sugian</i> + <i>lumot sa kahoy</i>	Burn resin and the <i>lumot</i> .	Place patient in front of the smoke.	Produces sweating of the body	2 individual interviews

Scientific name : *Nicotiana tabacum*
 Local name(s) : *Tabako* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Botod sa tiyan</i> (Colic)	Ashes	Mix ashes with coconut oil.	Rub on the stomach.	Excretes air through the anus	2 individual interviews 1 FGD

Scientific name : *Kolowratia elegans*
 Local name(s) : *Tagbak* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Snake bite	Bark	Remove fresh bark.	Tie around the bitten area.	Prevents rapid spread of venom	1 individual interview

Scientific name :
 Local name(s) : *Taginosa* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Wound	Bark	Scrape bark and squeeze juice.	Apply juice on wound.	Stops bleeding and enhances cure	3 individual interviews

Scientific name :
 Local name(s) : *Tagsing* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Parturifa-cient	Fruit	Get a fresh mature fruit.	Rub fruit once downward in the stomach during labor.	Fruit will explode	1 individual interview

Scientific name :
 Local name(s) : *Tambabasi* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Biti</i> (White spot in eye)	Sap from stem	Cut fresh stem.	Blow the stem pointing downward to drop sap into affected eye once a day. Continue until symptoms disappear.		2 individual interviews 1 FGD
Sore eyes		Cut fresh stem.	Blow the stem pointing downward to drop sap into affected eye once a day. Continue until symptoms disappear.		3 individual interviews 2 FGD
Wound	Bark	Scrape bark, pound pulp and squeeze juice.	Apply juice on the wound.		4 individual interviews 1 FGD

Scientific name : *Ficus septica*
 Local name(s) : *Tanabog* (Mansaka), *hawili* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Scabies	Bark	Scrape, pound and squeeze juice.	Apply juice on affected area. Continue until symptoms disappear.		2 individual interviews

Scientific name :
 Local name(s) : *Tatabako* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Wound	Roots	Crush and squeeze juice.	Apply juice on affected area.	Stops bleeding	2 individual interviews

Scientific name :
 Local name(s) : *Tawag-tawag* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Fever	Leaves	Gather leaves and boil in ample amount of water.	Use decoction as bath once a day. Continue until symptoms disappear.		1 individual interview
<i>Gidam</i> (Malaria)		Gather leaves and boil in ample amount of water.	Use decoction as bath once a day. Continue until symptoms disappear.		1 individual interview

Scientific name :
 Local name(s) : *Tawal* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Ugam/Luas</i> (Gum problem)	Water or sap from roots	Cut fresh roots and gather sap.	Drink a teaspoon of sap once a day. Continue until problem disappears.		3 individual interviews 1 FGD
<i>Biti</i> (White spot in eye)	Sap from stem or vine	Cut a fresh vine.	Blow the vine pointing downward to drop sap into the affected eye.		2 individual interviews 1 FGD

			Continue until irritation disappears.		
Sore eyes	Sap from stem or vine	Cut a fresh vine.	Blow the vine pointing downward to drop sap into the affected eye. Continue until irritation disappears.		3 individual interviews 1 FGD
Gum problem	Bark	Scrape bark, pound and squeeze to extract juice.	Drink a teaspoon of juice once a day. Continue until symptoms disappear.		2 individual interviews

Scientific name :

Local name(s) : *Tawa-tawa* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Biti</i> (White spot in the eye)	Sap from stem or vine	Cut a fresh stem of vine.	Blow the vine pointing downward to drop sap into affected eye. Continue until irritation disappears.		1 individual interview 1 FGD
Sore eyes		Cut a fresh stem of vine.	Blow the vine pointing downward to drop sap into affected eye. Continue until irritation disappears.		2 individual interview

Scientific name :

Local name(s) : *Tigaw* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Parturi-facient	Roots	Scrape bark and squeeze juice.	Rub juice on the stomach.		1 individual interview
	Leaves	Squeeze leaves to extract juice.	Apply juice on the stomach.		1 individual interview

Wart	<i>Butig sa tigaw*</i>	Pulverize.	Apply on affected area.		1 individual interview
Measles	Leaves	Burn leaves.	Place patient in front of the smoke	<i>Paulsa</i>	1 individual interview
Wound	Bark	Scrape bark, pound and squeeze to extract juice.	Apply juice on wound.		3 individual interview

*Wart (node) on stem of *tigaw*

Scientific name :

Local name(s) : *Tuba-tuba* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Gum problem	Sap from stem	Cut fresh stems and gather sap.	Rub sap on affected area. Stop when problem disappears.		3 individual interviews 1 FGD

Scientific name :

Local name(s) : *Uba* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Birth control	Fruit	Get a fruit when menstruation is missed for one month.	Hang fruit in front when sleeping. Do this for one month.	Not confirmed by some healers	1 individual interview

Scientific name :

Local name(s) : *Uringin* (Mansaka), *ulingon* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach-ache	Stem	Burn stem.	Rub ashes on the stomach.		1 individual interview

Scientific name : *Colocasia esculenta*

Local name(s) : *Wakag* (Mansaka), *gabi* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Itchiness	Bark	Cut bark and place over low fire.	Place on affected area.		1 individual interview

Scientific name :
 Local name(s) : Unidentified # 1 (*Bagun nga hamis*)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Gahi nga ubo</i> (Severe cough)	Bark	Scrape bark and boil in a glass of water.	Drink decoction.		1 individual interview
Cough		Scrape bark and boil in a glass of water.	Drink decoction.		1 individual interview

Scientific name :
 Local name(s) : Unidentified #2 (*Bagun nga pula*)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach-ache	Bark	Scrape bark and place a teaspoon of pulp in a glass of hot water.	Drink one glass 3 times a day. Continue until symptoms disappear.		1 individual interview
Vomiting with diarrhea		Scrape bark and place a teaspoon of pulp in a glass of hot water.	Drink one glass 3 times a day. Continue until symptoms disappear.		1 individual interview

Scientific name :
 Local name(s) : Unidentified #3 (*Bagun sa baybay*)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Asthma	Stem	Cut into pieces and boil in 2 glasses of water.	Drink decoction. Continue until symptoms disappear.		1 individual interview
Poison		Cut into pieces and boil in a glass of water.	Drink decoction.	Cause of poison will excrete through the mouth	1 individual interview
<i>Gidautan*</i>		Cut into pieces and boil in a glass of water.	Drink decoction.		1 individual interview

*Ailment caused by *mangkukulam* (witch)

Scientific name :
 Local name(s) : Unidentified #4 (*Vicks nga sagbot*)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Headache	Leaves	Crush leaves with the hand.	Smell crushed leaves.	Relieves pain	1 individual interview
Colds		Crush leaves with the hand.	Smell crushed leaves.		1 individual interview

Scientific name :
 Local name(s) : Unidentified #5 (*Kamoti nga lobinog*)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Snake bite	Leaves	Get fresh leaves and pound.	Place on bitten area.		1 individual interviews

Animal and mineral products

Scientific name : *Macaca philippinensis*
 Local name(s) : *Amo* (Mansaka), *unggoy* (Cebuano), *matsing* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
<i>Para dili dali mapiang ang bata kung mahulog (Palihi)</i>	Meat	Prepare meat and cook.	Let the baby eat the cooked meat.	They believe that the child will possess the characteristics of the monkey.	2 individual interviews
To promote good health and prevent sickness		Prepare meat and cook.	Eat the cooked meat.		2 individual interviews
Malaria	Skin hair	Burn hair.	Place patient in front of the smoke.	Produces sweating of the entire body	1 individual interview

Scientific name : *Sus celebensis mindanensis*
 Local name(s) : *Baboy ihalas* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
To promote good health and prevent sickness	Meat	Prepare meat and cook	Eat the cooked meat.		2 individual interviews

Scientific name :
 Local name(s) : *Bairan sa sundang** (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Wound	<i>Bairan</i>	Scrape part of <i>bairan</i> with the use of a sharp object.	Apply scrapings on wound.		1 individual interview

*Sharpening tool for knife

Scientific name : *Python reticulatus*
 Local name(s) : *Baksan* (Cebuano), *sawa* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Stomach-ache	Bile	Sun dry. Place in a glass of hot water before use.	Drink.		3 individual interviews
<i>Sakit sa hawak</i> (Painful waistline)	Bones	Make into a belt.	Put around the waistline.		1 individual interview
Rheumatism		Sun dry. Place in a glass of hot water when using.	Apply water on affected area.		1 individual interview
Wound	<i>Lana sa impilya</i> (fat from pig intestine)	Hang and sun dry. Gather the oil	Apply oil on wound.		3 individual interviews
Boils		Hang and sun dry. Gather the oil	Apply oil on affected area.		2 individual interviews
For strong bones		Hang and sun dry. Gather the oil	Apply oil on the body of newborn child.		1 individual interview

Scientific name :
 Local name(s) : *Bato nga puti sa sapa* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Measles	White stone from river	Put stone on a glass of hot water.	Drink water.	<i>Paulsa</i>	1 individual interview

Fish bite		Get stone from the river.	Put stone inside the mouth.		1 individual interview
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Scientific name : *Cervus philippinensis*

Local name(s) : *Binao* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Rheumatism	Bone marrow	Get bone marrow and mix with coconut oil.	Apply on affected area.		2 individual interviews 1 FGD
To promote good health and prevent sickness	Meat	Prepare meat and cook.	Eat the cooked meat.		2 individual interviews 1 FGD

Scientific name : *Homo sapiens*

Local name(s) : *Bobay* (Mansaka), *babayi* (Cebuano), *babae* (Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Venomous bites	Female sex organ	Look for a willing woman.	Rub the bitten area onto the woman's sex organ.	Confirmed by some healers and elders	2 individual interviews

Scientific name :

Local name(s) : *Botiktik* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
To conceive a female child	Shell	Make shells into belt.	Tie belt around waist.		1 individual interview

Scientific name :

Local name(s) : *Kasili* (Cebuano), eel (English)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Parturifacient	<i>Bihod</i> (Fish egg)	Sun dry and mix with coconut oil.	Rub on the stomach of laboring mother.		2 individual interviews

Scientific name :
 Local name(s) : *Manok* (Cebuano, Tagalog)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Centipede bite	Saliva	Get saliva from the mouth of chicken.	Rub on bitten area.		2 individual interviews
Snake bite		Get saliva from the mouth of chicken.	Rub on bitten area.		2 individual interviews

Scientific name :
 Local name(s) : *Potyokan* (Cebuano)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Gum problem	Honey	Gather honey.	Drink a teaspoon of honey 3 times a day.		3 individual interviews
Cough		Gather honey.	Drink a teaspoon of honey 3 times a day.	Enhances cure	2 individual interviews
Promote good health		Gather honey.	Drink.		2 individual interviews

Scientific name :
 Local name(s) : *Ugyabano* (Mansaka)

Indication	Part/s used	Preparation of material	Direction for use	Remarks	Source of information
Measles	Honey	Gather honey.	Drink.	Enhances cure	1 individual interview

Index of plants used according to diseases

Abnormal menstruation

Narra (Common)
Salindago (Mansaka)
Tarabogak (Mansaka)

Ap-ap

Panla (Mansaka)

Asthma

Basikong (Mansaka)
Unidentified #3 (*Bagun sa baybay*)

Birth control

Uba (Mansaka)

Biti (White spot in the eye)

Bolobod (Mansaka)
Boyon (Mansaka)
Darog-darog (Mansaka)
Tambabasi (Mansaka)
Tawa-tawa (Cebuano, Tagalog)
Tawal (Mansaka)

Boils

Anggilo (Cebuano)
Lansones (Cebuano, Tagalog)
Lubi (Cebuano, Tagalog)
Baksan (Cebuano)

Bonol

Mari (Mansaka)

Botod

Tabako (Cebuano, Tagalog)

Bughat

Bogtoso (Mansaka)
Dila-dila sa iro (Cebuano)
Madre de cacao (Cebuano, Tagalog)

Centipede bite

Manok (Cebuano, Tagalog)

Colds

Unidentified #4 (*Vicks nga sagbot*)

Convulsion

Daat (Mansaka)
Kamogna (Mansaka)
Labai (Mansaka)
Sapi (Mansaka)

Cough

Basikong (Mansaka)
Gabon (Cebuano)
Karabo (Mansaka)
Marisa (Mansaka)
Salay (Mansaka)
Potyokan(Cebuano)
Unidentified #1 (*Bagun nga hamis*)

Diabetes

Balimbing (Cebuano, Tagalog)

Diarrhea

Dita (Cebuano, Tagalog)
Imos (Mansaka)
Mansanitas (Cebuano, Tagalog)
Saging tondan (Cebuano)
Salinabang (Mansaka)
Santol (Cebuano, Tagalog)

Diarrhea with blood

Pana-itan (Mansaka)

Dysmenorrhea

Kuwitis (Mansaka)

Excessive bleeding during menstruation

Hantotorog (Mansaka)

Fever

Anggilo (Cebuano)
Almaciga (Common)
Dila-dila sa iro (Cebuano)
Gabon (Cebuano)
Gapas (Cebuano)
Mandalosa (Mansaka)
Marisa (Mansaka)
Sogi-an (Mansaka)
Tawag-tawag (Mansaka)

Fish bite

Bato nga puti sa sapa (Cebuano)

Fracture

Alom (Mansaka)
Balite (Cebuano, Tagalog)
Boglay (Mansaka)
Bongloy (Mansaka)
Lokdo (Mansaka)
Magakasili (Mansaka)

Gidautan

Unidentified #3 (*Bagun sa baybay*)

Goiter

Bagikik (Mansaka)
Sagombibilan (Mansaka)

Gum problem

Atol-atol (Mansaka)
Batong (Cebuano)
Dol (Mansaka)
Potyokan (Cebuano)
Tambabasi (Mansaka)
Tawal (Mansaka)
Tuba-tuba (Cebuano)

Headache

Ahos (Cebuano)
Banaba (Cebuano, Tagalog)

Impatso sa bata

Kamatis (Cebuano, Tagalog)

Induce menstruation

Narra (Common)
Tarabogak (Mansaka)
Salindago (Mansaka)

Insomnia

Makahiya (Tagalog)

Itchiness

Anggilo (Cebuano)
Wakag (Mansaka)

Kabuhi

Mansanitas (Cebuano, Tagalog)
Saging tondan (Cebuano)

Kalipong

Labai (Mansaka)

Kidney

Nato (Cebuano, Tagalog)

Malaria

Amo (Mansaka)

Anggilo (Cebuano)

Tawag-tawag (Mansaka)

Measles

Almaciga (Common)

Biyolongan (Mansaka)

Dapdap (Mansaka)

Tigaw (Mansaka)

Ugyabon (Mansaka)

Mumps

Sagombibilan (Mansaka)

Palihi para babayi ang mahimong anak

Botiktik (Mansaka)

Palihi para dili dali mapiang ang bata kung mahulog

Amo (Mansaka)

Baksan (Cebuano)

Panuhot

Pangi (Cebuano, Tagalog)

Parturifacient

Anliliga (Mansaka)

Bahi (Cebuano)

Kasili (Cebuano)

Tagsing (Mansaka)

Tigaw (Mansaka)

Pimples

Panla (Mansaka)

Poison

(Unidentified #3 (*Bagun sa baybay*))

To prevent the uterus from going down after childbirth

Bislig (Mansaka)

To promote good health and prevent sickness

Amo (Mansaka)

Binaw (Cebuano)

Potyokan (Cebuano)

Baboy ihalas (Cebuano)

Rheumatism

Baksan (Cebuano)
Binaw (Cebuano)
Dolaw (Cebuano)
Gabon (Cebuano)
Kalagboto (Mansaka)
Salimbangon (Mansaka)

Sakit sa baga

Basikong (Mansaka)

Sakit sa hawak

Baksan (Cebuano)

Scabies

Tanabog (Mansaka)

Severe cough

Gabon (Cebuano)
Nato (Cebuano, Tagalog)
Panyawan (Cebuano)
Unidentified #1 (*Bagun nga hamis*)
Unidentified #4 (*Vicks nga sagbot*)

Sira (Disease acquired from prostituted women through sexual intercourse)

Sagay (Mansaka)

Snake bite

Ahos (Cebuano)
Bako (Mansaka)
Kalapi (Mansaka)
Manok (Cebuano, Tagalog)
Salinabang (Mansaka)
Tagbak (Cebuano, Tagalog)
Unidentified #5 (*Kamoti nga lobinog*)

Sore eyes

Bolobod (Mansaka)
Boyon (Mansaka)
Darog-darog (Mansaka)
Tambabasi (Mansaka)
Tawa-tawa (Cebuano, Tagalog)
Tawal (Mansaka)

Stomachache

Abokado (Cebuano, Tagalog)
Anggilo (Cebuano)
Baksan (Cebuano)
Bayabas (Cebuano, Tagalog)
Bogtoston (Mansaka)
Bongloy (Mansaka)
Dita (Cebuano, Tagalog)
Hanagdong (Cebuano)
Iba (Cebuano)
Kalapi (Mansaka)
Kawilan (Mansaka)
Lansones (Cebuano, Tagalog)
Lina-itom (Mansaka)
Panyawan (Cebuano)
Salinabang (Mansaka)
Sambag (Cebuano)
Santol (Cebuano, Tagalog)
Uringin (Mansaka)
Unidentified #2 (*Bagun nga pula*)

Stop postpartum bleeding

Salinabang (Mansaka)

Swelling with pus

Andamay (Mansaka)
Balanti (Cebuano, Tagalog)
Boyo (Cebuano, Tagalog)
Hanagdong (Cebuano)
Katombal (Cebuano)
Liplip (Mansaka)
Mari (Mansaka)
Sagombibilan (Mansaka)

Tipos

Bogtoston (Mansaka)

Toothache

Liplip (Mansaka)
Panyawan (Cebuano)

Ulcer

Bayabas (Cebuano, Tagalog)
Nato (Cebuano, Tagalog)

Venomous bite

Bobay (Mansaka)

Vomiting with blood

Ati (Mansaka)
Balanti (Cebuano, Tagalog)
Mansanitas (Cebuano, Tagalog)
Sala (Mansaka)
Tatabako (Mansaka)

Vomiting with diarrhea

Abokado (Cebuano, Tagalog)
Bayabas (Cebuano, Tagalog)
Rabotra (Mansaka)
Unidentified #2 (*Bagun nga pula*)

Wala paningta nga tawo

Almaciga (Common)
Sogi-an (Mansaka)

Wart

Tigaw (Mansaka)

Wounds

Abaca (Cebuano, Tagalog)
Andamay (Mansaka)
Anggilo (Cebuano)
Bairan sa sundang (Cebuano)
Balanti (Cebuano, Tagalog)
Baksan (Cebuano)
Balite (Cebuano, Tagalog)
Bongloy (Mansaka)
Hagonoy (Cebuano, Tagalog)
Hanagdong (Cebuano)
Lakatan (Mansaka)
Madre de Cacao (Cebuano, Tagalog)
Padawat (Mansaka)
Sagombibilan (Mansaka)
Salindago (Mansaka)
Salinabang (Mansaka)
Taginosa (Mansaka)
Tambabasi (Mansaka)
Tatabako (Mansaka)
Tigaw (Mansaka)

Index of scientific names

Agathis philippinensis
Allium sativum
Alstonia scholaris
Andropogon aciculatus
Athyrium sp
Averrhoa bilimbi
Averrhoa carambola
Bixa orellana
Blumea balsamifera
Calamus sp
Capsicum annuum
Caryota cumingii
Chromolaena odorata
Cocos nucifera
Coleus blumei
Coleus amboinicus
Colocasia esculenta
Curcuma domestica
Ficus balite
Ficus nota
Ficus septica
Gliricidia sepium
Impatiens balsamina
Kolowratia elegans
Lagerstroemia speciosa
Lansium domesticum
Laportea mayeniana
Lycopersicum esculentum
Mallotus multiglandulosus
Memecylon lanciulatum
Mimosa pudica
Muntingia calabura
Musa sp
Musa textilis
Nicotiana tabacum
Omalthus populneus
Palaquium luzoniense
Pangium edule
Persea americana
Piper betle
Pipturus arborescens
Psidium quajava
Pterocarpus indicus

Sandoricum koetjape
Tamarindus indica
Tinospora rumphii
Trema orientalis
Vigna sesquiedalis

Index of local names

Abaka
Ahos
Almaciga
Alom
Ati
Atol-atol
Andamay
Anggilo
Anliliga
Abocado
Bahi
Bako
Bagikik
Balanti
Balimbing
Balite
Banaba
Basikong
Batong
Bayabas
Bislig
Biyolongan
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Madre de cacao
Magakasili
Makahiya
Mandalosa
Mansanitas
Mari
Marisa
Narra
Nato
Padawat
Panaitan
Panla
Pangi
Panyawan
Rabotra
Sagay
Sagombibilan
Sala
Salay
Salimbangon
Salinabang
Salindago
Sambag
Santol
Sapi
Sogi-an
Tabako
Tagbak
Taginosa
Tagsing
Tambabasi
Tanabog
Tarabogak
Tatabako
Tawa-tawa

Tawag-tawag

Tawal

Tigaw

Tigbaw

Tuba-tuba

Uba

Uringin

Unidentified #1 (*Bagun nga hamis*)

Unidentified #2 (*Bagun nga pula*)

Unidentified #3 (*Bagun sa baybay*)

Unidentified #4 (*Vicks nga sagbot*)

Unidentified #5 (*Kamoti nga lobinog*)

Wakag

Table 2. Mansaka terms

English	Filipino	Mansaka
Head	<i>Ulo</i>	<i>Oro</i>
Hair	<i>Buhok</i>	<i>Book</i>
Face	<i>Mukha</i>	<i>Kaimo</i>
Eyes	<i>Mata</i>	<i>Marisat</i>
Ears	<i>Ears</i>	<i>Taringa</i>
Nose	<i>Ilong</i>	<i>Ilong</i>
Mouth	<i>Bibig</i>	<i>Baba</i>
Teeth	<i>Ngipin</i>	<i>Onto</i>
Breath	<i>Hininga</i>	<i>Gin(h)awa</i>
Hands	<i>Kamay</i>	<i>Kamao</i>
Feet	<i>Paa</i>	<i>Siki</i>
Breast	<i>Suso</i>	<i>Soso</i>
Blood	<i>Dugo</i>	<i>Dogo</i>
Saliva	<i>Laway</i>	<i>Tabad</i>
Urine	<i>Ihi</i>	<i>Ii</i>
Stool	<i>Tae</i>	<i>Tai</i>
Nail	<i>Kuko</i>	<i>Kokoron</i>
Skin	<i>Balat</i>	<i>Paris</i>
Father	<i>Ama</i>	<i>Ama</i>
Mother	<i>Ina</i>	<i>Ina</i>
Grandfather	<i>Lolo</i>	<i>Ompo (Usug)</i>
Grandfather	<i>Lola</i>	<i>Ompo (Bobay)</i>
Son	<i>Anak</i>	<i>Isu (Usug)</i>
Daughter	<i>Anak</i>	<i>Isu (Bobay)</i>
Husband	<i>Asawa</i>	<i>Baklug</i>
Wife	<i>Asawa</i>	<i>Boyag</i>
Root	<i>Ugat</i>	<i>Gamot</i>
Leaf	<i>Dahon</i>	<i>Daon</i>
Flower	<i>Bulaklak</i>	<i>Burak</i>
Seed	<i>Buto</i>	<i>Liso</i>
Unhusked rice	<i>Palay</i>	<i>Tiparay</i>
Husked rice	<i>Bigas</i>	<i>Bugas</i>
Cooked rice	<i>Kanin</i>	<i>Kanun</i>
Gruel	<i>Lugaw</i>	<i>Bibog</i>
Rice water	<i>Am</i>	<i>Lanot</i>
Fruit	<i>Bunga</i>	<i>Bunga</i>
Sky	<i>Langit</i>	<i>Pagawanan</i>
Cloud	<i>Alapaap</i>	<i>Aro</i>
Earth	<i>Daigdig</i>	<i>Banwa</i>

Wind	<i>Hangin</i>	<i>Ogos/Samut</i>
Lighting	<i>Kidlat</i>	<i>Didilam</i>
Thunder	<i>Kulog</i>	<i>Linti</i>
Water	<i>Tubig</i>	<i>Tubig</i>
Rain	<i>Ulan</i>	<i>Oran</i>
Spring	<i>Bukal</i>	<i>Tobod</i>
Brook	<i>Batis</i>	-
River	<i>Ilog</i>	<i>Tubig</i>
Mountain	<i>Bundok</i>	<i>Butay</i>
Farm	<i>Bukid</i>	<i>Pawa</i>
Forest	<i>Gubat</i>	<i>Kagorangan</i>
Rock	<i>Bato</i>	<i>Bato</i>
Typhoon	<i>Bagyo</i>	<i>Oros</i>
Black	<i>Itim</i>	<i>Maitum</i>
White	<i>Puti</i>	<i>Mapoti</i>
Red	<i>Pula</i>	<i>Mapora</i>
Blue	<i>Asul</i>	<i>Maronaw</i>
Green	<i>Berde</i>	<i>Maronaw</i>
Yellow	<i>Dilaw</i>	<i>Mararag</i>
Violet	<i>Lila</i>	-
Orange	<i>Dalandan</i>	-
Chicken	<i>Manok</i>	<i>Manok</i>
Pig	<i>Baboy</i>	<i>Baboy</i>
Carabao	<i>Kalabao</i>	<i>Karabaw</i>
Dog	<i>Aso</i>	<i>Ido</i>
Cat	<i>Pusa</i>	<i>Koko</i>
Rat	<i>Daga</i>	<i>Ambaw</i>
Mosquito	<i>Lamok</i>	<i>Tagnok</i>
Fly	<i>Langaw</i>	<i>Langaw</i>
Snake	<i>Ahas</i>	<i>Tinanap</i>
Monkey	<i>Onggoy</i>	<i>Amo</i>
Banana	<i>Saging</i>	<i>Saging</i>
Papaya	<i>Papaya</i>	<i>Kapayas</i>
Coconut	<i>Niyog</i>	<i>Iyog</i>
Narra	<i>Narra</i>	<i>Naga</i>
Weed	<i>Damo</i>	<i>Sagbut</i>
Plant	<i>Halaman</i>	<i>Tanum</i>
Sweet potato	<i>Kamote</i>	<i>Paroda</i>
Yam	<i>Gabi</i>	<i>Wakag</i>
Onion	<i>Sibuyas</i>	<i>Lansona</i>
Squash	<i>Kalabasa</i>	<i>Kabasal</i>
Salt	<i>Asin</i>	<i>Asin</i>
Sugar	<i>Asukal</i>	<i>Asukal</i>
Cooking oil	<i>Mantika</i>	<i>Mantika</i>

Meat	<i>Karne</i>	<i>Karane</i>
Fish	<i>Isda</i>	<i>Isda</i>
Honey	<i>Pulot</i>	<i>Duga</i>
Cassava	<i>Kamoteng kahoy</i>	<i>Kamanting</i>
Sun	<i>Araw</i>	<i>Suga</i>
Moon	<i>Buwan</i>	<i>Bitoon</i>
Stars	<i>Bituin</i>	<i>Boran</i>
Shooting star	<i>Bulalakaw</i>	<i>Annoso</i>
Clean	<i>Malinis</i>	<i>Limpyo</i>
Dirty	<i>Marumi</i>	<i>Maripa</i>
Good	<i>Mabuti</i>	<i>Madyaw</i>
Bad	<i>Masama</i>	<i>Maparaat</i>
Cold	<i>Malamig</i>	<i>Maniki</i>
Hot	<i>Mainit</i>	<i>Mapaso</i>
Big	<i>Malaki</i>	<i>Dagdagu</i>
Small	<i>Maliit</i>	<i>Tagigi/Tagbi</i>
East	<i>Silangan</i>	<i>Silangan</i>
West	<i>Kanluran</i>	<i>Sallupan</i>
North	<i>Hilaga</i>	-
South	<i>Timog</i>	-
Upstream	<i>Ilaya</i>	<i>Babaw</i>
Downstream	<i>Ibayo</i>	<i>Darum</i>
Eat	<i>Kumain</i>	<i>Ka-an</i>
Drink	<i>Uminom</i>	<i>Inum</i>
Plant	<i>Magtanim</i>	<i>Magatanum</i>
Harvest	<i>Mag-ani</i>	<i>Maga-gani</i>
Wash	<i>Maghugas</i>	<i>Maga-ogas</i>
Fetch water	<i>Umigib</i>	<i>Masarok</i>
Rest	<i>Magpahinga</i>	<i>Maga-uya</i>
Brush teeth	<i>Magsipilyo</i>	-
Wipe	<i>Magpunas</i>	<i>Maga-ponas</i>
Boil	<i>Pakuluan</i>	<i>Sobo</i>
Clean	<i>Maglinis</i>	<i>Magalimpyo</i>
Tired	<i>Pagod</i>	<i>Pagod</i>
Soul	<i>Kaluluwa</i>	<i>Kalluwa</i>
Body	<i>Katawan</i>	<i>Lawas</i>
God	<i>Diyos</i>	<i>Magbabaya</i>
Nature	<i>Kalikasan</i>	-
God	<i>Diwata</i>	-
Day	<i>Araw</i>	<i>Allaw</i>
Week	<i>Linggo</i>	<i>Simana</i>

Year	<i>Taon</i>	<i>Tuwig</i>
Morning	<i>Umaga</i>	<i>Masurum/karamdag</i>
Afternoon	<i>Hapon</i>	<i>Gabila</i>
Night	<i>Gabi</i>	<i>Gabi</i>
One	<i>Isa</i>	<i>Isa-sambook</i>
Two	<i>Dalwa</i>	<i>Duwa-duwambook</i>
Three	<i>Tatlo</i>	<i>Toro-torombook</i>
Four	<i>Apat</i>	-
Five	<i>Lima</i>	-
Six	<i>Anim</i>	-
Seven	<i>Pito</i>	-
Eight	<i>Walo</i>	-
Nine	<i>Siyam</i>	-
Ten	<i>Sampu</i>	<i>Samporo</i>
One hundred	<i>Sandaan</i>	<i>Sanggatos</i>
One thousand	<i>Sanlibo</i>	<i>Sam-mararan</i>
Fever	<i>Lagnat</i>	<i>Langka</i>
Cough	<i>Ubo</i>	<i>Ako</i>
Diarrhea	<i>Pagtatae</i>	<i>Gaintaron</i>
Colds	<i>Sipon</i>	<i>Sipon</i>
Dysentery	<i>Disenteria</i>	-
Malaria	<i>Malaria</i>	<i>Takig</i>
Wound	<i>Sugat</i>	<i>Pari</i>
Abdominal pain	<i>Sakit ng tiyan</i>	<i>Sakit nang tinai</i>
Headache	<i>Sakit ng ulo</i>	<i>Sakit nang oro</i>
Rheumatism	<i>Rayuma</i>	<i>Takud</i>
Hemorrhage	<i>Pagdudugo</i>	<i>Gadugo</i>
Tinea	<i>An-an</i>	-
Measles	<i>Tigdas</i>	<i>Darap</i>
House	<i>Bahay</i>	<i>Baray</i>
Window	<i>Bintana</i>	<i>Gawaan</i>
Floor	<i>Sahig</i>	<i>Lagus</i>
Roof	<i>Bubong</i>	<i>Atup</i>
Toilet	<i>Kubeta</i>	<i>Intaronan</i>
Clothes	<i>Damit</i>	<i>Payna-un</i>
Slippers	<i>Tsinelas</i>	<i>Sinelas/Suwalo</i>
Friend	<i>Kaibigan</i>	<i>Susuk</i>
Foe	<i>Kaaway</i>	<i>Karaban</i>
Neighbor	<i>Kapit-bahay</i>	<i>Simbaray</i>
Relative	<i>Kamag-anak</i>	<i>Parente</i>
Leader	<i>Pinuno</i>	<i>Pangoro</i>
Elder	<i>Matanda</i>	<i>Matadung</i>

Rich	<i>Mayaman</i>	<i>Sapiyan</i>
Poor	<i>Mahirap</i>	<i>Poble</i>
Love	<i>Mahal</i>	<i>Karim</i>
I	<i>Ako</i>	<i>Ako</i>
You	<i>Ikaw</i>	<i>Ikaw</i>
Where	<i>Saan</i>	<i>Wain</i>
When	<i>Kailan</i>	<i>Kano</i>
Why	<i>Bakit</i>	<i>Nanga</i>
What	<i>Ano</i>	<i>Nana</i>
Who	<i>Sino</i>	<i>Sini</i>
Left	<i>Wala</i>	<i>Kawara</i>
Right	<i>Kanan</i>	<i>Karinto</i>
Dont	<i>Hindi</i>	<i>Mono</i>
Breakfast	<i>Almusal</i>	<i>Inurum</i>
Supper	<i>Hapunan</i>	<i>Iyambong</i>
Before	<i>Noon</i>	<i>Kadini</i>
Now	<i>Ngayon</i>	<i>Adoon</i>
Tomorrow	<i>Bukas</i>	<i>Kisurum</i>
Accompany	<i>Kasama</i>	<i>Amagad</i>

Table 3. Mansaka demography

Population by province based from the National Commission for Indigenous People's Office (NCIP) in Davao Oriental, 1997

Province	Population
Davao del Norte and Compostela	45, 599
Davao Oriental	12, 052

Population by municipality based from the Census of the National Statistics Office (NSO) in Tagum City, 1995

Municipality	Population
Maragusan Valley	5, 446
Pantukan	4, 646
Mabini	4, 858
Maco	6, 572
Mawab	1, 500
New Bataan	1, 291
Nabunturan	967

MAPS

Map 1. Location map of the municipality of Pantukan, Compostela Valley Province

Map 2. Location map of the municipality of Maragusan Valley, Compostela Valley Province

**Map 3. Location map of Barangay Napnapan, Pantukan, Compostela Valley
Province**

Map 4. Location map of Barangay Langgawisan in Caragan Valley, Maragusan Valley, Compostela Valley Province

**Map 5. Location map of Barangay Magcagong, Cambagang and New Panay,
Maragusan Valley, Compostella Valley Province**

FIGURES

Figure 1.
Maragusan Valley

Figure 2. A Mansaka home made of wood chips and bamboo

Figure 3. *Kudlong*

Figure 4. A *matikadung* of Maragusan Valley

Figure 5. A Mansaka healer (*magbubulong*)

Figure 6. A traditional Mansaka dance

Figure 7. In the farm

Figure 8. In the river

Figure 9. Mansaka young boys participate in economic activities
(gold panning)

Figure 10. Mansaka children enjoy their banana snack

MAPS

- Map 1. Location map of the municipality of Pantukan,
Compostela Valley Province
- Map 2. Location map of the municipality of Maragusan Valley,
Compostela Valley Province

LIST OF INFORMANTS

1. Name : Estalia Catisay
Sex : Female
Age : 70+
Status : Married
Religion : Four Square
Livelihood: Farming
Address : Piasusuan, Napnapan, Pantukan, ComVal

2. Name : German Catisay
Sex : Male
Age : 33
Status : Married
Religion : Four Square
Livelihood: Farming, Mining(Panning)
Address : Piasusuan, Napnapan, Pantukan, ComVal

3. Name : Ricardo Sagwalan
Sex : Male
Age : 61
Status : Married
Religion : Universal Iglesia
Livelihood: Farming
Address : Pulanglupa, Napnapan, Pantukan, ComVal

4. Name : Hapon Donato
Sex : Male
Age : 40+
Status : Widow
Religion : None
Livelihood: Farming
Address : Piasusuan, Napnapan, Pantukan, ComVal

5. Name : Laurencio Camana
Sex : Male
Age : 63
Status : Married
Religion : Universal Church of Christ
Livelihood: Tribal council of elder, Farming
Address : Binaba, Napnapan, Pantukan, ComVal

6. Name : Carmelita Camana Elnoro
Sex : Female
Age : 54
Status : Married
Religion : Universal Church of Christ
Livelihood: Farming
Address : Binaba, Napnapan, Pantukan, ComVal
7. Name : Jojo Camana
Sex : Male
Age : 25
Status : Married
Religion : Universal Church of Christ
Livelihood: Farming
Address : Binaba, Napnapan, Pantukan, ComVal
8. Name : Tadong Baklag
Sex : Male
Age : 52
Status : Single
Religion : Roman Catholic
Livelihood: Business (*Sarisari* store)
Address : Binugsayan, Napnapan, Pantukan, ComVal
9. Name : Carmen Masig Tobyas
Sex : Female
Age : 54
Status : Married
Religion : Roman catholic
Livelihood: Farming
Address : Binugsayan, Napnapan, Pantukan, ComVal
10. Name : Rodolfo Mangadap
Sex : Male
Age : 49
Status : Married
Religion : Roman Catholic
Livelihood: Farming
Address : Piasusuan, Napnapan, Pantukan, ComVal
11. Name : Teddy Taglos
Sex : Male
Age : 20+
Status : Married
Religion : Faith Tabernacle
Livelihood: Barangay councilor, Farming, Mining
Address : Cambagang, Maragusan Valley, ComVal

12. Name : Jose Pigmando Sr
Sex : Male
Age : 40+
Status : Married
Religion : Faith Tabernacle
Livelihood: Tribal coordinator, Farming, Mining
Address : Cambagang, Maragusan Valley, ComVal
13. Name : Benbenida Manuel
Sex : Female
Age : 80+
Status : Married
Religion : Temple
Livelihood: Farming
Address : Magcagong, Maragusan Valley, ComVal
14. Name : Madusog Manuel
Sex : Male
Age : 90+
Status : Married
Religion : Temple
Livelihood: Farming
Address : Magcagong, Maragusan Valley, ComVal
15. Name : Espada Camana
Sex : Male
Age : 85
Status : Married
Religion : Universal Church of Christ
Livelihood: Tribal elder, Farming
Address : New Panay, Maragusan Valley, ComVal
16. Name : Romulo Calugmoc
Sex : Male
Age : 40+
Status : Married
Religion : -
Livelihood: Tribal chieftain, Farming
Address : Langgawisan, Maragusan Valley, ComVal
17. Name : Rustom Lagongan
Sex : Male
Age : 20+
Status : Married
Religion : -
Livelihood: Farming
Address : Langgawisan, Maragusan Valley, ComVal

18. Name : Puriza Ambasan
Sex : Female
Age : 50+
Status : Married
Religion : -
Livelihood: Farming
Address : Langgawisan, Maragusan Valley, ComVal
19. Name : Romulo Hila-on
Sex : Male
Age : 30+
Status : Married
Religion : -
Livelihood: Farming
Address : Langgawisan, Maragusan Valley, ComVal
20. Name : Lopez Magtana
Sex : Male
Age : 40+
Status : Married
Religion : -
Livelihood: Farming
Address : Langgawisan, Maragusan Valley, ComVal
21. Name : Eduardo Tanding
Sex : Male
Age : 60+
Status : Married
Religion : Assembly of God
Livelihood: Farming
Address : Langgawisan, Maragusan Valley, ComVal
22. Name : Wilfredo Martin
Sex : Male
Age : 52
Status : Married
Religion : Faith Tabernacle
Livelihood: Farming, Carpentry
Address : Cambagang, Maragusan Valley, ComVal

LIST OF CONTACTS

1. Name : Jonathan Dela Cruz
Position/Agency : Officer-in-charge for Compostela Valley Province,
National Commission for Indigenous Peoples (NCIP)
Address : Tagum City

2. Name : Jovito Derla
Position : Municipal Mayor
Address : Pantukan, Compostela Valley Province

3. Name : Liza Bacatcat
Position/Agency : Office Clerk,
Office of the Mayor
Address : Mansaka Village, Maragusan Valley, Compostela
Valley Province

4. Name : Juni Toblag
Position : Barangay Councilor
Address : Magcagong, Maragusan Valley, Compostela
Valley Province

5. Name : Gerome Lamparas Sr
Position : Municipal Mayor
Address : Maragusan Valley, Compostela Valley Province

6. Name : Jose Pigmando Sr
Position/Agency : Tribal coordinator,
Maragusan Mansaka Tribal Federation
Address : Cambagang, Maragusan Valley, Compostela
Valley Province

7. Name : Teddy Taglos
Position : Barangay Councilor
Address : Cambagang, Maragusan Valley, Compostela
Valley Province

8. Name : Francisco Apito
Position/Agency : Chairman,
Maragusan Mansaka Tribal Federation
Address : Poblacion, Maragusan Valley, Compostela
Valley Province

9. Name : Eliseo Marundan
Position : Barangay Captain
Address : Langgawisan, Maragusan Valley, Compostela Valley Province
10. Name : Pablo Mantug
Position : Barangay Councilor
Address : Langgawisan, Maragusan Valley, Compostela Valley Province
11. Name : Romeo Ang
Position/Agency : Assistant Administrator,
Office of the Mayor
Address : Bongbong, Pantukan, Compostela Valley Province
12. Name : Felicisimo Marbones
Position : Barangay Captain of Napnapan
Address : Binaba, Napnapan, Pantukan, Compostela Valley Province
13. Name : Emily Flores
Position : Barangay Secretary
Address : Napnapan, Pantukan, Compostela Valley Province
14. Name : Daniel Labares
Position : Barangay Captain
Address : Piasusuan, Napnapan, Pantukan, Compostela Valley Province
15. Name : Joseph Tagaro
Position : Barangay Councilor
Address : Piasusuan, Napnapan, Pantukan, Compostela Valley Province
16. Name : Marcebel Camana
Position : SK Chairman of Napnapan
Address : Kingking, Pantukan, Compostela Valley Province
17. Name : Laurencio Camana
Position : PAMAPA, Tribal Council of Elders
Address : Binaba, Napnapan, Pantukan, Compostela Valley Province