

# **Ethnopharmacologic Documentation of Selected Philippine Ethnolinguistic Groups: The Mangyan (Tadyawan) People of Mindoro Island**

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## **ABSTRACT**

An ethnopharmacological study of the Mangyans (Tadyawans) of Mindoro Island, Philippines was conducted in May 2000 to April, 2001. The study included documentation of the ethnopharmacological knowledge and indigenous healing practices, and collection of voucher specimens of plants used by the Tadyawans. A total of 114 plants were documented. Documentation included scientific name, local name, the therapeutic indication, the plants parts used, the method of preparation and direction for use. Many of the medicinal plants used by the Tadyawans were noted to be known among the lowlanders. Evidences showed that these Mangyans are gradually losing their own culture including their materia medica. Thus, the urgent need for this documentation.

## INTRODUCTION

Mindoro ranks third among the hottest of the hotspots in the world considering only the avifauna, its well-studied biological elements. Hotspots are areas of extremely high endemism but also facing the greatest threats. Floristically the island is host to many narrow endemics in addition to a number of plants distributed on other Malesian and Australian soils but found only in Mindoro among the Philippine islands. The island is known for its extensive pine forest (*Pinus merkusii*), its flagship species tamaraw (*Bubalus mindorensis*), its freshwater crocodile (*Crocodylus mindorensis*), its highest peak Mt. Halcon, the second largest freshwater lake in the country, the Naujan Lake and its seven major ethnolinguistic groups, the Mangyans.

The Mangyans have a rich tradition of practices, including those which refer to healing of the sick. These indigenous people, mostly living in the mountains or riverbanks, have depended mostly on plants and other natural products from the forest to treat their sick. But just like the rest of the archipelago, Mindoro is facing serious environmental threats, e.g. rapid reforestation, lake degradation, habitat conversion and mining threats. Forest cover in the place has dwindled to a low of <6% from its completely forested condition. The severe floods that struck the island in the early 1990s attest to this. This state of a worsening environment coupled by the onslaught of lowland mainstream culture, may result in the loss of the healing traditions of the Mangyans.

There are but few documentation on the ethnopharmacological knowledge and healing practices of our people. Madulid in 1990 reported 46 plants used by the Ati tribe in nagpana, Iloilo, and Panay Island. While Sia in 1996 reported a total of 179 plants and animal products and mineral products used by the Dumagat people in the provinces of Aurora, Bulacan, Nueva Ecija and Quezon.

Thus, the need to document and preserve, the beneficial healing traditions of our indigenous peoples. Furthermore, through this initial project we hope to actively search for potentially useful pharmacologic agents from the Mangyan folklore.

This study documented the ethnopharmacological knowledge of three mangyan (Tadyawan) communities in the province of Mindoro Oriental. The study, also, recognized the need for the long term, sustained advocacy to help preserve the ancestral homeland of the Mangyans even as we rendered certain urgent health services that needed to be done for the Mangyan communities covered by this study.

## **METHODOLOGY**

### **Gathering of Data**

A research assistant who is a permanent resident of the area was hired to coordinate the social preparation with the native leaders and barangay officials. He conducted several consultative meetings with these leaders of the Tadyawans who gave the approval to conduct the study in the communities, as pre-selected according to the criteria used.

The research assistant lived and integrated with the community during the period of May 2000 to April 2001 during which time he gathered data using a pretested interview guide. The main data consisted of the local name of the plant, the therapeutic indication, the plant part used, the method of preparation and the direction for use.

### **Collection of Specimen Vouchers**

Collection of specimen vouchers was done with the help of the Tadyawans, one from each community. Each guide was selected based on his knowledge of identifying plants. The list of plants for collection was prepared before the actual collection trip.

Specimen vouchers were prepared and tagged according to the method of the National Museum. Initial identification was done by the author and later verified by Mr. Leonard Co from the Herbarium, Institute of biology, College of Science, University of the Philippines Diliman, Quezon City. Original copies were kept at the Department of Biology, College of Arts and Sciences, University of the Philippines Manila.

### **Informants**

The informants were selected based on their reputation and popularity as the traditional healers of the community. The major informants were the four *kuyays* or medicine men. Mothers were also rich sources of information and the guides who identified the plants during the collection trip. Eighteen informants were identified (Table I).

## **RESULTS**

### **Location of the Study**

The study covered three Mangyan (Tadyawan) communities located in the province of Mindoro Oriental.

The communities were selected based on the following major criteria: 1) The community has a reputation for indigenous healing practices, as shown by the presence of traditional healers. 2) The community is living in or near a forest. 3) The community is reputed to have preserved to a significant degree of its culture. Other criteria included the following: 4) The community has no major peace and order problem. 5) The community is reasonably accessible by land transportation, boat and/or foot. 6) Presence of contact agencies such as non-government organizations, church or government agencies working in the area is desired.

Two communities covered were at the Municipality of SOCORRO. Socorro is located in the central area of the province of Oriental Mindoro at approximately 120° 49' longitude and 13° 02' latitude. It is about 54 kilometers from the provincial capital, Calapan City, via the national highway (Fig. 1). It is bounded on the north by the Naujan lake and the municipality of Victoria, on the east by the municipality of Pola, on the south by the municipality of Pinamalayan, and on the west by the province of Occidental Mindoro. Socorro covers a total land area of 19,273.07 hectares and is the third smallest among the 15 municipalities and one city of the province. Nearly 82 percent or 15,697.47 hectares of its total area is covered by the rural barangays while only about one percent or 169.33 hectares are covered by the urban barangays. Some 3,406.27 hectares of Socorro are still unclassified forest land. (Comprehensive Land Use Plan for the Municipality of Socorro, CLUPMS, 2002)

The municipality of Socorro falls under Climatic Type II which is described as having no pronounced maximum rain period with a short dry season lasting only from one to three months. Areas of this type are partially shielded from the Northeast monsoon. The rainfall pattern indicates that heavy downpours of rain occur in June, July, September, October, November and December while the least rainfall occurs from January to April. Average rainfall is 207.8 mm. Average temperature ranges from a maximum of a 30.7 degrees centigrade to a minimum of 23.5°C. Average relative humidity is recorded to be 82.8 percent (CLUPMS, 2002).

A number of rivers and creeks cut across and borders Socorro. The most prominent among these is the Pola River which serves as the boundary of Socorro from Pinamalayan. By virtue of DENR AO No. 34 otherwise known as the "Revised Water Usage and Classification/Water Quality Criteria," Pola River is classified as Class C fresh surface water. The beneficial use for this class are: (1) fishery water for the propagation and growth of fish and other aquatic resources, (2) recreational water class II (boating, etc.) and (3) industrial water supply class I (for manufacturing processes after treatment). Pola River has an average estimated annual peak discharge of 357.77 cu.m. per second with height years return period. Subaan River, on the other hand, channels into Naujan Lake and has a lesser annual peak discharge of 254.24 cu.m. per second. (CLUPMS, 2002)

There were two communities covered in the Municipality of Socorro. The first was a settlement are in Sitio Granvida, Barangay Bugtung na Tuog. There are about 47 households here. The other area is at the Bugtung na Tuog barangay proper (Fig. 2) with about 38 households. To reach the place, it will take an hour or more traveling by bus from Calapan City to Sitio Malbog. Here, there are single motorcycles waiting for passengers who are going to Bugtung na Tuog. Each passenger is asked to pay eighty pesos as fare. Generally, going to the target place is so difficult for the road is crooked the rivers and deep ravines is really breathtaking experience. Such transportation is possible only for summer. During rainy days these motorcycles are no longer available because it is risky to run on slippery and flooded road. So there is no longer other choice but to travel by foot for about three hours or by horse riding. Illustrating such painful traveling condition could help one realize the extra ordinary strength and endurance these Tadyawans possess in matter of traveling.

The third community is about kilometers from Calapan City (Fig. 3). It is located at Sitio Bahid, Barangay Matulatula, at the Municipality of **POLA** (Fig. 4). It lies on the eastern portion of Oriental Mindoro at approximately 121°21' longitude and 13° 04' latitude. It is bounded in the north by the municipality of Naujan, in the south by Pinamalayan, in the east by Pola Bay and in the west by the municipality of Socorro. Having a total land area of 14,084.64 hectares. (Comprehensive Land Use Plan for the Municipality of Pola, CLUPMP, 2002).

Pola is situated on verdant rolling hills and mountainous ranges with only one fifth of its area located in lowlands. It is primarily drained by the Casiligan and Pola rivers. The topography varies from flat alluvial, to rolling hinterlands, hills and mountainous peaks. Pola also falls under Climatic Type II. the average monthly rainfall is 175.2mm. Temperature ranges from 30.8 °C average maximum to 24.8 °C average minimum. The coldest months are December and February with temperature going as

low as 23 and 23.3 °C, respectively. The month of May registers the highest temperature of 33.5 °C. Throughout the year, Pola receives approximately 4,800 hours of sunshine.

Average day length as 12 hours. June has the longest day with 12.5 hours while December has the shortest. Average relative humidity refers to the measure of the moisture content of the atmosphere. The month of October has the highest relative humidity of 89% while the months of March and April have the lowest with 78 percent of relative humidity. (CLUPMP, 2002)

Pola is being drained by Casiligan and Pola Rivers.

## **The Tadyawan People**

The ethnolinguistic groups of the island of Mindoro are collectively designated as Mangyans. The subject of this study is a particular indigenous group of Mangyans, the Tadyawans. The word TADYAWAN means *taong nasa tabing ilog*, these people live along the Pola River banks bounded by forest. While linguists, so far, have studied them aspects of this group have been out of anthropological range of knowledge. The lowlanders have influenced them much in respect of religion, economy, language, and other social aspects. They were Christianized several years ago. They have a Roman Catholic Church in the settlement of Granvida, the Tadyawans go to church early morning and evening. Almost all of them attend to these prayer gatherings.

In economy, they sell their agriculture products; bananas, coffee beans, ginger and so forth, to the lowlander to get cash. Some of them carry the products to the central town in baskets on their backs, others carry them in a cart called *paragos* pulled by a carabao. They buy rice and daily needs (salt, kerosene, cigarette, etc.) with the money. They criticize unfairness in the trade with the lowlanders.

They speak both Tagalog and Tadyawan. Even the elders, speak Tagalog as if it were their mother language. Children specially are forgetting Tadyawan.

While few lowland families live near the settlement of Granvida some lowland families live together in the settlement of Bugtong na Tuog. the Tadyawans depend much on the lowlanders. The tendency of their dependence on them may still be intensified.

The Tadyawans were able to cross the rivers unmindful of the current. Some can

Cross the river with a big rock on their shoulders, while others cross it hand in hand. Although nothing could be seen through the muddy water, they knew exactly where they can cross easily. Even children and their elders can cross a strong current with ease. Though they are at the stage that they are losing their own culture little by little, they still keep the nature of the Tadyawan. This indigenous group along the Pola River banks will still be the ***taong nasa tabing ilog***, the Tadyawan, as long as they will not lose their majestic figures when they cross a river.

## **Plants and Other Natural Products Used for Healing**

This study was able to document a total of 114 plants from the three communities covered. Appendix 1 enumerated the 106 medicinal plants used by the Tadyawans. The appendix lists the scientific name, local name/s, medicinal use, plant part/s used, uses, method of preparation and direction for use. In appendix 2, additional plants were also identified with their economic uses. Moreover, an index to medicinal use, botanical and local name of plants used by the Tadyawans (Table II) was also prepared together with a separate index to local names (Table III).

Even if the three communities use the same plant for the same illness, different parts of the plant may be used. An example is *Acorus calamus* L. for stomach disorders, in Sitio Granvida corm is used while in Sitio Bahid leaves are used instead. It was noted that the same plant for same ailment may have variations in their preparations and directions. An example is *Scleria scrobiculata* Nees. ssp. *scrobiculata* for measles, in Bahis, the Tadyawans just eat the blanch flower while in Granvida, an elaborate preparation is needed.

In some cases, a mixture of plants is used to cure a particular ailment, for example in diarrhea, the following plants: *Eleusine indica* L. Gaern., *Acorus calamus* L. and *Artemisia vulgaris* L. boiled and taken as tea. A particular plant may be used for different ailments like *Artemisia vulgaris* L. which is used for diarrhea, dysmenorrhea, sprain, stomach disorders, wounds and cuts. For a particular disease there can be a variety of plants that may be used, measles for example, any of the following may be used: *Amaranthus spinosus* L., *Capparis horrida* L., *Cassia siamea* Lam., *Cymbopogon citrates* (DC) Stapf., *Melastoma polyanthum* B1., *Phaseolus radiatus* L., *Scleria scrobiculata*, *Setaria italica*, *Setaria palmifolia*.

## DISCUSSION

Information obtained from observations and interviews showed that the Tadyawan Mangyans of Northeastern Mindoro possess a remarkable knowledge of plants and their medicinal use. Familiarity of this indigenous group to the local flora is manifested in many ways. They can readily identify the appropriate plant for a particular disease. They know the exact location where these plants can be gathered in the forest.

The study was able to document plants used for therapeutic indications. We were able to document a substantial list of plants being used for infectious diseases such as measles, malaria, and parasitism; as well as for the treatment of the common symptoms of infectious diseases, including fever, cough and diarrhea. Surprisingly, almost all these medicinal plants mentioned by the Tadyawans were found to have been reported in various studies on herbal medicines done in the country.

The Tadyawans use herbal medicine as first aid. But when the illness persists **Marayaw** (ritual for the sick) is then performed. Sometimes, Magmamarayaw assistance is not sought. However, relatives themselves perform the ritual. The Magmamarayaw can determine the kind of sickness by means of this (**apo marayaw**). Spirited stones by means of apo marayaw can drive away bad spirits from the body of the sick person. If the bad spirit left the body, the **isalom** (soul) can easily return to the body of the sick. Thus, the sickness is healed.

Relief from illnesses is usually obtained from herbal plants which are largely prescribed by the **kuyay** or medicine man. These plants are planted in yards or found in the nearby forests.

Evidences show that the Tadyawans are gradually losing their own culture including their materia medica. The elders would like to pass on their knowledge of healing to the younger generations but the latter are noted to be greatly influenced by the lowlanders and have little interests in preserving their culture. The continuing denudation of the forest is another contributory threat to their culture.

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**Table I: List of informants**

<b>Name</b>	<b>Age</b>	<b>Address</b>
1. Anggarong, Juan	About 80 years old	Bugtong Na Tuog Central, Socorro, Oriental Mindoro
2. Bueno, Alberto	62 years old	Bugtong Na Tuog Central, Socorro, Oriental Mindoro
3. Catapang, Emiliana	57 years old	Sitio Bahid, Barangay Matulatula, Pola, Oriental Mindoro
4. Cruzada, Rizalino	69 years old	Sitio Bahid, Barangay Matulatula, Pola, Oriental Mindoro
5. Cruzada, Flora	65 years old	Sitio Bahid, Barangay Matulatula, Pola, Oriental Mindoro
6. Magnae, Gorio	75 years old	Sitio Granvida, Barangay Bugtung na Tuog, Socorro, Oriental Mindoro
7. Magnae, Minda	70 years old	Sitio Granvida, Barangay Bugtung na Tuog, Socorro, Oriental Mindoro
8. Manalaysayin, Tagwaswas	100 years old	Sitio Granvida, Barangay Bugtung na Tuog, Socorro, Oriental Mindoro
9. Paredes, Angel	54 years old	Sitio Granvida, Barangay Bugtung na Tuog, Socorro,

		Oriental Mindoro
10. Paredes, Maria	52 years old	Bugtong Na Tuog Central, Socorro, Oriental Mindoro
11. Vargas, Julio	63 years old	Bugtong Na Tuog Central, Socorro, Oriental Mindoro
12. Roldan, Florencio	about 90 years old	Sitio Granvida, Barangay Bugtung na Tuog, Socorro, Oriental Mindoro
13. Roldan, Lea	31 years old	Sitio Granvida, Barangay Bugtung na Tuog, Socorro, Oriental Mindoro
14. Roldan, Wilson	42 years old	Sitio Granvida, Barangay Bugtung na Tuog, Socorro, Oriental Mindoro
15. Vargas, Evelyn	51 years old	Bugtong Na Tuog Central, Socorro, Oriental Mindoro
16. Vargas, Felipa	59 years old	Bugtong Na Tuog Central, Socorro, Oriental Mindoro
17. Vargas, William	42 years old	Sitio Bahid, Barangay Matulatula, Pola Oriental Mindoro
18. Wewie, Antonio	about 90 years old	Sitio Bahid, Barangay Matulatula, Pola Oriental Mindoro

**Table II: Index to medicinal use, botanical and local name of plants used by the Tadyawan Mangyans**

MEDICINAL USE	SCIENTIFIC NAME	LOCAL NAME
Anemia	<i>Ipomea batatas</i> (L) Poir (CONVOLVULACEAE)	Kamote
	<i>Stenochlaena palustris</i> (BLENNACEAE)	Agnaya
	Unidentified	Dug-an
Any Sickness	<i>Peperomia pelucida</i> H. B. K. (PIPERACEAE)	Pansit-pansitan
Arthritis	<i>Cocos nucifera</i> L. (ARECACEAE)	Niyog
	<i>Corcuma longa</i> L. (ZINGIBERACEAE)	Dilao
	<i>Mentha arvensis</i> L. (LAMIACEAE)	Herba buena
Asthma	<i>Cocos nucifera</i> L. (ARECACEAE)	Niyog
	<i>Datura alba</i> Nees. (SOLANACEAE)	Talumpunay
	<i>Ficus septica</i> Burm. f. Var. <i>septica</i> (MORACEAE)	Hawili
	<i>Manihot esculenta</i> Crantz. (EUPHORBIACEAE)	Balinghoy
	<i>Mimosa pudica</i> L. (FABACEAE)	Makahiya
	<i>Tamarindus indica</i> L. (FABACEAE)	Sampalok
Beri-beri	<i>Phaseolus radiatus</i> L. (FABACEAE)	Munggo
Bite, dog	<i>Musa paradisiaca</i> L. (MUSACEAE)	Saging
	<i>Oryza sativa</i> L. (POACEAE)	Bigas
Bite, snake	<i>Axonopus compressus</i> (POACEAE)	Kulapi
	<i>Musa paradisiaca</i> L. (MUSACEAE)	Saging
	<i>Imperata cylindrica</i> (L.) Beauv. Var. <i>koenigii</i> (Retz.) Benth. (POACEAE)	Kogon
Body Odor	<i>Entada phaseoloides</i> (L.) Merr. (FABACEAE)	Gugo
Burns (Minor)	<i>Dischidia</i> sp. (ASCLEPIADACEAE)	balukatok
	<i>Kalanchoe pinnata</i> Lamk. (CRASSULACEAE)	bangkalasan
Cough	<i>Abelmoschus moschatus</i> Medic. (MALVACEAE)	Kastuli
	<i>Coleus amboinicus</i> Lour. (LAMIACEAE)	Oregano
	<i>Barringtonia racemosa</i> (L.) Blume. (LECYTHIDACEAE)	Tipalang
	<i>Blumea balsimefera</i> (L.) D.C. (ASTERACEAE)	Sambong
	<i>Melastoma polyanthum</i> Bl. (MELASTOMACEAE)	Saransok
	<i>Mentha arvensis</i> L. (LAMIACEAE)	Herba buena
	<i>Poikilospermum</i> sp. (CECROPIACEAE)	Hanopol
	<i>Zingiber officinale</i> Rosc. (ZINGIBERACEAE)	Luya
Diarrhea	<i>Acorus calamus</i> L. (ARACEAE)	Lubidan
	<i>Artemisia vulgaris</i> L. (ASTERACEAE)	Kamaria
	<i>Chrysophyllum cainito</i> L. (SAPOTACEAE)	Kaymito
	<i>Eleusine indica</i> (L.) Gaertn. (POACEAE)	Dano-dano
	<i>Eugenia jambolana</i> Lam. (MYRTACEAE)	Duhat

	<i>Musa sapientum</i> (MUSACEAE)	Turdan
Dysmenorrhea	<i>Artemisia vulgaris</i> L. (ASTERACEAE) <i>Chrysanthemum indicum</i> L. (ASTERACEAE)	Kamaria Manzanilla
Dysentery	<i>Acorus calamus</i> L. (ARACEAE) <i>Eleusine indica</i> (L.) Gaertn. (POACEAE) <i>Musa sapientum</i> (MUSACEAE) <i>Oryza sativa</i> L. (POACEAE)	Lubidan Dano-dano Turdan Bigas
Dysuria	<i>Cocos nucifera</i> L. (ARECACEAE) <i>Cymbopogon citratus</i> L. (POACEAE) <i>Imperata cylindrica</i> (L.) Beauv., var. <i>Koenigii</i> (Retz.) (POACEAE) <i>Lagerstroemia speciosa</i> (L.) Pers. (LYTHRACEAE) <i>Zea mays</i> L. (POACEAE)	Niyog Tanglad Kogon Banaba Mais
Eye Diseases	<i>Poikilospermum</i> sp. (CECROPIACEAE)	Hanopol
Fever	<i>Allium cepa</i> L. (LILIACEAE) <i>Ananas sativus</i> Schultz (BROMELIACEAE) <i>Cinnamomum mercadoi</i> Vid. (LAURACEAE) <i>Cocos nucifera</i> L. (ARECACEAE) <i>Cymbopogon citratus</i> L. (POACEAE) <i>Dioscorea fasciculata</i> Roxb. (DIOSCOREACEAE) <i>Dioscorea hispida</i> Dennst. (DIOSCOREACEAE) <i>Ficus septica</i> Burm. f. var. <i>Septica</i> (MORACEAE) <i>Lantana camara</i> L. (VERBENACEAE) <i>Mentha arvensis</i> L. (LAMIACEAE)	Sibuyas Pinya Kalingag Niyog Tanglad Tugi Nami Hawili Roco-roco Herba buena
Hemorrhoids	<i>Homalomena philippinensis</i> Engl. (ARACEAE)	Alupayi
Healing of a Newborn's Navel	<i>Cocos nucifera</i> L. (ARECACEAE)	Niyog
High Blood Pressure	<i>Allium sativum</i> L. (LILIACEAE) <i>Lagenaria siceraria</i> Standl. (CUCURBITACEAE) <i>Poikilospermum</i> sp. (CECROPIACEAE) <i>Sesbania grandiflora</i> (L.) Pers. (FABACEAE)	Bawang Tabayag Hanopol Katuray
Infected Wound	<i>Capsicum frutescens</i> L. (SOLANACEAE) <i>Citrus mitis</i> Blanco (RUTACEAE) <i>Cocos nucifera</i> L. (ARECACEAE)	Sili Kalamansi Niyog
Inflammation	<i>Ficus stipulosa</i> Miq. (MORACEAE) <i>Jatropha curcas</i> L. (EUPHORBIACEAE)	Balete Tuba-tuba
Low Blood Pressure	<i>Stenochlaena palustris</i> (BLECHNACEAE)	Agnaya
Lower respiratory tract infection	<i>Musa paradisiaca</i> L. (MUSACEAE) <i>Nephelium lappaceum</i> L. (SAPINDACEAE)	Saba Rambutan

Malaria	<i>Alstonia scholaris</i> L. (APOCYNACEAE) <i>Lansium domesticum</i> Jack. (MELIACEAE) <i>Trichosanthes quinquangulata</i> A. Gray (CUCURBITACEAE)	Dita Lanzones Tabuyoc
Measles	<i>Amaranthus spinosus</i> L. (LILIACEAE) <i>Capparis horrida</i> L. (CAPPARIDACEAE) <i>Cassia siamea</i> Lam. (FABACEAE) <i>Cymbopogon citratus</i> (DC) Stapf. (POACEAE) <i>Melastoma polyanthum</i> Bl. (MELASTOMACEAE) <i>Phaseolus radiatus</i> L. (FABACEAE) <i>Setaria palmifolia</i> (Koen.) Stapf. (POACEAE)	Uray Dawa Acacia Tanglad Saransok Bikaka Pungag
Muscular or Rheumatic Pains	<i>Ficus benjamina</i> L. (MORACEAE) <i>Homalomena philippinensis</i> L. (ARACEAE) <i>Jatropha curcas</i> L. (EUPHORBIACEAE) <i>Justicia gendarusa</i> Burn. f. (ACANTHACEAE) <i>Pleome angustifolia</i> (Roxb.) N.E.Br. (LILIACEAE)	budbud alupayi tuba-tuba bugnaw tibanwa
Muscular Spasm (Balis/Bate)	<i>Allium sativum</i> (LILIACEAE) <i>Gliricidia sepium</i> (Jacq.) Steud. (FABACEAE)	Bawang Kakawate
Parasite Infection	<i>Ananas sativum</i> Schultz (BROMELIACEAE)	Pinya
Post Child Delivery Pain	<i>Colocasia esculentum</i> (L.) Schott (ARACEAE) <i>Eleusine indica</i> (L.) Gaertn. (POACEAE) <i>Lagenaria siceraria</i> Standl. (CUCURBITACEAE) <i>Sporobolus indicus</i> (L.) R.Br.var.flacidus (POACEAE)	Butig Dano-dano Tabayag Parag-is
Post Child Delivery Strength	<i>Canarium asperum</i> L. (BURSERACEAE)	Balsahingin
Rheumatism	<i>Capsicum frutescens</i> L. (SOLANACEAE) <i>Cocos nucifera</i> L. (ARECACEAE) <i>Zingiber officinale</i> Rosc. (ZINGIBERACEAE)	Sili Niyog Luya
Relapse from Illness or After Child Delivery	<i>Aegle glutinosa</i> (Blanco) Merr. (RUTACEAE) <i>Aerua lanata</i> (L.) Juss. (AMARANTHACEAE) <i>Blumea balsamifera</i> (L.) D.C. (ASTERACEAE) <i>Coleus blumei</i> Benth. (LAMIACEAE) <i>Premna integrifolia</i> L. (VERBENACEAE) <i>Schefflera foetida</i> L. (ARALIACEAE) <i>Schefflera odorata</i> (Blco) Merr. & Rolfe (ARALIACEAE) <i>Tinospora rumphii</i> (Boerl.) (MENISPERMACEAE) <i>Tristania decorticata</i> (Blco.) Merr. (MYRTACEAE)	Runas Agad-agad Sambong Mayana Alagao Tamale Galamai-amo Makabuhay Bunglas
Ringworm Infection	<i>Areca catechu</i> L. (ARECACEAE) <i>Cassia alata</i> L. (FABACEAE) <i>Nicotiana tabacum</i> L. (SOLANACEAE) <i>Piper</i> sp. (PIPERACEAE)	Bunga Akapulco Tabako Mam-in
Scabies	<i>Cocos nucifera</i> L. (ARECACEAE) <i>Corcuma longa</i> L. (ZINGIBERACEAE)	Niyog Dilao

	<i>Tinospora rumphii</i> (Boerl.) (MENISPERMACEAE)	Makabuhay
Sinusitis	<i>Chrysanthemum indicum</i> L. (ASTERACEAE) <i>Cocos nucifera</i> L. (ARECACEAE) <i>Coleus blumei</i> Benth. (LAMIACEAE)	Manzanilla Niyog Mayana
Skin Diseases	<i>Cassia alata</i> L. (FABACEAE) <i>Corcuma longa</i> L. (ZINGIBERACEAE) <i>Gmelina philippinensis</i> Chan. (VERBENACEAE) <i>Ipomoea batatas</i> (L.) Poir. (CONVOLVULACEAE)	Akapulco Dilao Gmelina Kamote
Spitting Blood	<i>Axonopus compressus</i> (POACEAE) <i>Mimosa pudica</i> L. (FABACEAE)	Kulapi Makahiya
Sore Eyes	<i>Uncaria philippinensis</i> Elmer (RUBIACEAE)	Balangkawing
Sore Throat	<i>Allium cepa</i> L. (LILIACEAE) <i>Citrus mitis</i> Blanco (RUTACEAE)	Sibuyas Kalamansi
Sprain	<i>Artemisia vulgaris</i> L. (ASTERACEAE) <i>Caesalpinia sappan</i> L. (FABACEAE) <i>Croton tiglium</i> L. (EUPHORBIACEAE) <i>Mangifera altissima</i> Blco. (ANACARDIACEAE) <i>Schefflera odorata</i> (Blco) Merr. & Rolfe (ARALIACEAE)	Kamaria Sibukao Tuba Pao Tamle
Stomach Disorders	<i>Acorus calamus</i> L. (ARACEAE) <i>Andrographis paniculata</i> (Burm) Nees (ACANTHACEAE) <i>Alstonia scholaris</i> (L.) R. Br. (APOCYNACEAE) <i>Arcangelisia flava</i> (L.) Merr. (MENISPERMACEAE) <i>Artemisia vulgaris</i> L. (ASTERACEAE) <i>Chrysanthemum indicum</i> L. (ASTERACEAE) <i>Cinnamomum mercadoi</i> Vid. (LAURACEAE) <i>Donax cannaefomis</i> (MARANTACEAE) <i>Hyptis suaveolens</i> Poir. (LAMIACEAE) <i>Mangifera altissima</i> Blco. (ANACARDIACEAE) <i>Persea Americana</i> Mill. (LAURACEAE) <i>Sphaerostephanos unitus</i> (L.) Holtt. (THELYPTERIDACEAE) <i>Tinospora rumphii</i> (Boerl.) (MENISPERMACEAE) <i>Vitex negundo</i> (L.) (VERBENACEAE) <i>Xanthoxylum limonella</i> (Dennst.) Alst. (RUTACEAE) <i>Zingiber officinale</i> Rosc. (ZINGIBERACEAE)	Lubidan Maribelyosa Dita Laktang Kamaria Manzanilla Kalingag Banban Suag-kabayo Pao Abokado Lagunding itim Makabuhay Lagundi Kayetana Luya
Teething	<i>Musa sp.</i> (MUSACEAE)	Tindok
Tinea	<i>Cassia alata</i> L. (FABACEAE)	Akapulco
Toothache	<i>Allium sativum</i> L. (LILIACEAE) <i>Begonia pseudolateralis</i> Warb. (BEGONIACEAE) <i>Piper nigrum</i> L. (PIPERACEAE) <i>Tinospora rumphii</i> (Boerl.) (MENISPERMACEAE)	Bawang Baribid Paminta Makabuhay
Typhus	<i>Physalis minima</i> L. (SOLANACEAE)	Unti

Ulcer	<i>Diospyros discolor</i> Willd. (EBENACEAE)	Mabolo
Vomiting	<i>Ipomoea batatas</i> (L.) Poir (CONVOLVULACEAE)	Kamote
Wounds and Cuts	<i>Ageratum conyzoides</i> L. (ASTERACEAE)	Bulak-manok
	<i>Artemisia vulgaris</i> L. (ASTERACEAE)	Kamaria
	<i>Axonopus compressus</i> (POACEAE)	Kulapi
	<i>Dischidia</i> sp. (ASCLEPIADACEAE)	Balukatok
	<i>Imperata cylindrica</i> (L.) Beauv., var. <i>Koenigii</i> (Retz) Benth. (POACEAE)	Kogon
	<i>Kaemferia glanga</i> L. (ZINGEBERACEAE)	Kusor
	<i>Kalanchoe pinnata</i> Lamk. (CRASSULACEAE)	Bangkalasan
	<i>Macaranga tanarius</i> (L.) Muell. - Arg. (EUPHORBIACEAE)	Binunga
	<i>Melastoma polyanthus</i> Bl. (MELASTOMACEAE)	Saransok
	<i>Mikania cordata</i> (ASTERACEAE)	Barokyaw
	<i>Nicotiana tabacum</i> L. (SOLANACEAE)	Tabako
	<i>Piper betel</i> L. (PIPERACEAE)	Yawid
	<i>Psidium guajava</i> L. (MYRTACEAE)	Bayabas
	<i>Quamoclit pinnata</i> (Lam.) Bojer (CONVOLVULACEAE)	Cabello del angel
	<i>Stachytarpetta jamaicensis</i> (L.) Vahl. (VERBENACEAE)	Damong-kambing

**Table III: Index to local names**

<b>Local names</b>	<b>Scientific names</b>	<b>Family</b>
ABOKADO	<i>Persia americana</i> Mill	Anacardiaceae
ACACIA	<i>Cassia siamea</i> Lam.	Fabaceae
AGAD-AGAD	<i>Aerva lanata</i>	Amaranthaceae
AGNAYA	<i>Stenochlaena palustris</i> (Burm.) Bedd	Blechnaceae
ALAGAO	<i>Premna integrifolia</i> L.	Verbenaceae
AKAPULKO	<i>Cassia alata</i> L.	Fabaceae
ALAGAW	<i>Premna integrifolia</i> L.	Verbenaceae
ALUPAYI	<i>Homalomena philippinensis</i> Engl.	Araceae
BALANGKAWING	<i>Uncaria philippinensis</i> Elmer	Verbenaceae
BALETE	<i>Ficus stipulosa</i> Miq.	Moraceae
BALINGHOY	<i>Manihot esculenta</i> Crantz	Euphorbiaceae
BALSAHINGIN	<i>Canarium asperum</i> L.	Burseraceae
BALUKATOK	<i>Dishidia</i> sp.	Asclepiadaceae
BANABA	<i>Lagerstroemia speciosa</i> (L.) Pers	Lythraceae
BANGKALASAN	<i>Kalanchoe pinnata</i> Lamk. (G. Forst) K. Schum	Crassulaceae
BANBAN	<i>Donax cannaeformis</i>	Marantaceae
BARIBID	<i>Begonia pseudolateralis</i> Warb.	Begoniaceae
BAROKYAW	<i>Mikania cordata</i>	Asteraceae
BAWANG	<i>Allium sativum</i> L.	Liliaceae
BAYABAS	<i>Psidium guajava</i> L.	Myrtaceae
BIGAS	<i>Oryza sativa</i> L.	Poaceae
BIKAKA	<i>Setaria italica</i> Beauv.	Poaceae
BINUNGA	<i>Macaranga tanarius</i> (L.) Muell. - Arg.	Euphorbiaceae
BUDBUD	<i>Ficus benjamina</i> L.	Moraceae
BUGNAW	<i>Justicia gendarusa</i> Burm f.	Acanthaceae
BUKASNAY	<i>Ageratum conyzoides</i> L.	Asteraceae
BUNGA	<i>Areca catechu</i> L.	Arecaceae
BUNGLAS	<i>Tristania decorticata</i> (Blco.) Merr.	Myrtaceae
BUTIG	<i>Calocasia esculentum</i> L.	Araceae
CABELLO DEL ANGEL	<i>Quamoclit pinnata</i> (Lam.) Bojer	Convolvulaceae
DAAT	<i>Scleria scrobiculata</i> Nees. Ssp. <i>Scrobiculata</i>	Cyperaceae
DAMONG-KAMBING	<i>Stachytarpetta jamaicensis</i> (L.) Vahl.	Verbenaceae
DANO-DANO	<i>Eleusine indica</i> (L.) Gaertn.	Poaceae
DAWA	<i>Capparis horrida</i> L.	Capparidaceae
SILAO	<i>Corcuma longa</i> (L.)	Zingiberaceae
DITA	<i>Alstonia scholaris</i> (L.) R. Br.	Apocynaceae
DUG-AN	Unidentified	
DUHAT	<i>Eugenia jambolana</i> Lam.	Myrtaceae
GALAMAI-AMO	<i>Schefflera odorata</i> (Blco.) Merr. & Rolfe	Acaliaceae
GMELINA	<i>Gmelina philippinensis</i> Cham.	Verbenaceae
GUGO	<i>Entalada phaseoloides</i> (L.) Merr.	Fabaceae
HANOPOL	<i>Poikilospermum</i> sp.	Cecropiaceae
HAWILI	<i>Ficus septica</i> Burm. f. var. <i>septica</i>	Moraceae
HERBA BUENA	<i>Mentha arvensis</i> L.	Lamiaceae
KAKAWATE	<i>Gliricidia sepium</i> (Jacq.) Steud.	Fabaceae

KALAMANSI	<i>Citrus mitis</i> Blanco	Rutaceae
KALINGAG	<i>Cinnamomum mercadoi</i> Vid.	Lauraceae
KAMARIA	<i>Artemisia vulgaris</i> L.	Asteraceae
KAMOTE	<i>Ipomoea batatas</i> (L.) Poir	Convolvulaceae
KASTULI	<i>Abelmoschus moschatus</i> Medic.	Malvaceae
KATURAY	<i>Sesbania grandiflora</i> (L.) Pers.	Fabaceae
KAYETANA	<i>Xanthoxylum limonella</i> (Dennst.) Alst.	Rutaceae
KAYMITO	<i>Chrysophyllum cainito</i> L.	Sapotaceae
KOGON	<i>Imperata cylindrica</i> (L.) Beauv. Var. <i>koenigii</i> (Retz.) Benth	Poaceae
KUSOR	<i>Kaemferia galanga</i> L.	Zingiberaceae
KULAPI	<i>Axonopus compressus</i>	Poaceae
LAGUNDI	<i>Vitex negundo</i> L.	Verbenaceae
LAGUNDING ITIM	<i>Sphaerostephanos unitus</i> (L.) Holt.	Thelypteridaecae
LAKTANG	<i>Arcangelisia flava</i> (L.) Merr.	Menispermaceae
LANSONES	<i>Lansium domesticum</i> Jack	Meliaceae
MABOLO	<i>Diospyros discolor</i> Willd.	Ebenaceae
MAIS	<i>Zea mays</i> L.	Poaceae
MAKABUHAY	<i>Tinospora rumphii</i> (Boerl.)	Menispermaceae
MAKAHIYA	<i>Mimosa pudica</i> L.	Fabaceae
MAM-IN	<i>Piper sp.</i>	Piperaceae
MANZANILLA	<i>Chrysanthemum indicum</i> L.	Asteraceae
MARBELYOSA	<i>Andrographis paniculata</i> (Burm.) Nees	Acanthaceae
MAYANA	<i>Coleus blumei</i> Benth.	Lamiaceae
MUNGGO	<i>Phaseolus radiatus</i> L.	Fabaceae
NAMI	<i>Dioscorea hispida</i> Dennst.	Dioscoreaceae
NIYOG	<i>Cocos nucifera</i> L.	Arecaceae
OREGANO	<i>Coleus amboinicus</i> Lour.	Lamiaceae
PAMINTA	<i>Piper nigrum</i> L.	Piperaceae
PANSIT-PANSITAN	<i>Peperomia pelucida</i> H.B.K.	Piperaceae
PAO	<i>Mandifera altissima</i> Blco.	Anacardiaceae
PARAG-IS	<i>Sporobolus indicus</i> (L.) R.Br.var. <i>flacidus</i>	Poaceae
PINYA	<i>Ananas sativus</i> Schultz	Bromeliaceae
PUNGAG	<i>Setaria palmifolia</i> (Koen.) Stapf.	Poaceae
ROCO-ROCO	<i>Lantana camara</i> L.	Verbenaceae
RUNAS	<i>Aegle glutinosa</i> (Blanco) Merr.	Rutaceae
SAGING	<i>Musa paradisiacal</i> L.	Musaceae
SAMBONG	<i>Blumea balsamifera</i> (L.) D.C.	Asteraceae
SAMPALOK	<i>Tamarindus indica</i> L.	Fabaceae
SARANSOK	<i>Melastoma polyanthum</i> Bl.	Melastomaceae
SIBUKAO	<i>Caesalpinia sappan</i> L.	Fabaceae
SIBUYAS	<i>Allium cepa</i> L.	Liliaceae
SILI	<i>Capsicum frutescens</i> L.	Solanaceae
SUAG-KABAYO	<i>Hyptis suaveolens</i> Poir.	Lamiaceae
TABAKO	<i>Nicotiana tabacum</i> L.	Solanaceae
TABAYAG	<i>Lagenaria siceraria</i> Standl.	Cucurbitaceae
TABUYOC	<i>Trichosanthes quinqueagulata</i> A. Gray	Cucurbitaceae
TALUMPUNAY	<i>Datura alba</i> Ness.	Solanaceae
TAMALE	<i>Schefflera foetida</i> L.	Araliaceae
TAMALE	<i>Schefflera odorata</i> (Blco.) Merr. & Rolfe	Araliaceae

TANGLAD  
TIBANWA  
TIPALANG  
TINDOK  
TUBA  
TUBA-TUBA  
TUGI  
TURDAN  
UNTI  
URAY  
YAWID

*Cymbopogon citrates* (DC) Stapf.  
*Pleome angustifolia* (Roxb.) N.E.Br.  
*Barringtonia racemosa* (L.) Blume.  
*Musa sp.*  
*Croton tiglium* L.  
*Jatropha curcas*  
*Dioscorea fasciculate* Roxb.  
*Musa sapientum*  
*Physalis minima* L.  
*Amaranthus spinosus* L.  
*Piper betel* L.

Poaceae  
Liliaceae  
Lecythidaceae  
Musaceae  
Euphorbiacea  
Euphorbiacea  
Dioscoreaceae  
Musaceae  
Solanaceae  
Amaranthaceae  
Piperaceae

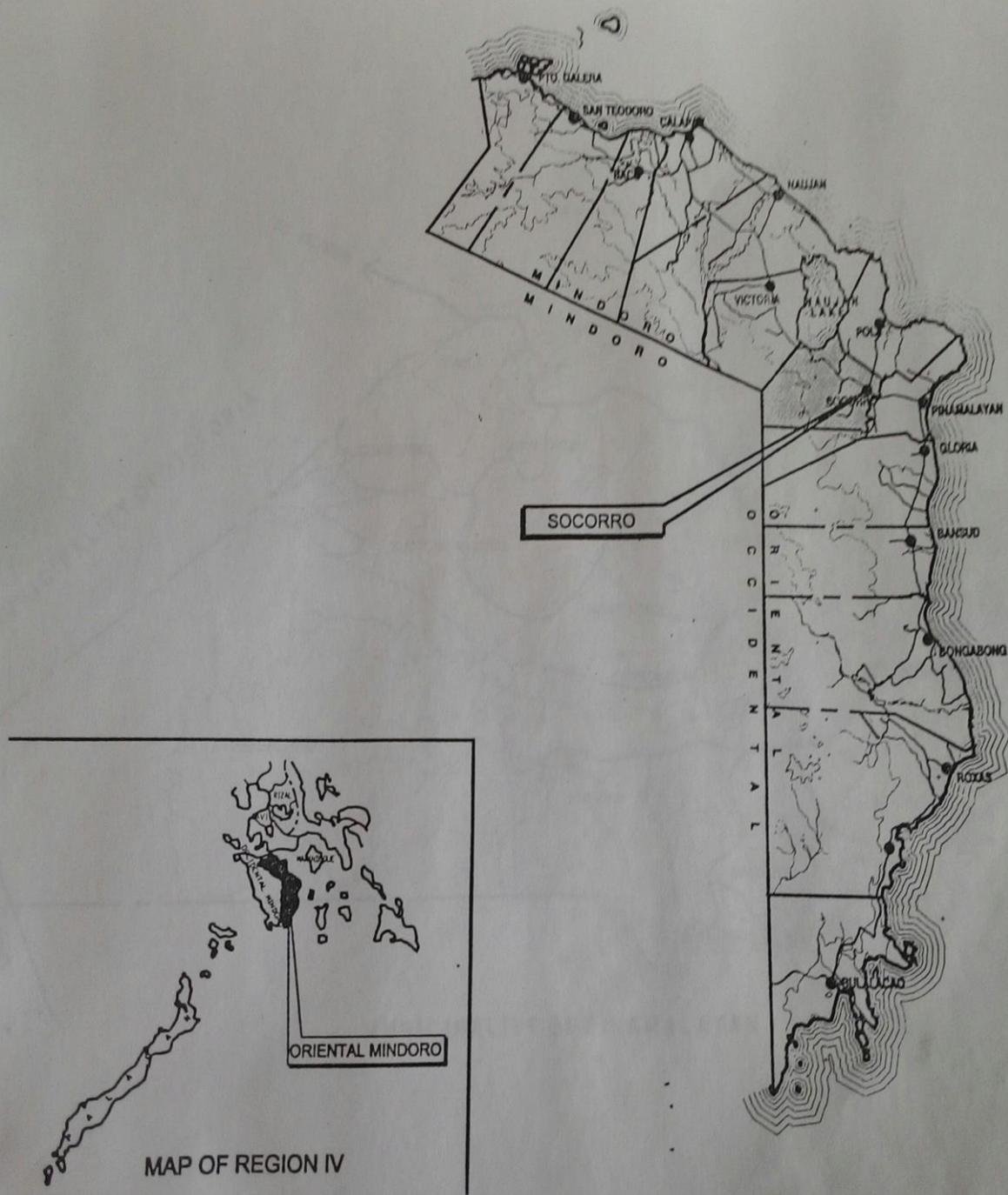


Fig 1. LOCATION MAP OF SOCORRO, ORIENTAL MINDORO

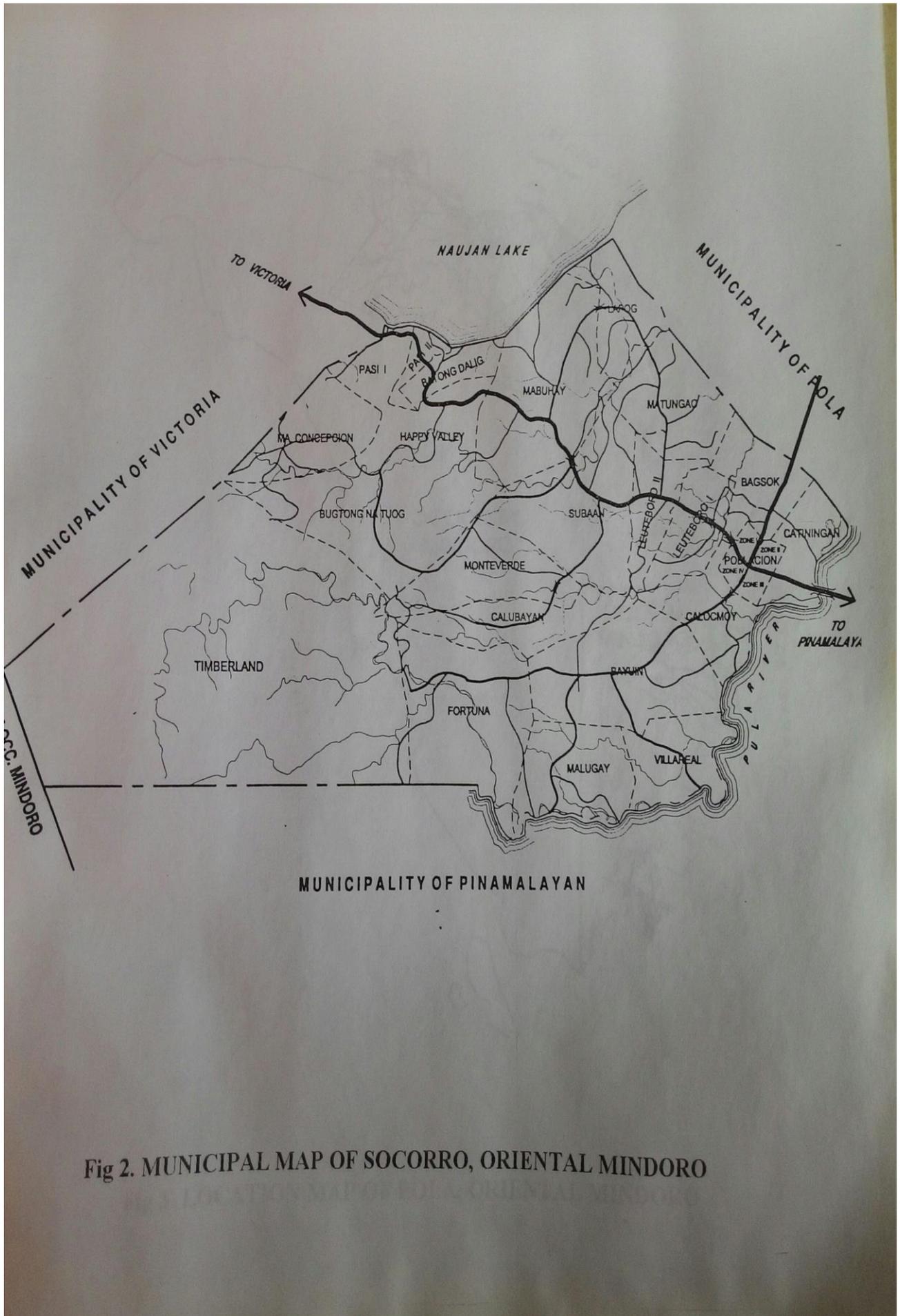


Fig 2. MUNICIPAL MAP OF SOCORRO, ORIENTAL MINDORO

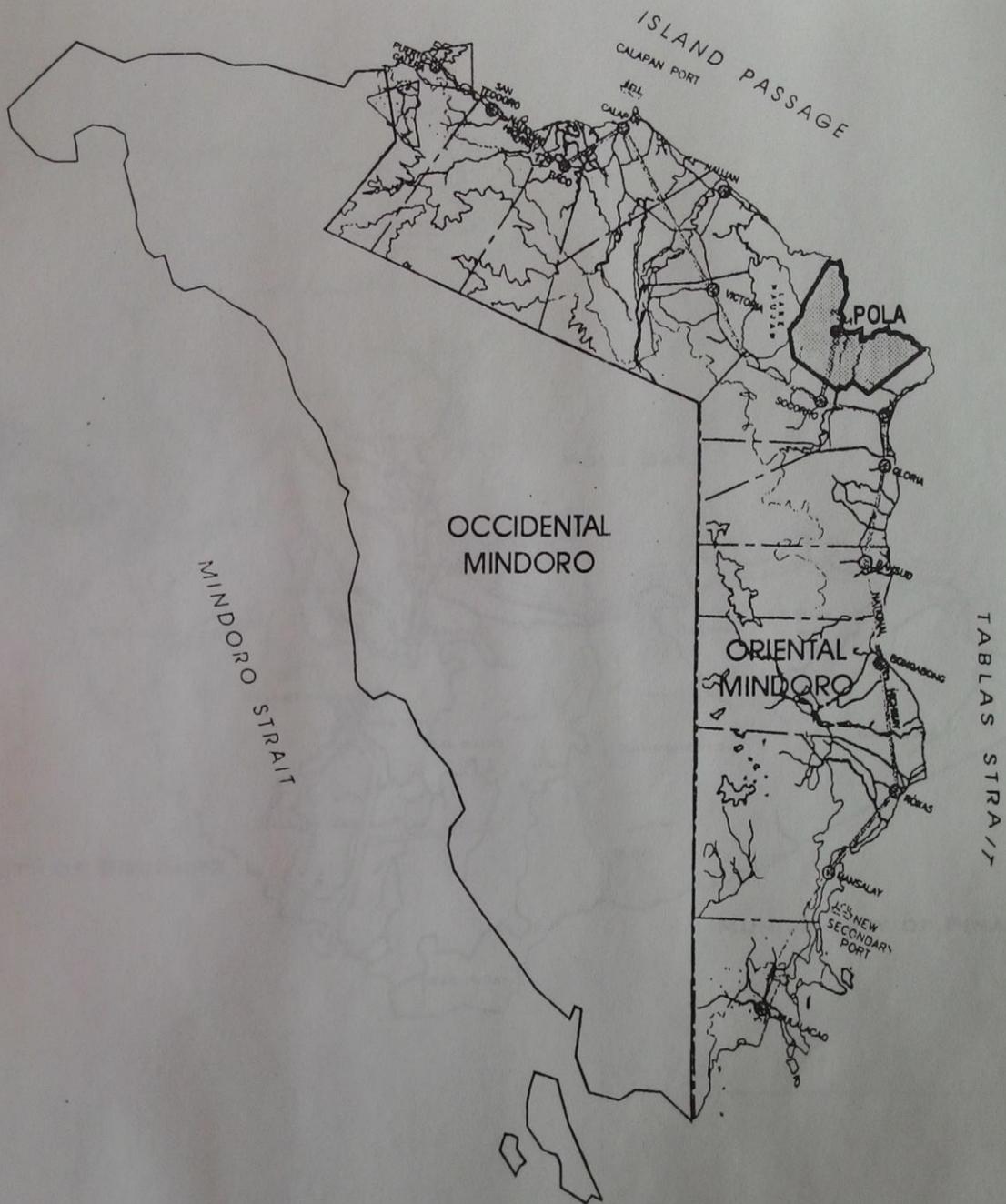


Fig 3. LOCATION MAP OF POLA, ORIENTAL MINDORO

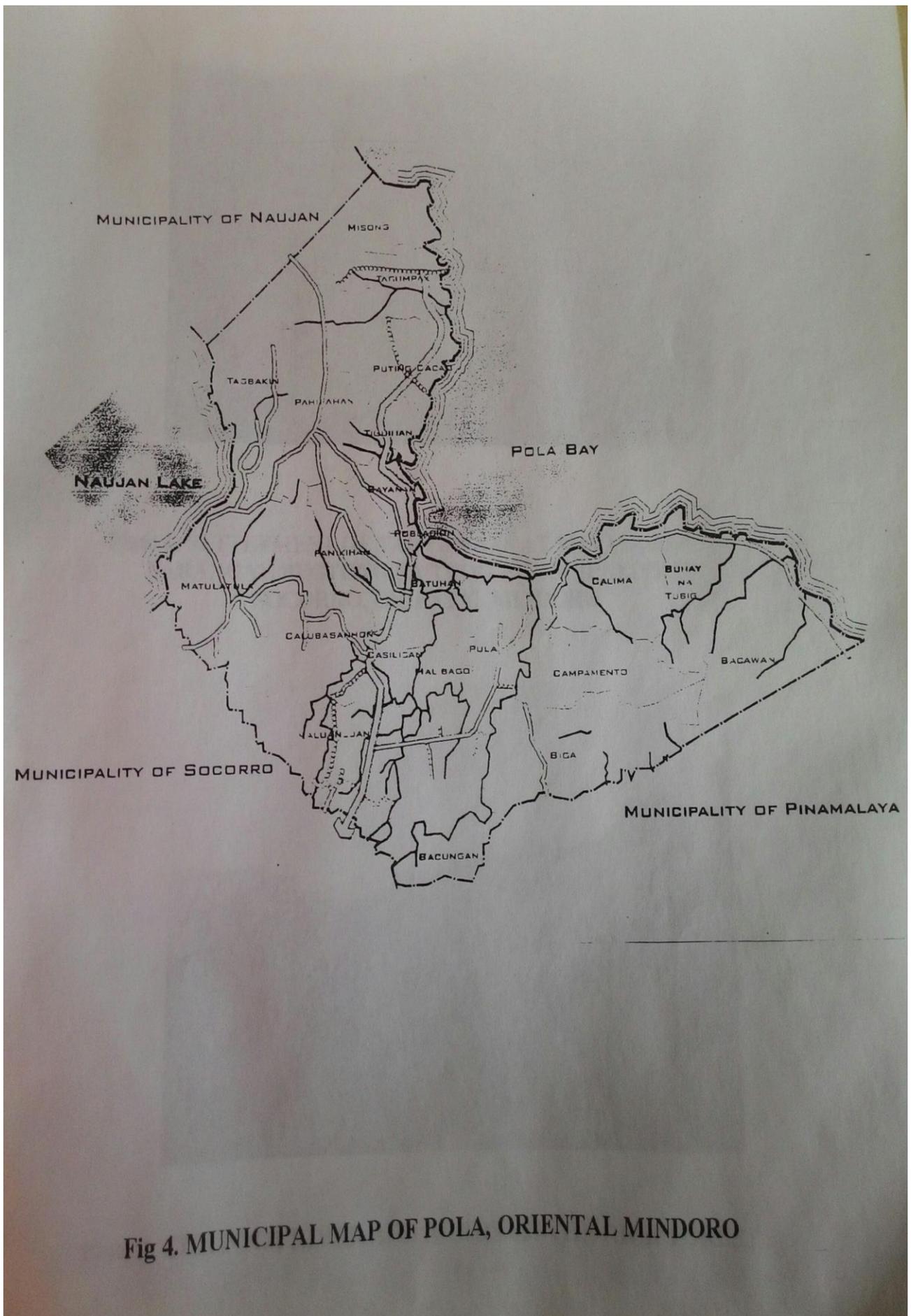
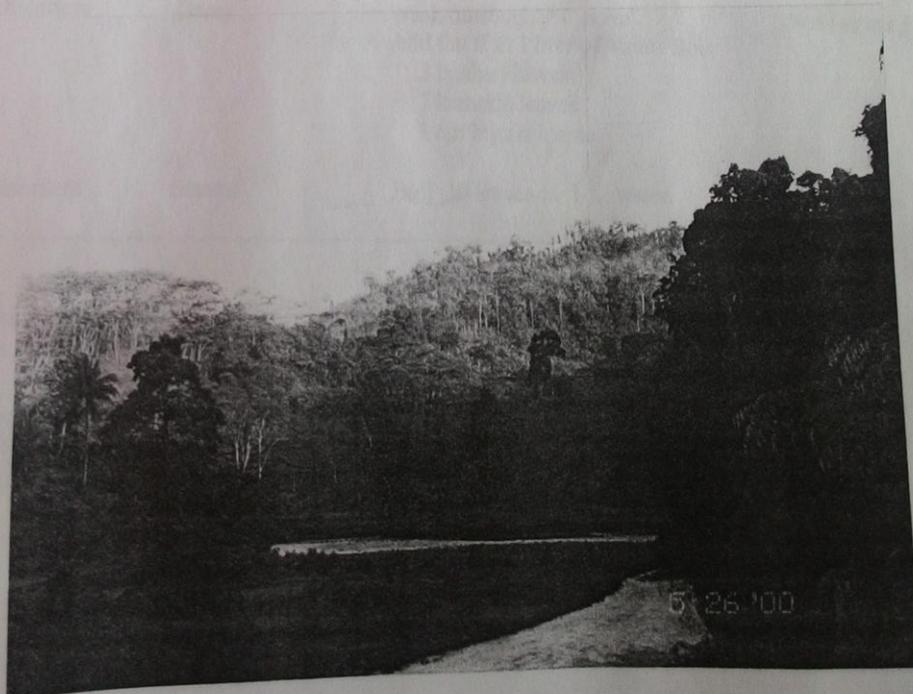


Fig 4. MUNICIPAL MAP OF POLA, ORIENTAL MINDORO



**Plate 1. SETTLEMENT OF TADYAWANS AT SITIO GRANVIDA  
BARANGAY BUGTONG NA TUOG, MUNICIPALITY OF  
SOCORRO, ORIENTAL MINDORO**



**Plate 2. THE POLA RIVER AND ACROSS IS THE RICH FOREST**

## APPENDIX 1:

### Medicinal Plants used by the Tadyawan Mangyans

Scientific name: *Abelmoschus moschatus* Medic.

Family: **Malvaceae**

Local Name: **KASTULI** (Tadyawan, Tagalog)

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Cough	Leaves	Boil 10 leaves in 1 L. water	Drink as tea

Scientific name: *Acorus calamus* L.

Family: **Araceae**

Local Name: **LUBIDAN** (Tadyawan, Tagalog)

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Diarrhea	Corm	Wash thoroughly 1 corm Add the ff. In 1 liter of water. Boil 3 kamaria leaves 1 whole dano-dano root	Drink as tea
Dysentery	Whole plant	Wash thoroughly 1 plant Boil in 1 L. of water	Drink as tea
Stomach Disorders	Corm	Wash thoroughly 1 corm Add the ff. In 1 liter of water. Boil 3 banban leaves 7 kamaria leaves 1 cm luya rhizome	Drink as tea 3x a day
Stomach Disorders	Leaves	Boil 10 leaves in 1 L. water	Drink as tea

Scientific name: *Aegle glutinosa* (Blanco) Merr

Family: **Rutaceae**

Local Name: **RUNAS** (Tadyawan, Tagalog)

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Relapse from illness	Bark	Boil 3 pcs. Bark scrapings in a basin full of water w/ the ff. 7 alagao leaves 2 pcs. 6 in. makabuhay stern 1 pc. 6 in. of sambong root	Drink as tea Consume w/n the day

Scientific name: *Aerua lanata* (L.) Juss.  
 Local Name: **AGAD-AGAD** (Tadyawan, Tagalog)

Family: **Amaranthaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Relapse from Illness	Whole plant	Wash thoroughly Boil in 1 liter of water Add the ff.: 3 pcs. Broiled garlic 1 pc. 2 cm. placental tissue	Drink the preparation until consumed

Scientific name: *Ageratum conyzoides* L.  
 Local Name: **BUKASNAY** (Tadyawan, Tagalog)

Family: **Asteraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Wounds and Cuts	Leaves	Poultice	Apply to affected area

Scientific name: *Allium cepa* L.  
 Local Name: **SIBUYAS** (Tadyawan, Tagalog)

Family: **Liliaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Fever	Bulb	Pound 3 pcs w/ the ff. 2 nami leaves 1 pinya fruit bud 2 tugi leaves	Apply at the head
Fever	Bulb	Pound 1 bulb w/ 10 leaves herba buena Add 5 drps of coconut oil	Massage all over the body
Headache	Fruit	Pound 7 pcs. Of the bulb w/: 7 herba buena leaves 7 kalamansi fruits ½ tbsp salt	Massage to the head
Sore throat	Bulb	Together w/ kalamansi Fruit, broil	Apply externally at throat

Scientific name: **Allium sativum** L.  
 Local Name: **BAWANG** (Tadyawan, Tagalog)

Family: **Liliaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
High blood pressure	Bulb		Eat 1 piece 3x a day
Muscular Spasm	Bulb	Pound 1 pc w/ kakawate Shoot tips	Apply at the temple
Toothache	Bulb	Pound a piece	Get a small piece & Apply to the affected tooth

Scientific name: **Alstonia scholaris** (L.) R. Br.  
 Local Name: **DITA** (Tadyawan, Tagalog)

Family: **Apocynaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Malaria	Bark	Boil 5x2 bark in 1 L. water	Drink as tea
Stomach Disorders	Leaves	Boil 3 leaves in 1 glass of water	Drink as tea continuously

Scientific name: **Amaranthus scholaris** L.  
 Local Name: **URAY** (Tadyawan, Tagalog)

Family: **Amaranthaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Measles	Roots	Wash thoroughly the whole root sys. Add the ff: 1 pc. daat flower 1 pc. dawa inflorescence Continuously add water until measles Appears	Drink continuously

Scientific name: **Ananas sativus** Schultz  
 Local Name: **PINYA** (Tadyawan, Tagalog)

Family: **Bromeliaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Fever	Fruit bud	Pound 1 pc. Bud w/ the ff: 2 tugi leaves 2 lami leaves 3 pcs onion bulb	Apply at the head
Parasite infection	Fruit	Get an immature fruit	Eat once a day

Scientific name: ***Andrographis paniculata*** (Burm.) Nees  
Local Name: **MARIBELYOSA** (Tadyawan, Tagalog)

Family: **Acanthaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Leaves	Boil 10 leaves in 1 L. of water	Drink as tea

Scientific name: ***Arcangelisia flava*** (L.) Merr.  
Local Name: **LAKTANG** (Tadyawan, Tagalog)

Family: **Menispermaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Leaves	Boil 10 leaves in 1 L. of water	Drink as tea

Scientific name: ***Areca catechu*** L.  
Local Name: **BUNGA** (Tadyawan, Tagalog)

Family: **Arecaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Ringworm infection	Fruit	Chew 5 pcs.	Apply on affected area

Scientific name: ***Artemisia vulgaris*** L.  
 Local Name: **KAMARIA** (Tadyawan, Tagalog)

Family: **Asteraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Diarrhea	Leaves	Boil 7 pcs. In 1 liter of water Add the ff: 1 pc. Lubigan corm 1 whole dano-dano root	Drink as tea
Dysmenorrhea	Leaves	Boil 10 leaves w/ 10 mansanilyas Leaves in 1 liter of water	Drink as tea
Sprain	Leaves	Pound 5 leaves w/ salt Wrap in banana leaf then heat	Apply at the affected area
Stomach Disorders	Leaves	Boil 10 pcs in 1 liter of water Add 10 pcs of mansanilyas leaves	Drink as tea
Stomach Disorders	Leaves	Pound & wrap in banana leaf Broil	Apply as poultice To the affected area
Stomach Disorders	Leaves	Boil 7 leaves in 1 liter of water Add the ff: 3 banban leaves 1 lubidan corm 1 cm luya rhizome	Drink as tea 3x a day
Stomach Disorders	Leaves	Boil 10 leaves in 1 liter of water	Drink as tea
Wounds and Cuts	Leaves	Poultice	Apply to affected area

Scientific name: ***Axonopus compressus***  
 Local Name: **KULAPI** (Tadyawan, Tagalog)

Family: **Poaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Snakebite	Leaves	Chew 3 pcs. Add the ff: Chewed 3 pcs. lunas leaves Chewed 3 pcs. cogon leaves	Wrap the preparation to the bitten area tie w/ cogon stalk
Snakebite	Leaves		Wrap the bitten area w/ cogon leaves Replace w/ chewed kulapi leaves
Spitting Blood	Roots	Wash thoroughly 3 whole roots Boil in 1 liter of water	Drink as tea
Wounds	Leaves	Chew in 3 pcs.	Apply to wounded part
Wounds	Leaves		Chew leaves & apply at the wound

Scientific name: ***Barrington racemosa*** (L.) Blume.  
 Local Name: **TIPALANG** (Tadyawan, Tagalog)

Family: **Lecythidaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Cough	Bark	Boil 3 x 5 in. bark in 1 L water	Drink as tea

Scientific name: ***Begonia psudolateralis*** Warb.  
 Local Name: **BARIBID** (Tadyawan, Tagalog)

Family: **Begonia**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Toothache	Leaves	Extract juice	Drop on affected tooth

Scientific name: ***Blumea balsamifera*** (L.) D.C.  
 Local Name: **SAMBONG** (Tadyawan, Tagalog)

Family: **Asteraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Cough	Leaves	Boil 10 leaves in 1 L. water	Drink as tea
Headache	Leaves	Heat 3 leaves	Put the leaves on the forehead
Relapse from	Root	Boil 1 pc. Of a 6 in. root in basin Full of water w. The ff: 7 alagao leaves 2 pcs. 6 in. makabuhay stern 3 scrapings runas bark	Drink as tea Consume w/n the day

Scientific name: ***Caesalpinia sappan*** L.  
 Local Name: **SIBUKAO** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Sprain	Wood	Boil 2x2 in wood un 1 L. water	Drink as tea. Maybe Applied to affected area

Scientific name: **Canarium asperum** L.  
 Local Name: **BALSAHINGIN** (Tadyawan, Tagalog)

Family: **Burseraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Post-child delivery	Bark	Boil 5 pcs. 6 in. bark in 2 glasses of water until half of the initial volume is left	Drink as tea
Post-child delivery	Sap	Cut bark & get milky sap Heat the sap & add to 50 ml water	Drink as tea

Scientific name: **Capparis horrida** L.  
 Local Name: **DAWA** (Tadyawan, Tagalog)

Family: **Capparidaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Measles	Inflorescence	Wash thoroughly 1 pc. of inflorescence of dawa. Add the ff: 1 pc daat flower 1 whole root of uray Continuously add water until measles appears	Drink continuously

Scientific name: **Capsicum frutescens** L.  
 Local Name: **SILI** (Tadyawan, Tagalog)

Family: **Solanaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Infected wound	Fruit	Fry 5 fruits in coconut oil	Apply fruit juice at the affected area
Rheumatism	Fruit	Mix w/ roasted luya & Coconut oil. Pound	Apply fruit juice at the affected area

Scientific name: **Cassia alata** L.  
 Local Name: **AKAPULCO** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Ringworm	Leaves	Homogenize 5 leaves Get the extract	Apply the extract to the affected area
Skin Disease	Sap		Apply directly to the affected area
Tinea	Leaves	Homogenize 5 leaves Get the extract	Apply the extract to the affected area
	Leaves	Pound 5 leaves	Apply to affected area

Scientific name: **Cassia siamea** Lam.  
 Local Name: **ACACIA** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Measles	Bark	Boil 5x2 in. bark in 500ml water	Drink as tea or apply to the affected skin

Scientific name: **Chrysanthemum indicum** L.  
 Local Name: **MANZANILLA** (Tadyawan, Tagalog)

Family: **Asteraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Dysmenorrhea	Leaves	Boil 10 leaves w/ 10 kamaria Leaves in 1 liter of water	Drink as tea
Sinusitis	Leaves	Heat in fire 5 leaves Add coconut oil	Put at the forehead for 30 min.
Stomach Disorders	Leaves	Boil 10 pcs in 1 liter of water Add 10 pcs of kamaria Leaves	Drink as tea
Stomach Disorders	Leaves	Pound & wrap in banana leaf. Broil	Apply as poultice to abdomen

Scientific name: **Chrysophyllum cainito** L.  
 Local Name: **KAYMITO** (Tadyawan, Tagalog)

Family: **Sapotaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Diarrhea	Leaves	Boil 10 leaves in 1 liter of water Add 10 pcs of duhat leaves	Drink as tea

Scientific name: **Cinnamomum mercadoi** Vid.  
 Local Name: **KALINGAG** (Tadyawan, Tagalog)

Family: **Lauraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Fever	Bark	Boil 5x2 in. bark in 500ml water	Drink as tea
Stomach Disorders	Bark	Chew 1 in. bark	Chewed by the patient

Scientific name: ***Citrus mitis*** Blanco  
 Local Name: **KALAMANSI** (Tadyawan, Tagalog)

Family: **Rutaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Headache	Fruit	Pound 7 fruits w/ 7 herba buena leaves 7 pcs of onion bulbs ½ tbsp salt	Massage to the head
Infected wound	Fruit	Broil the fruit	Apply fruit juice at the affected area
Sore throat	Fruit		Eat the immature fruit
	Fruit	Together w/ onion Bulb, broil	Apply externally at the throat

Scientific name: ***Cocos nucifera*** L.  
 Local Name: **NIYOG** (Tadyawan, Tagalog)

Family: **Arecaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Asthma	Fruit	Add a few drops of fruit oil w/ heated balingoy leaves	Put at the chest 2x a day
Dysuria	Fruit	Cut the fruit & obtain juice	Drink as juice
Fever	Fruit	Pound 1 bulb w/ 10 leaves of herba buena Add 5 drops of coconut oil	Massage all over the body
Healing of a Newborn's navel	Fruit	Scrape the outer endocarp. heat the scrapings	Apply at the navel until dry
Infected wound	Fruit	Use fruit oil in cooking sili fruit	Apply sili fruit juice at the affected area
Rheumatism	Fruit	Mix fruit oil w/ pounded sili Fruit & roasted luya	Apply as poultice to affected area
Scabies	Fruit	Add a few drops of fruit oil w/ pulverize dilao rhizome	Apply on the affected area
Scabies	Stem	Add 2 drops of coconut oil to	Apply to affected area
Sinusitis	Fruit	Add a few drops of fruit oil w/ heated mayana leaves	Apply at the forehead
Sinusitis	Fruit	Add a few drops of fruit oil w/ heated manzanilla leaves	Apply at the forehead

Scientific name: ***Coleus amboinicus*** Lour.  
 Local Name: **OREGANO** (Tadyawan, Tagalog)

Family: **Lamiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Cough	Leaves	5 pcs. of leaves	Apply on the chest. Change leaves when dry

Scientific name: ***Coleus blumei*** Benth.  
 Local Name: **MAYANA** (Tadyawan, Tagalog)

Family: **Lamiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Relapse from illness or	Leaves	Boil 30 pcs. Leaves in In 1 pail of water	Use for aromatic bath
Sinusitis	Leaves	Heat 10 leaves in fire. Add coconut oil	Apply on the head

Scientific name: ***Colocasia esculentum*** (L.) Schott  
 Local Name: **BUTIG** (Tadyawan, Tagalog)

Family: **Araceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Post delivery pain	Shoot tip	Pound 1 tip	Apply externally at the Abdomen

Scientific name: ***Corcuma longa*** (L.)  
 Local Name: **DILAO** (Tadyawan, Tagalog)

Family: **Zingiberaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Arthritis	Rhizome	Pulverize a 3 cm. rhizome Add coconut oil	Apply on the affected area 2x a day
Scabies	Rhizome	Broil 3 cm rhizome w/ 1 in. makabuhay stem Add 2 drops of coconut oil	Apply to affected area
Skin Disease	Rhizome	Homogenize 3 cm rhizome w/ salt. Get the extract	Apply the extract on the affected area

Scientific name: ***Croton tiglium*** (L.)  
 Local Name: **TUBA** (Tadyawan, Tagalog)

Family: **Euphorbiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Flatulence/Dyspepsia	Leaves	Heat 5 leaves	Apply externally at the abdomen
Sprain	Leaves	Pound & heat 3 leaves	Apply at the affected area

Scientific name: ***Cymbopogon citratus*** (DC)  
 Local Name: **TANGLAD** (Tadyawan, Tagalog)

Family: **Poaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Dysuria	Stem	Boil 1 ft. stem	Drink as tea twice a day
Fever	Whole plant	Boil w/ 1 L. of water	Drink as tea
Measles	Whole plant	Boil w/ 1 L. of water	Drink as tea

Scientific name: ***Datura alba*** Nees.  
 Local Name: **TALUMPUNAY** (Tadyawan, Tagalog)

Family: **Solanaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Asthma	Leaves	Roll 2 dry leaves like a cigar	Smoke like cigarette Repeat every 6 hours

Scientific name: ***Dioscorea fasciculata*** Roxb.  
 Local Name: **TUGI** (Tadyawan, Tagalog)

Family: **Dioscoreaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Fever	Leaves	Pound 2 leaves w/ the ff: 2 nami leaves 1 pinya fruit bud 3 pcs onion bulb	Apply at the head

Scientific name: ***Dioscorea hispida*** Dennst.  
 Local Name: **NAMI** (Tadyawan, Tagalog)

Family: **Dioscoreaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Fever	Leaves	Pound 2 leaves w/ the ff: 2 tugi leaves 1 pinya fruit bud 3 pcs onion bulb	Apply at the head
Fever	Leaves	Pound 5 pcs.	Apply to forehead

Scientific name: ***Diospyros discolor*** Willd.  
 Local Name: **MABOLO** (Tadyawan, Tagalog)

Family: **Ebenaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Ulcer	Bark	Boil a 5x2 in. bark in 1 liter of Water	Drink as tea

Scientific name: ***Dischidia sp.***  
 Local Name: **BALUKATOK** (Tadyawan, Tagalog)

Family: **Asclepiadaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Burns	Leaves	Extract sap	Apply to affected area
Wounds & cuts	Leaves	Poultice	Apply to affected area

Scientific name: ***Donax cannaeformis***  
 Local Name: **BANBAN** (Tadyawan, Tagalog)

Family: **Marantaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Leaves	Boil 3 leaves in 1 liter of water Add the ff: 7 kamaria leaves 1 lubidan corn 1 cm luya rhizome	Drink as tea 3x a day

Scientific name: ***Eleusine indica*** (L.) Gaertn.  
 Local Name: **DANO-DANO** (Tadyawan, Tagalog)

Family: **Poaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Diarrhea	Root	Wash thoroughly 1 whole root. Add the ff: in 1 liter of water. Boil. 1 pc. Lubigan corm 3 pcs. Kamaria leaves	Drink as tea
Dysentery	Root	Wash thoroughly 1 whole root. Boil in 1 liter of water	Drink as tea
Post-delivery pain	Whole plant	Boil in 1 liter of water	Drink as tea

Scientific name: ***Entada phaseoloides*** (L.) Merr.  
 Local Name: **GUGO** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Body odor	Bark	Pound	Scrub over the body & use as soap

Scientific name: ***Eugenia jambolana*** Lam.  
 Local Name: **DUHAT** (Tadyawan, Tagalog)

Family: **Myrtaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Diarrhea	Leaves	Boil 10 pcs in 1 liter of water Add 10 pcs. of kaymito leaves	Drink as tea

Scientific name: ***Ficus benjamina*** L.  
 Local Name: **BUDBUD** (Tadyawan, Tagalog)

Family: **Moraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Muscular or Rheumatic Pain	Leaves	Poultice	Apply to affected area. Massage

Scientific name: ***Ficus septica*** Burm. f. Var. ***septica***  
 Local Name: **HAWILI** (Tadyawan, Tagalog)

Family: **Moraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Asthma	Leaves	5 pcs. Leaves	Press leaves to the chest overnight
Fever	Leaves	Pound 5 pcs.	Apply to forehead. If high fever apply all over the body

Scientific name: ***Ficus stipulosa*** Miq.  
 Local Name: **BALETE** (Tadyawan, Tagalog)

Family: **Moraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Inflammation	Bark	Pound 5x2 in. bark Heat for a while	Apply to affected area

Scientific name: ***Gliricidia sepium*** (Jacq.) Steud.  
 Local Name: **KAKAWATE** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Muscular Spasm	Shoot tips	Pound 3 leaves w/ pc of bawang	Apply at the temple

Scientific name: ***Gmelina philippinensis*** Cham.  
 Local Name: **GMELINA** (Tadyawan, Tagalog)

Family: **Verbenaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Skin Disease	Sap		Apply directly to affected area

Scientific name: ***Homalomena philippinensis*** Engl.  
 Local Name: **ALUPAYI** (Tadyawan, Tagalog)

Family: **Araceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Hemorrhoids	Petiole	Heat 3 cm. Long	Apply on affected area
Muscular or Rheumatic Pain	Leaves	Poultice	Apply to affected area. Massage

Scientific name: *Hyptis suaveolens* Poir.  
 Local Name: **SUAG-KABAYO** (Tadyawan, Tagalog)

Family: **Lamiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Leaves	Poultice	Apply to affected area

Scientific name: *Imperata cylindrica* (L.) Beauv., var. *Koenigii* (Retz.) Benth. Family: **Poaceae**  
 Local Name: **KOGON** (Tadyawan, Tagalog)

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Dysuria	Root	Wash thoroughly. Boil 1 whole root w/ 1 liter of water	Drink as tea
Snake bite	Leaves		Wrap the bitten area w/ Cogon leaves, Replaced w/ chewed Kulapi leaves
Wounds	Leaves		Chew leaves & apply at The wound

Scientific name: *Ipomoea batatas* (L.) Poir.  
 Local Name: **KAMOTE** (Tadyawan, Tagalog)

Family: **Convolvulaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Anemia	Shoot tip	Blanch	eat as salad
Skin Disease	Sap		Apply directly to affected area
Vomiting	Leaves	Heat 7 leaves w/ amarilyo leaves	Place externally at the abdomen

Scientific name: *Jatropha curcas* L.  
 Local Name: **TUBA-TUBA** (Tadyawan, Tagalog)

Family: **Euphorbiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Inflammation	Leaves		Apply to affected area. Massage
Muscular or Rheumatic Pain	Leaves	Poultice	Apply to affected area. Massage

Scientific name: *Justicia gendarusa* Burm.f.  
Local Name: **BUGNAW** (Tadyawan, Tagalog)

Family: **Acanthaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Muscular or Rheumatic Pain	Leaves	Poultice	Apply to affected area. Massage

Scientific name: *Kaemferia galanga* L.  
Local Name: **KUSOR** (Tadyawan, Tagalog)

Family: **Zingiberaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Wounds and cuts	Leaves	Poultice	Apply to affected area. Massage

Scientific name: *Kalanchoe pinnata* Lamk.  
Local Name: **BANGKALASAN** (Tadyawan, Tagalog)

Family: **Crassulaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Burns	Leaves	Extract sap	Apply to affected area. Massage
Wounds and cuts	Leaves	Poultice	Apply to affected area. Massage

Scientific name: *Lagenaria siceraria* Standl.  
Local Name: **TABAYAG** (Tadyawan, Tagalog)

Family: **Cucurbitaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
High blood pressure	Fruit	Boil	Eat
Post delivery pain	Leaves	Pound 5 leaves	Apply externally at the abdomen

Scientific name: *Lagerstroemia speciosa* (L.) Pers.  
Local Name: **BANABA** (Tadyawan, Tagalog)

Family: **Lythraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Dysuria	Leaves	Boil 10 leaves w/ 1 liter of water	Drink as tea

Scientific name: *Lansium domesticum* Jack.  
Local Name: **LANZONES** (Tadyawan, Tagalog)

Family: **Meliaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Malaria	Seeds		Eat the seeds

Scientific name: *Lantana camara* L.  
Local Name: **ROCO-ROCO** (Tadyawan, Tagalog)

Family: **Verbenaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Fever	Leaves	Boil 10 pcs. of leaves in 500 ml water	Drink as tea

Scientific name: *Macaranga tanarius* (L.) Muell.-Arg.  
Local Name: **BINUNGA** (Tadyawan, Tagalog)

Family: **Euphorbiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Wounds	Leaves	Chew 5 pcs.	Apply to affected area

Scientific name: *Mangifera altissima* Blco.  
Local Name: **PAO** (Tadyawan, Tagalog)

Family: **Anacardiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Sprain	Bark	Poultice	Apply to affected area
Stomach Disorders	Bark	Boil 2x5 bark in 1L water	Drink as tea

Scientific name: *Manihot esculenta* Crantz.  
Local Name: **BALINGHOY** (Tadyawan, Tagalog)

Family: **Euphorbiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Asthma	Leaves	Heat in fire then apply a few drops of coconut oil	Put the leaves on the chest

Scientific name: **Melastoma polyanthum** Bl.  
 Local Name: **SARANSOK** (Tadyawan, Tagalog)

Family: **Melastomaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Cough	Bark	Boil 3 x 5 in. bark in 1L water	Drink as tea
Measles	Ripe fruits		Eat the fruit raw
Wounds and cuts	Leaves	Poultice	Apply to affected area

Scientific name: **Mentha arvensis** L.  
 Local Name: **HERBA BUENA** (Tadyawan, Tagalog)

Family: **Lamiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Arthritis	Leaves	W/ 4 tbsp. of dried leaves boil in 2 cups of water	Drink as tea, consume in 15 min. Repeat every 4 hrs.
Cough	Leaves	5pcs. of leaves	Apply on the chest. Change leaves when dry.
Fever	Leaves	Heat 10 leaves w/ pounded Onion bulb Add 5 drops of coconut oil	Massage all over the body
Headache	Leaves	Pound 7 pcs of leaves w/: 7 kalamansi fruits 7 pcs of onion bulbs ½ tbsp salt	Massage to the head

Scientific name: **Mikania cordata**  
 Local Name: **BAROKYAW** (Tadyawan, Tagalog)

Family: **Asteraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Wounds	Leaves	Pound 5 pcs.	Apply on affected area

Scientific name: *Mimosa pudica* L.  
Local Name: **MAKAHIYA** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Asthma	Leaves	Boil 10 leaves in 2 glasses of water	Drink as tea 2x a day
Spitting Blood	Leaves	Boil 10 leaves in 2 glasses of water	Drink as tea

Scientific name: *Musa paradisiaca* L.  
Local Name: **SABA** (Tadyawan, Tagalog)

Family: **Musaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Lower Respiratory Tract Infection	Shoot tips		Apply directly to chest & back

Scientific name: *Nephelium lappaceum* (L.) Mant.  
**Sapindaceae**  
Local Name: **RAMBUTAN** (Tadyawan, Tagalog)

Family:

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Lower Respiratory Tract Infection	Leaves	Boil 3 leaves 1 glass of water	Drink as tea

Scientific name: *Musa sapientum* L.  
Local Name: **TURDAN** (Tadyawan, Tagalog)

Family: **Musaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Diarrhea	Fruit		Eat the banana
Dysentery	Raw fruit	Roast	Eat the banana

Scientific name: *Musa sp* L.  
Local Name: **TINDOK** (Tadyawan, Tagalog)

Family: **Musaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Teething	Sucker	Boil 1 sucker in 1 liter of water	Drink as tea

Scientific name: *Musa sp* L.  
Local Name: **SAGING** (Tadyawan, Tagalog)

Family: **Musaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Dog Bite	Leaf sheath	Wrap w/ banana leaf sheath	the bitten area
Snake Bite	Leaf sheath	Wrap w/ banana leaf sheath	the bitten area

Scientific name: *Nicotiana tabacum* L.  
Local Name: **TABAKO** (Tadyawan, Tagalog)

Family: **Solanaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Ringworm Infection	Leaves	Pound a small pc.	Apply on affected area
Wounds	Leaves	Pound a small pc.	Apply on affected area

Scientific name: *Oryza sativa* L.  
Local Name: **BIGAS** (Tadyawan, Tagalog)

Family: **Poaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Dog Bite	Grains	Chew 10 pcs.	Apply to bitten area
Dysentery	Grains	Soft boil	Eat the rice

Scientific name: *Peperomia pellucida* H.B.K.  
Local Name: **PANSIT PANSITAN** (Tadyawan, Tagalog)

Family: **Piperaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Any sickness	Whole plant	Wash thoroughly, Blanch	Eat as salad

Scientific name: *Persea Americana* Mill.  
Local Name: **ABOKADO** (Tadyawan, Tagalog)

Family: **Lauraceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Leaves	Boil 10 leaves in 1 L. water	Drink as tea

Scientific name: *Phaseolus radiatus* L.  
Local Name: **MUNGGO** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Leaves	Boil 10 leaves in 1 L. water	Drink as tea

Scientific name: *Physalis minima* L.  
Local Name: **UNTI** (Tadyawan, Tagalog)

Family: **Solanaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Typhus	Leaves	Homogenize 10 pcs. of leaves Extract the supernatant	Drink the supernatant

Scientific name: *Pleome angustifolia* (Roxb.) N.E.Br  
Local Name: **TIBANWA** (Tadyawan, Tagalog)

Family: **Liliaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Muscular or Rheumatic Pain	Leaves	Poultice	Apply to affected area. Massage

Scientific name: *Poikilospermum* sp.  
Local Name: **HANOPOL** (Tadyawan, Tagalog)

Family: **Cecropiaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Cough	Sap	Cut fr. the branches & Obtain the sap	Drink 3 times a day
Eye diseases	Sap	Cut fr. the branches & Obtain the sap	Drop in the affected eye
High blood pressure	Roots and bark	Wash thoroughly Boil 5 pcs. 5 cm.	Drink as tea continuously

Scientific name: *Psidium guajava* L.  
 Local Name: **BAYABAS** (Tadyawan, Tagalog)

Family: **Myrtaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Wounds and cuts	Leaves	Boil 10 pcs. of leaves in 500ml. Water	Wash & clean the wound w/ this solution
Wounds and cuts	Leaves	Poultice	Apply to affected area

Scientific name: *Piper betel* L.  
 Local Name: **YAWID** (Tadyawan, Tagalog)

Family: **Piperaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Wounds and cuts	Leaves	Poultice	Apply to affected area

Scientific name: *Piper nigrum* L.  
 Local Name: **PAMINTA** (Tadyawan, Tagalog)

Family: **Piperaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Toothache	Seed	Pound 1 piece	Get a small piece & apply to the Affected tooth

Scientific name: *Piper sp.*  
 Local Name: **MAM-IN** (Tadyawan, Tagalog)

Family: **Piperaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Ringworm Infection	Leaves	Pound 3 pcs.	Apply on affected area

Scientific name: *Premna integrifolia*  
 Local Name: **ALAGAO** (Tadyawan, Tagalog)

Family: **Verbenaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Relapse from Illness	Leaves	Boil 7 pcs. of leaves in basin full of water w/ the ff: 1 pc. 6 in. of sambong root 2 pcs. 6 in. makabuhay stem 3 scraping runas bark	Drink as tea Consume w/n the day

Scientific name: ***Quamoclit pinnata*** (Lam.) Bojer  
 Local Name: **CABELLO DEL ANGEL** (Tadyawan, Tagalog)

Family: **Convolvulaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Wounds and Cuts	Leaves	Poultice	Apply to affected area

Scientific name: ***Schefflera foetida*** L.  
 Local Name: **TAMALE** (Tadyawan, Tagalog)

Family: **Araliaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Relapse from Illness or After Child Delivery	Leaves	Boil 30 pcs. leaves in 1 pail of water	Use as aromatic bath

Scientific name: ***Schefflera odorata*** (Blco.) Merr. & Rolfe  
 Local Name: **GALAMAI-AMO** (Tadyawan, Tagalog)

Family: **Araliaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Relapse from Illness or After Child Delivery	Leaves	Boil 30 pcs. leaves in 1 pail of water	Use as aromatic bath
Sprain	Bark	Poultice	Apply to affected area

Scientific name: ***Scleria scrobiculata*** Nees. ssp. ***scrobiculata***  
 Local Name: **DAAT** (Tadyawan, Tagalog)

Family: **Cyperaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Measles	Flower	Wash thoroughly 1 pc. of flower of daat. Add the ff: 1 inflorescence of dawa 1 whole root of uray Continuously add water until Measles appears	Drink continuously
Measles	Flower	Blanch 10 flowers	Eat the flowers
Measles	Inflorescence	Boil in 1L. Water	Drink continuously

Scientific name: ***Sesbania grandiflora*** (L.) Pers.  
Local Name: **KATURAY** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
High blood pressure	Flowers	Boil 10 flowers in 1 liter of water	Drink as tea 3x a day

Scientific name: ***Setaria italica*** Beauv.  
Local Name: **BIKAKA** (Tadyawan, Tagalog)

Family: **Poaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Measles	Inflorescence	Boil in 1 L. water	Drink as tea

Scientific name: ***Setaria palmifolia*** (Koen.) Stapf  
Local Name: **PUNGAG** (Tadyawan, Tagalog)

Family: **Poaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Measles	Inflorescence	Boil in 1 L. water	Drink as tea

Scientific name: ***Sphaerostephanos unitus*** (L.) Holtt.  
Local Name: **LAGUNDING ITIM** (Tadyawan, Tagalog)

Family: **Thelypteridaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Leaves	Boil 10 leaves in 1 L. water	Drink as tea

Scientific name: ***Sporobolus indicus*** (L.) R.Br. var ***flacidus***  
Local Name: **PARAG-IS** (Tadyawan, Tagalog)

Family: **Poaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Post-delivery pain	Whole plant	Boil 10 leaves in 1 L. water	Drink as tea

Scientific name: ***Stachytarpetta jamaicensis*** (L.) Vahl.  
Local Name: **DAMONG-KAMBING** (Tadyawan, Tagalog)

Family: **Verbenaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Wounds and Cuts	Leaves	Poultice	Apply to affected area

Scientific name: ***Stenochlaena palustris*** (Burm.) Bedd.  
 Local Name: **AGNAYA** (Tadyawan, Tagalog)

Family: **Blechnaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Anemia	Shoot tip	Blanch	Eat as salad
Low blood pressure	Leaves	Blanch	Eat as salad

Scientific name: ***Tamarindus indica*** L.  
 Local Name: **SAMPALOK** (Tadyawan, Tagalog)

Family: **Fabaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Asthma	Bark	Boil a 12 in. bark in 3 glasses of water	Drink 1 cup after meals & before bedtime

Scientific name: ***Tinospora rumphii*** (Boerl.)  
 Local Name: **MAKABUHAY** (Tadyawan, Tagalog)

Family: **Menispermaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Relapse from Illness	Stem	Boil 2 pcs. Of 6 in. stem in basin full of water w/ the ff: 1 pc. 6 in. of sambong root 7 pcs. alagao leaves	Drink as tea Consume w/n the day
Scabies	Stem	Broil 1 in. stem w/ 1 in. dilaw rhizome Add 2 drops coconut oil	Apply to affected area
Stomach Disorders	Stem	Boil 2 in. stem in 1 L. water 3 scrapings runas bark	Drink as tea
Toothache	Stem	Extract juice	Drop on affected tooth

Scientific name: ***Trichosanthes quinquangulata*** A. Gray  
 Local Name: **TABUYOC** (Tadyawan, Tagalog)

Family: **Cucurbitaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Fever	Ripe fruits	Squeeze & add 1 glass of water	Drink as tea
Malaria	Ripe fruits	Squeeze & add 1 glass of water	Drink as tea

Scientific name: *Tristania decorticata* (Blco.)  
Local Name: **BUNGLAS** (Tadyawan, Tagalog)

Family: **Myrtaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Relapse from Illness or After Child Delivery	Bark	Boil 10 pcs. Of 5x2 bark in 1 pail of water	Use for aromatic bath

Scientific name: *Uncaria philippinensis* Elmer  
Local Name: **BALANGKAWING** (Tadyawan, Tagalog)

Family: **Verbenaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Sore Eyes	Sap		Fresh sap should be applied Directly on eyes

Scientific name: *Vitex negundo* (L.)  
Local Name: **LAGUNDI** (Tadyawan, Tagalog)

Family: **Verbenaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Leaves	Boil 10 leaves in 1 liter of water	Drink as tea 3x

Scientific name: *Xanthoxylum limonella* (Dennst.) Alst.  
Local Name: **KAYETANA** (Tadyawan, Tagalog)

Family: **Rutaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Stomach Disorders	Bark	Boil 10 leaves in 1 liter of water	Drink as tea

Scientific name: *Zea mays* L.  
Local Name: **MAIS** (Tadyawan, Tagalog)

Family: **Poaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Dysuria	Style	Boil w/ 1 liter of water	Drink as tea

Scientific name: **Zingiber officinale** Rosc.  
 Local Name: **LUYA** (Tadyawan, Tagalog)

Family: **Zingiberaceae**

Medicinal use/s	Plant part/s used	Preparation	Direction for use
Cough	Rhizome	Boil 1 in. rhizome in liter of water	Drink as tea
Fever	Rhizome	Pound 1 cm rhizome	Spittle, rub on forehead
Rheumatism	Rhizome	Pound 1 cm rhizome. Heat	Wrap the preparation in a cloth around the affected area
Rheumatism	Rhizome	Pound & roast. Mix w/ pounded Sili & coconut oil	Apply as poultice to affected area
Stomach Disorders	Rhizome	Wash thoroughly 1 cm rhizome Add the ff. In 1 liter of water. Boil 3 banban leaves 7 kamaria leaves 1 lubidan corm	Drink as tea 3x a day
Stomach Disorders	Rhizome	Pound & roast	Apply as poultice to abdomen Change 2x a day
Stomach Disorders	Rhizome	Boil 1 in. rhizome in 1L. Water	Drink as tea

## Appendix 2: Plants with other economic uses

Scientific name: *Areca catechu* L.  
Local name: **BUNGA** (Tadyawan, Tagalog)

Family: **Arecaceae**

Nuts are chewed with slaked lime derived from the shells of numerous land snails and leaves of yawed and sadiwa. Chewing betel makes them feel not hungry.

Scientific name: *Begonia sp.*  
Local name: **DOYDULAY** (Tadyawan, Tagalog)

Family: **Begoniaceae**

Used as shampoo. Wherein leaves are pounded to extract juice. Extract is directly applied to the scalp.

Scientific name: *Calicarpa candicans* (Burm.)Hochr.  
Local name: **TIGAW** (Tadyawan, Tagalog)

Family: **Verbenaceae**

The roots are pounded and soaked at the middle of the river, particularly during April and May. After pounding, they then follow the course of water and wait for the poisoned or stupefied aquatic animals to float.

The flowering branches are set as bird blinds.

Scientific name: *Clerodendrum macrostergium*  
Local name: **BALTUNG TONG** (Tadyawan, Tagalog)

Family: **Verbenaceae**

The flowering branches are set as bird blinds.

Scientific name: *Croton tiglium* L.  
Local name: **TUBA** (Tadyawan, Tagalog)

Family: **Euphorbiaceae**

The roots are pounded and soaked at the middle of the river, particularly during April and May. After pounding, they then follow the course of water and wait for the poisoned or stupefied aquatic animals to float.

Scientific name: ***Donax cannaeformis*** (G. Forst) K. Schum Family: **Marantaceae**  
Local name: **BANBAN** (Tadyawan, Tagalog)

Used in making baskets.

Scientific name: ***Derris elliptica*** L. Family: **Euphorbiaceae**  
Local name: **TUBLI** (Tadyawan, Tagalog)

The roots are pounded and soaked at the middle of the river, particularly during April and May. After pounding, they then follow the course of water and wait for the poisoned or stupefied aquatic animals to float.

Scientific name: ***Derris sp.*** L. Family: **Fabaceae**  
Local name: **SIBALAO** (Tadyawan, Tagalog)

The roots are pounded and soaked at the middle of the river, particularly during April and May. After pounding, they then follow the course of water and wait for the poisoned or stupefied aquatic animals to float.

Scientific name: ***Macaranga tanarius*** Muell.-Arg. Family: **Euphorbiaceae**  
Local name: **LOKTOB** (Tadyawan, Tagalog)

Used together with the piles of stones to divert the flow of water of small streams in order to trap fish and shrimps.

Scientific name: ***Nicotiana tabacum*** L. Family: **Solanaceae**  
Local name: **TABAKO** (Tadyawan, Tagalog)

Betel nuts are chewed with slaked lime derived from the shells of numerous land snails and leaves of yawed and sadiwa. Chewing betel makes them feel not hungry.

Scientific name: ***Piper betel*** L.  
Local name: **YAWID** (Tadyawan, Tagalog)

Family: **Piperaceae**

Betel nuts are chewed with slaked lime derived from the shells of numerous land snails and leaves of yawed and sadiwa. Chewing betel makes them feel not hungry.

Scientific name: ***Saccharum spontaneum*** L. subsp. ***indicum*** Hack Family: **Poaceae**  
Local name: **TIGBAO** (Tadyawan, Tagalog)

Used together with the piles of stones to divert the flow of water of small streams in order to trap fish and shrimps.

Scientific name: ***Schizostachyum sp.***  
Local name: **BULO** (Tadyawan, Tagalog)

Family: **Poaceae**

A spear about 5 cm wide and a meter long, pointed at one end and dipped in poisonous substances from some plants used as spear in trapping animals.