

Journal of Coastal Life Medicine

Inventory of Medicinal Plants in Northern Samar

Received: 12 February 2023, **Revised:** 14 March 2023, **Accepted:** 16 April 2023

Manuela Cecille G. Vicencio and Maria Judy M. Somoray

College of Science, University of Eastern Philippines
University Town, Northern Samar, Philippines 6400
manuelacecillev@gmail.com

Keywords:

Decoction, medicinal plants, Northern Samar, traditional medicine

Abstract

The traditional knowledge on medicinal plant is still popular in some communities since it is important in the development of drugs and plant-based medicine as it lays down the foundation of drug discovery. The present survey aims to make an inventory of plants and their medicinal uses by the many people of Northern Samar. Semi-structured interview with a set of pre-determined questions in the local communities of Northern Samar province revealed that there are 170+ plants that belong to 151 genera and 68 families to have medicinal value. Decoction is the major mode of preparation for the cure of rheumatism, cough, and stomach disorders such as diarrhea, ulcers, dysmenorrhea and related ailments. The leaves are predominantly used for the treatment of various ailments. This documentation of the claim medicinal plants will provide a catalog of useful plants of Northern Samar and will unlock opportunities for the discovery and development of new and less expensive plant-based medicines.

1. Introduction

Since time immemorial, people from all the corners of the globe have been using herbal plants in treating different diseases (Domingo, 2017). The World Health Organization established that in many developing countries, traditional medicine plays an important role in meeting the primary health care needs of the population, and highlights specific types of this medicine (Fiscal, 2017). Medicinal plants considerably serve as starting point for the development and modern advancement of novelty in drugs. The knowledge of the plant use is vital in many rural communities who still highly prefer natural remedies due to the efficiency of new drugs derived from plants and the rising concerns about the side effects of modern medicine. The search for new drugs from novel sources such as plants continues to be necessary. To date, plants continue to be a major source of commercially consumed drugs. Even most synthetic drugs have originated from natural plant products.

Lately, the value of traditional knowledge on medicinal plants is recognized worldwide such that at present, finding solutions to emerging diseases related materials. Some countries have very rich in traditional knowledge on plants has published numerous related studies. In recent years, the Philippine government through the Department of Science and Technology and related

agencies are taking a lead in initiating researches on drug discovery from the plants that are being used by local communities. Academic and research institutions are currently being funded by the Philippine government for drug discovery researches.

Rural communities of Northern Samar are known to utilize certain local plants for medicine that is distributed in different and ecological conditions widespread. Moreover, Northern Samar is endowed with rich and diverse vegetation. However, the flora of the Samarenos, particularly of Northern Samar and even perhaps the whole Island of Samar has not been studied extensively. Most studies conducted in this province have been primarily ethnographical in nature, and Northern Samar vegetation was dealt only in passing giving emphasis mostly on its rich forestry. The Samarenos of Northern Samar have not been given much attention by botanists, so that botanical, ethnographical as well as ethnobotanical studies on the Samarenos are practically nill. Thus, the information that will be gather in this study would help us better understand the diversity and potential of Northern Samar's medicinal plants leading to further scientific investigation. With its geographic location, climatic and soil condition, it is hope that numerous medicinal plants will be identified and discovered.

Journal of Coastal Life Medicine

The main aim of the study was to document plants that are considered medicinal in the different municipalities in Northern Samar. Information gathered in this study would help us better understand the diversity and potential of Northern Samar's herbal plants leading to further scientific investigation and thus, more effective and conservation of this valuable resources

2. Methodology

Northern Samar is subdivided into three areas, namely: Balicuatro Area, Central Area and the Pacific Region. The province lies in in the northeast portion of the island of Samar, Philippines with longitudes $12^{\circ} 15' - 12^{\circ} 45'$ and latitudes of $124^{\circ} 15' - 125^{\circ} 30'$. It is one of the six provinces comprising Region VIII. The province consists of twenty-four (24) municipalities. Catarman is the capital town (Galenzoga, Quiñones, 2014).

Sampling

Fifty (50) barangays from thirteen (13) municipalities were chosen purposively as the study area, the sampling began in April 2018 and ended in April 2019, while the extraction began in May 2018 and ended in the first week of June 2019.

A letter of permission (Appendix C) for consent and assistance from barangay officials were made before the collection of samples. The researchers interviewed every herbolarios using the semi-structured questionnaire (Appendix B) and informal communication between the researcher and informant was done for possible medicinal plants and what diseases or ailments does this plants can treat. As for the other locals they were asked if they wanted to collaborate in the research project during the survey.

All the necessary materials for sampling was brought such as: Bolo and knife for bulk samples, scissors, sacks and net bags, digital thermometer for the determination of air and soil temperature, and camera for photo documentation.

During the actual sampling Ethical Standards regarding Plant Collection was take in consideration.

Identification of the Collected Plant Samples

Some of the collected plant samples were identified in situ while other were brought to College of Science

Laboratory Extension for further identification using the available book references and internet sources. The verification and authentication of the collected plant samples was done by an expert from the College of Science.

Preparation of Voucher Specimen

During sampling a part of plant was kept for herbarium, whole plant for the herbs, while a part only for vines, as for shrubs and trees, a stem with leaves and a little portion of bark was gathered. For the treatment of vouchers specimens, the procedure of Potot (1995) was followed with some modifications were made.

3. Result and Discussions

The Collected Plants in Northern Samar

The use of herbal medicine as one element of complementary and alternative medicine is increasing worldwide (Welz, 2018). In the Philippines, knowledge on the use of plants as medicine was inherited from great ancestors through oral tradition (Gruyal, et al. 2014).

In the present study, a total of one hundred seventy plus (170+) species of plants were utilized /considered to have potential medicinal property and most have multiple uses that is significant to the locals.

The place of collection includes rice fields, secondary forest, grassland, and near a stream & river. With the participatory observation of the researchers in the residential area, it was noticed that all houses have lots of plants with different varieties especially in rural areas.

Numerous samples were collected in the different municipalities of Northern Samar since some locals of the barangay still able to adhere in the old style of treating considering their distance from the town proper. Some of the locals responded that the result of using herbals is satisfying as compared to medicines that are pharmaceutically-made. Little thing they know that all/ mostly of the medicines available in the market were plant-based or originated from a certain plant with a little enhancement made for more efficacy. This is an implication that the respondents/locals need to undergo for a seminar for further knowledge about the efficacy of the pharmaceutical-made medicine.

Journal of Coastal Life Medicine

The practice of alternative healing for preventing illness and treating diseases was old and obsolete. Thus, only the elders are interested but not with the young generations, educated people and to those towns that have a direct access to healthcare facilities. They are

slowly fading among the young generations and educated people for the reason that they do not have much knowledge or information about this traditional herbal medicine and find it not useful.

Table 1. List of medicinal plants used by the local community of Northern Samar

Family/ Scientific Name	Local Name	Plant part used	Method of Preparation	Mode of Application	Treatment treated	Place of Collection
Acanthaceae <i>Andrographis paniculata</i> (Burm.f) Nees	Marabillosa	Leaves	Boil with water	Drink one glass two times a day, during ailment occur	Cough, diarrhea, stomach ache, dysmenorrhea	Gamay, Catubig, Bobon, Lapinig
<i>Blechnum pyramidatum</i>	Sapin-sapin	Leaves	Boil with water; crushed the leaves	Drink one glass three times a day; applied to affected area	Chills, coughs, fever, measles; snake bites wounds	UEP, Silvino Lobos, Mondragon
<i>Gendarussa vulgaris</i>	Panhiuli	Leaves and stems	Boil with water; crushed the leaves	Drink one glass three times a day; applied as poultice	Fever, cough, diarrhea; headache, ear aches, and rheumatism	Las Navas, Pambujan, Palapag, Gamay
<i>Gratophyllum pictum</i>	Huwas na busag	Leaves and stems	Boil with water, infusion, and crushed the leaves and stems	Drink one glass, during ailment occur; applied to affected area	Cuts, headache, back pain, earache; constipation and promote menstruation	Laoang, San Roque, Allen, Catubig
Acoraceae <i>Acorus calamus</i>	Lubigan	Rhizome, roots, and leaves	Boil with water	Drink one glass, during ailment	Urinary tract infection	Las Navas, San Isidro, Mondragon, Bobon
Alliceae <i>Allium ampeloprasum</i>	Sebelyino	Bulb	Crushed the bulb	Applied on affected areas	Pain of bites & stings, and ringworm	Mondragon, Allen, Palapag, Lapinig
<i>Allium odoratum</i> L.	Kutsay	Leaves and whole plant	Crushed and infusion	Applied as poultice; drink one glass	Swelling, fresh wound, bruise & sprain	Gamay, Las Navas, Allen, Silvino Lobos
Amyryllidaceae <i>Crinum asiaticum</i>	Bakung					

Journal of Coastal Life Medicine

<i>Hippeastrum sp.</i>	Mala-sibuyas	Leaves and bulb	Crushed and boiled	Applied as poultice into affected areas; boiled for steam inhalation	Rheumatism, pain, earaches, cold & cough, and fever	Gamay, San Roque, Catubig
<i>Proiphys amboinensis (L.) Herb</i>	Abod, Tambal	Flower and bulb	Crushed and infusion	Drink one glass; applied on affected area	Healing wounds, swelling and sores, whooping cough	Catarman, Las Navas, San Isidro, Bobon
<i>Anacardiaceae</i>						
<i>Spondias pinnata (Linn.f.) Kurz.</i>	Libas	Leaves	Crushed, freshly eaten	Eat or chewed 3-5 young leaves two times a day; applied on affected area	Burns, sores, wounds, rheumatism: diarrhea and vomiting	Bobon, Allen Pambujan, Lapinig
<i>Mangifera indica Linn.</i>	Manga	Leaves	Boil with water or infusion	Drink one glass, during ailment	High fever and diarrhea	Bobon, Las Navas, Mapanas, Palapag
<i>Annonaceae</i>						
<i>Annona squamosa</i>	Atis	Leaves	Boil with water and crushed	Drink one glass two times a day; applied on affected area	Fresh wound and cleansing drink	Catarman, Bobon, San Roque, Mondragon, Lapinig
<i>Annona reticulata</i>	Anonas	Leaves, fruit, and bark	Crushed or powder, decoction	Applied on affected area; drink one glass, during ailment	Diarrhea, boils, fever, ulcer, toothache	Lapinig, Mapanas, Allen Silvino Lobos, Catubig
<i>Annona muricata</i>	Gwardabano	Leaves	Decoction, freshly eaten	Drink one glass 2-3 times a day; eat 3 leaves two times a day	Diarrhea, diabetes, cough, arthritis	UEP, Lapinig, Palapag, San Isidro, Pambujan
<i>Apocynaceae</i>						
<i>Catharanthus roseus</i>	Tsitsirika	Leaves and	Decoction or infusion	Drink one glass, during ailment	Diabetes, stomach cramps, dysmenorrhea	Pambujan, UEP,

Journal of Coastal Life Medicine

<i>Plumeria obtusa L.</i>	Kalatsutsi	whole plant	Pound and extract the juice	Apply directly on the affected area.	Toothache, arthritis, rheumatism, cracks & eruption of the soles of the feet	Mapanas, Gamay
<i>Tabernaemontana pandacaqui Poir.</i>	Pandakaki, Alibotbot	Leaves	Pound leaves until soft	Apply and attach to the affected area	Relief of toothache	UEP, Lapinig, Gamay, Bobon
		Leaves and stems				Palapag, Las Navas, San Roque, Mapanas
Araceae <i>Alocasia macrorrhizos</i>	Badyang	Stem, leaves, rhizomes	Decoction, crushed	Drink one glass during ailment, apply to the affected area	Stomach ache, diarrhea, head ache, gout and rheumatism	Catarman, Las Navas, Silvino Lobos
<i>Homalomena philippinensis</i>	Payaw	Rhizomes and leaves	Crushed	Applied as poultice	Rheumatism	Palapag, Bobon, Gamay
<i>Syngonium podophyllum</i>	Arrowleaf	Bark, roots and leaves	Decoction, crushed	Drink one glass, during ailment, apply and attach to the affected area	Deep wounds, stomach ache, toothache	Mondragon, San Roque, Lapinig, Catubig
<i>Colorcasia esculenta</i>	Gaway, Gabi	Leaves and rhizomes	Decoction, crushed	Drink one glass two times a day, applied as poultice	Promote menstruation, boils, conjunctivitis, wounds	Bobon, Catubig, Mapanas, San Isidro
Araliaceae <i>Hydrocotyle umbellata</i>	Dollar weed	Leaves and roots	Infusion, crushed	Apply on affected areas; drink one glass, during ailment	Diarrhea, whooping cough, abdominal pains, rheumatisms, wounds	UEP, Allen Pambujan, Laoang, Palapag
<i>Polyscias fruticose</i>	Malunggay sa halas	Leaves	Decoction, crushed	Drink one glass during ailment; apply on affected areas	Diuretic and rheumatic pains	UEP, Palapag, Gamay, Catubig, Bobon
Areaceae						

Journal of Coastal Life Medicine

<i>Areca catechu L.</i>	Bunga	Fruit	Crushed, chewed	Rub or apply on the affected teeth	Toothache	Palapag, Gamay, Lapinig, Las Navas
<i>Cocos nucifera</i>	Lubi	Leaves, fruit	Boil with water, crushed	Drink thrice a day, induces normal urination and faster cure for diarrhea; apply on the affected area	Kidney problem, cleansing, diarrhea, skin itchiness, UTI	Bobon, Las Navas, Mapanas, Silvino Lobos
<i>Nypa fruticans Wurm.</i>	Nipa	Leaves, root, sap	Decoction; squeeze the sap; leaves heated	Apply or attach directly on affected area, drink one glass to lower the sugar	Headache, toothache, conjunctivitis, diabetes	Palapag, Laoang, Pambujan, Catubig, Las Navas
Aristolochiaceae <i>Aristolochia philippinensis</i>	Tambal-ibingan, Ubat	Leaves, roots	Decoction	Drink one glass, during ailment	Relieve stomach ache and promote menstruation	Catarman, Allen, Bobon, Silvino Lobos
Asclepiadaceae <i>Dischidia vidalii</i>	Lakop-lakop	Leaves, stem	Decoction, crushed	Drink one glass 2-3 times a day, during ailment; apply on affected area	Goiter, earache	Mondragon, Catubig, Allen, San Isidro, Laoang
Aspleniaceae <i>Asplenium nidus</i> Linn.	Lurog, Pakpak-lauin	Leaves	Decoction	Drink one glass two times a day, rub on the chest	Fever, cough chest pain, sores	Palapag, Gamay, Las Navas, Laoang
Asphodeloideae <i>Aloe vera</i> (L.) Burmit	Aloe vera / Sabila	Stem	Extract the sap	Sap applied into the scalp or apply on the skin as emollient.	Balding or loss of hair; for sun burn	UEP, Pambujan, Mondragon, Bobon, Catarman
Asteraceae/ Compositae <i>Ageratum conyzoides</i>	Bulak-manok Herba maria	Leaves, stem Leaves	Decoction, crushed Decoction	Drink one glass, during ailment, apply on affected area Drink one glass, during ailment	Cough, cold, fever, skin disease, headache Dysmenorrhea stomachache	Silvino Lobos, Las Navas, Catubig, Mapanas

Journal of Coastal Life Medicine

<i>Artemesia vulgaris</i>	Hagonoy	Leaves	Crushed	Apply on affected area	Fresh wound	Palapag, Mapanas, Bobon,
<i>Chromolaena odorata</i>	Kolongkoking	Young leaves	Pound young leaves and squeeze the juice	Apply on affected area	Fresh wound	Pambujan Las Navas, Silvino Lobos,
<i>Cyanthillium cinereum</i>	Turutabako	Leaves	Crushed	Apply on affected area	Fresh wound	Mondragon Catarman, San Isidro, Laoang, Lapinig
<i>Elephantopus escaber</i>	Yapana	Leaves, flower, whole plant	Poultice, infusion	Drink one glass, during ailment occur, apply on affected area	Fever, colds, diarrhea, wound, bowel problem, headache	Palapag, Catubig, Gamay
<i>Eupatorium triplinerve</i>	Akopar	Leaves	Decoction, infusion, poultice	Drink one glass, during ailment occur apply and attach on affected area	Cough, wounds, snake and scorpion bites, sore eyes	Gamay, Laoang, Mapanas Mondragon
<i>Mikania sp.</i>	Daisy	Roots, leaves	Decoction, Poultice	Drink one glass, during ailment occur, apply and attach on affected area	Fever, diabetes, wounds and cuts	Las Navas, San Roque, Bobon
<i>Taraxacum campyloides</i>						Mondragon, UEP, Bobon, Pambujan, Catarman
Balsaminaceae <i>Impatiens balsamina</i> Linn.	Kamantigui, Touch-me-not	Root, stem, flower, seeds	Poultice, decoction	Drink one glass, during ailment, apply on affected area	Painful inflammation, joint pains, dysmenorrhea snake bites	Pambujan, Catubig, Palapag, Allen
Basellaceae <i>Basella alba</i>	Alugbati	Leaves	Crushed	Applied as poultice	Boils	Bobon, Silvino Lobos, Las Navas Palapag,
Boraginaceae						

Journal of Coastal Life Medicine

Ehretia microphilla Lam.	Semente	Leaves, roots	Decoction or infusion, crushed	Drink one glass, during ailment, applied as poultice	Cough, diarrhea, back pain and numbness of hands and feet; and snake bite, wounds.	Gamay, Mapanas, Catubig, Mondragon
<i>Heliotropium indicum</i>	Trompang elepante	Leaves	Decoction, poultice	Gurgle half glass two times a day, apply on affected area	Wounds and boils, rheumatism, sore throats and tonsillitis.	Bobon, Pambujan, Allen, San Roque
Bromeliaceae <i>Ananas comosus</i>	Pinya	Fruit	Peel and cut the fruit.	Freshly eaten, Chewed	Hypertension, ringworm	San Roque, Palapag, Catubig, Gamay
Camelinaceae <i>Tradencanthia spathacea</i>	Bangka- bangkaan	Flower, leaves	Decoction, crushed the leaves between the fingers	Drink one glass, during ailment occur; roll and insert into the nostril until the bleeding stops and then gently remove	Cough, colds, nose bleed	Las Navas, Silvino Lobos, Mapanas
Caricaceae <i>Carica papaya</i>	Kapayas	Fruit, leaves	Cut and slice the fruit; crushed, boil the leaves with water	Freshly eaten; apply on affected area; gurgle half glass two times a day	Indigestion, constipation, tonsillitis, fresh wound, snake and dog bites	Mapanas, Laoang, SanRoque, Mondragon, UEP
Celastraceae <i>Salacia korthalsiana</i>	Polipog	Root, stems	Decoction, poultice	Drink one glass; applied and attach into affected area	Treatment against cracked lips, rheumatism, painful joints	Las Navas, Mapanas, Palapag
Combretaceae <i>Quisqualis indicus</i>	Tangulon	Leaves, seeds	Poultice, decoction	Apply and attach to affected area; drink one glass	Diarrhea, fever, headaches, snake and animal bites	Catubig, Mapanas, Allen, Silvino Lobos
<i>Terminalia catappa</i>	Talisay	Leaves, bark, roots	Poultice or crushed	Applied as poultice to affected area	Rheumatic joints, pains, including headaches relieve mammary pain	San Isidro, Bobon, Las Navas, Mondragon

Journal of Coastal Life Medicine

Compositae <i>Artemesia vulgaris</i>	Herba maria Damong maria	Leaves	Decoction	Drink one glass two times a day	Dysmenorrhea, stomach ache	Palapag, UEP, Bobon, San Roque, Laoang
<i>Blumea balsamifera</i>	Sambong	Leaves	Decoction, boiled for steam inhalation	Drink one glass during ailment occur; inhaled	Diabetes, cough, stomach ache, asthma	Catubig, Mapanas, Pambujan, San Isidro
<i>Tagetes erecta</i> (L.)	Rosas de empacho	Flower and leaves	Decoction, poultice or pound until become soft	Drink one glass, during ailment occur; apply on affected area	Abdominal pain during menstrual period, rheumatic muscular and bone pain; sore eyes and rheumatism.	Bobon, UEP, Pambujan, Catarman, Allen
Convulvulaceae <i>Ipomoea cairica</i>	Morning glory vine	Leaves	Crushed	Apply on affected area	Rheumatism and inflammation	Pambujan, San Roque, Mapanas, Palapag, UEP
<i>Ipomoea pes- caprae</i>	Lambayong	Leaves	Decoction	Drink one glass twice a day	Stomach pains and cramps, headache and rheumatism	UEP, Lapinig, Mapanas, Catubig, Pambujan
<i>Ipomoea batatas</i> (L.) Lam.	Kamote tops	Leaves	Boil the leaves with water	Drink one glass thrice a day	Measles	Las navas, Palapag, Lapinig, Silvino lobos
<i>Ipomoea aquatic</i> Forsk.	Kangkong	Young leaves and stems	Poultice	Apply on affected area	Fever with delirium, constipation, headache, and insomnia	Palapag, Catubig, Mondragon, San Roque, Bobon
Costaceae <i>Chaemocostus cuspidatus</i>	Insulin plant	Leaves	Boil with water	Drink one glass, during ailment occur.	Diabetes and renal disorder	Palapag, UEP, Bobon, Pambujan
Crassulaceae <i>Bryophyllum pinnatum</i>	Katakataka/ Angeliko	Entire plant	Decoction, poultice or powder	Drink one glass two to three times a day; apply or attach to affected area	Insect bites, wounds, boils, cough, fever, constipation, headache	Mondragon, Gamay, Allen Las Navas, San Roque

Journal of Coastal Life Medicine

Cucurbitaceae <i>Momordica charantia</i> L.	Ampalaya, Kokwa	Leaves, fruit	Crushed	Heat over low fire. Eat as needed; apply on affected area	Athlete's foot, fresh wound, diabetes	Las Navas, Palapag, Gamay, Pambujan, San Roque, UEP
<i>Zehneria japonica</i>	Melong-daga	Leaves, fruit	Decoction, crushed	Drink or gargle; squeeze the juice from the flower and drop on the affected area.	Urinary tract infection, tonsillitis, conjunctivitis	Mapanas, Bobon, Silvino Lobos, Las Navas
Cyperaceae <i>Sclerias scrobiculata</i>	Daat	Leaves, root	Decoction	Drink one glass	Boil	Gamay, Laoang, Bobon, UEP
Dioscoreaceae <i>Dioscorea alata</i> L.	Ube	Root	Pound until become soft	Apply on affected area	Skin eruption, herpetic eruption, ringworm	Palapag, Gamay, Catubig, Lapinig
Ebenaceae <i>Diospyros multiflora</i>	Batuan	Bark, leaves	Pound leaves to soften and extract the juice; boil the roots with water	Rubbed on forehead and all over the body; drink one glass, during ailment occur	Fevers, cough, and colds, diarrhea	Palapag, Las Navas, Mondragon, Silvino Lobos
Euphorbiaceae <i>Codiatum variegatum</i>	Kalipayan	Leaves	Pound the leaves until soft and juicy	Apply on affected area	Rheumatic pains of the legs and waist, snakebites	Lapinig, Silvino Lobos, Las Navas, Bobon, UEP, San Roque
<i>Croton tiglium</i> Linn.	Tuba, Makaisa	Roots, seeds, fresh leaves.	Decoction and poultice	Drink one glass; apply on affected area	Swellings and boils, snake bites, vomiting, diarrhea, and fever.	UEP, Silvino Lobos, San Isidro, Laoang
<i>Euphorbia hirta</i>	Tawa-tawa	Entire plant	Poultice and decoction	Drink one glass; apply and attach on affected area	Sprain, arthritis, muscle pain, toothache	UEP, Palapag, Bobon,

Journal of Coastal Life Medicine

<i>Homalanthus populneus</i>	Balante	Root	Pound the roots and extract the juice	Apply on affected area	Wound, snake bites, skin disease and rheumatism	Pambujan, San Isidro
<i>Jatropha curcas</i>	Tuba-tuba	Leaves	Infusion and poultice.	Drink one glass; apply as poultice	Measles, small pox, chicken pox, and/or skin rashes, headaches, colds, fever, constipation, rheumatism	Catarman, San Roque, Catubig, Mapanas Bobon, Mondragon, Catubig, Lapinig
<i>Jatropha podagrica</i> Hook.	Ginseng	Roots, seeds, fruit, flower.	Decoction, crushed	Rub on the chest, drink one glass	Chest pains and fever, cough and constipation	Silvino Lobos, UEP, San Roque, Bobon, Allen
<i>Manihot esculenta</i>	Banayan, Lagikway	Tuber, leaves, bark	Poultice, decoction	Drink one glass; apply on affected area	Rheumatism, skin diseases, coughs, headache	Mondragon, Silvino Lobos, Catubig, Palapag, Mapanas
<i>Melanolepis multiglandulosa</i>	Alum	Bark, leaves, flowers.	Poultice, decoction, slightly heated	Apply directly on affected area; drink one glass	Scabies, athlete's foot, dysmenorrhea and diarrhea	Mapanas, Laoang, Mondragon, Silvino Lobos
<i>Pyllanthus acidus</i> (L.) Skeels	Iba	Leaves, bark	Decoction, poultice	Drink one glass Apply directly on affected area	Rheumatic pains, arthritis, and inflamed joints	Catarman, Palapag, San Roque, UEP, Gamay
<i>Tinosphora crispa</i>	Palyawan	Bark, stem, leaves	Boil the leaves in water	Used as washing and antiseptic	Skin infections, menstrual disorders, small pox and antidote to snake venom	Catubig, San Isidro, Catubig, Lapinig
<i>Mentha arvensis</i>	Herba beuna	Leaves			Ringworm and other fungal infections	Catarman, Pambujan, Laoang, Bobon, Allen

Journal of Coastal Life Medicine

Fabaceae <i>Aeschynomene americana</i>	Makahiyang lalaki	Roots	Crushed	Applied on affected area	Itchiness, rashes, wound and skin irritation, ringworm	Catubig, Silvino Lobos, Las Navas
<i>Cassia alatasyn.</i> <i>Senna alata</i>	Katitas	Leaves	Pound the leaves; boil the leaves in water	Drink one glass; apply on affected area	Diarrhea, stomach ache, urinary disease and ulcer, fever, snakebites	Catarman, Bobon, Allen, Mondragon, Laoang
<i>Gliricidia sepium</i>	Kakawate	Leaves	Boil in water; crushed and extract the juice	Drink one glass	Intestinal parasitism: ascariasis and trichinosis.	UEP, Catubig, Mapanas, Gamay
<i>Indigofera suffruticosa</i>	Tagum	Seeds, roots, leaves	Decoction, poultice, powder	Drink one glass, apply on affected area	Stomach ache, diarrhea, mumps, UTI, arthritis, tooth ache	UEP, Las Navas, Laoang, Lapinig, Mapanas
<i>Leucaena leucocephala</i>	Ipil-ipil	Seeds	Pick a fruit	Eat five seeds in every dose for three days	De-wormer	Palapag, Pambujan, Bobon, Allen, Catubg
<i>Mimosa pudica</i>	Kirom-kirom	Whole plant	Decoction, crushed and applied on affected area	Drink one glass; apply on affected area	Cough, gout, wounds, goiter, fever	San Isidro, Las Navas, Gamay, Palapag, San Roque
<i>Pueraria phaseoloides</i>	Oro-string beans	Bark, leaves	Decoction of the crushed bark; poultice of the leaves	Drink one glass two to three times a day, apply on affected area	Ulcers and boils.	Silvino Lobos, Bobon, Mondragon, Lapinig
<i>Bauhinia malabarica Roxb.</i>	Alibangbang, Buka-buka	Leaves, flower	Pound the leaves, infusion	Apply to forehead; drink one glass	Fever, dysentery	Catubig, Las Navas, Gamay, Silvino Lobos
<i>Tamarindus indicus</i>	Sampalok	Leaves, bark, flower, fruit	Poultice, decoction or boil in water	Gargle the water with sampalok, apply to affected area, used in bathing	Aromatic bath for fever, sore throat, boils and rashes, swelling of ankles and joints	Las Navas, Mapanas, Gamay,

Journal of Coastal Life Medicine

						Laoang, Mondragon
Flacourtiaceae <i>Pangium edule</i> Keinw	Pangi	Leaves, bark	Poultice	Apply on affected area	Headaches, infected wounds boils and parasitic worms	Catarman, Las Navas, Silvino Lobos
Guttiferae / Clusiaceae <i>Callophyllum</i> <i>inophyllum</i>	Bitaoag, Danclan	Leaves	Infusion, decoction or boil in water	Drink one glass two times a day	Asthma, cough	San Isidro, Mondragon, Catubig, Mapanas
Iridaceae <i>Sisyrinchium</i> <i>palmifolium</i>	Sibuyas sa agta	Bulb	Crushed	Apply to affected area	Fresh wound	Mondragon, Bobon, Silvino Lobos, Allen
Lamiaceae/Labiatae <i>Coleus amboinicus</i>	Klabo	Leaves	Decoction or infusion	Drink decoction/ infusion	Asthma, cough	Palapag, Gamay, Las Navas, San Isidro
<i>Coleus blumei</i>	Bidyara	Leaves	Poultice	Apply on affected area	Fresh wound	Catubig, Mapanas, Lapinig, UEP, San Roque, Catarman
<i>Hyptis capitata</i>	Burunganon	Roots	Decoction	Drink decoction	Fever and diarrhea	Polangi, Catarman, Mondragon, Las Navas, Mapanas, Lapinig
<i>Hyptis suaveolens</i>	Loko-lobo	Whole plant	Poultice	Apply on affected area	Athlete's foot and ringworm lesions, boils, headache, stomach ache, rheumatism, snakebites	Bobon, UEP, Mondragon, Laoang, Mapanas
<i>Lycopus uniflorus</i>	Mamhot	Whole plant	Decoction, poultice, powder and lotion	Drink decoction, applied as poultice	Hyperthyroidism, cough and menstruation	San Roque, Catubig, Palapag
<i>Ocimum basilicum</i>	Basil					

Journal of Coastal Life Medicine

<i>Pogostemum heyneanus</i> Benth.	Kadlum	Whole plant, leaves	Poultice or chewed, decoction	Drink decoction, applied as poultice	Ulcer, cough, fresh wound, sore throat	Silvino Lobos, Mondragon, Bobon, Catarman
	Adgaw	Leaves and roots.	Decoction, infusion, fresh leaves	Drink decoction, apply and attach to the affected area	Coughs and asthma, boils, headache	Las Navas, Gamay, Silvino Lobos, Mondragon
	Balbas-pusa	Leaves	Infusion, decoction	Drink decoction or infusion	Diarrhea, vomiting and rheumatism	Las Navas, Bobon, Laoang, Catubig
<i>Premna odorata</i>						
<i>Orthosiphon aristatus</i>		Leaves	Decoction, infusion, fresh leaves	Drink decoction, applied as poultice on affected are	Gout and renal disorder, toothache	Catubig, Bobon, Pambujan, Silvino Lobos
Lauraceae						
<i>Cinnamomum verum</i>	Katingag	Roots, leaves	Decoction, crushed and applied on affected areas	Gargle the decoction, drink decoction, apply on affected area	Treat toothache and fight bad breath, cold, flu, influenza, sore throat, menstruation, headache, fever, and diarrhea.	San Isidro, Mondragon, Las Navas, Gamay
<i>Persea americana</i>	Abukado	Leaves, bark	Decoction	Drink decoction	Stomach ache, hypertension, cold, diarrhea, UTI	Palapag, Las Navas, Bobon, UEP, Mondragon
Lecythidaceae						
<i>Barringtonia asiatica</i>	Bituon	Leaves, fruit, seeds, bark	Decoction, poultice, fresh leaves heated	Drink decoction, apply as poultice on the affected area	Stomachache rheumatism, goiter, boils, coughs, sore throat, diarrhea.	Catubig, Laoang, San Roque
<i>Barringtonia racemosa</i>	Balangisag	Bark, leaves, fruit, seeds.	Decoction, poultice powder	Drink decoction, apply on affected area	Anti-rheumatic, Rat and snake bites, skin itches, chicken pox, cough and diarrhea	Lapinig, Las Navas, Silvino Lobos, Allen

Journal of Coastal Life Medicine

Leguminosae <i>Erythrina orientalis</i>	Dapdap	Bark, roots, leaves.	Decoction, poultice	Drink decoction, apply and attach to affected area	Coughs and asthma, lumbar and leg pain, toothache, earache, constipation, rheumatic joints	Silvino Lobos, Mondragon, Mapanas, Catubig
<i>Vigna unguiculata</i> (Linn.) Walp	Sitaw / String beans	Leaves	Poultice	Apply to affected area	Heal and bond broken bones	Laoang, Catubig, san Roque, Bobon
Lythraceae <i>Lagerstroemia speciosa</i>	Banaba	Leaves, bark, roots	Decoction	Drink one glass two to three times a day	Stomach ache, UTI, diarrhea, hypertension, delayed menstruation	Mondragon, Bobon, Silvino Lobos, Lapinig
Malvaceae <i>Hibiscus rosa-sinensis</i>	Gumamela	Flower, roots and leaves	Poultice, partially heat the flower, infusion	Apply heated flower of affected body part; drink infusion	Boils, cough, fever, mumps	UEP, San Roque, Catubig, Bobon, Catarman
<i>Hibiscus tiliaceus</i>	Malobago	Flowers, bark, seeds, leaves, roots.	Poultice, decoction, infusion	Drink one glass, apply on affected area	Cough, sore throats, and open wounds, fever, earaches	Bobon, San Roque, Las Navas, Silvino Lobos
<i>Urena lobata</i>	Kulitan	Roots, leaves	Poultice, decoction	Apply on affected area, drink one glass	Rheumatic pains, tonsillitis, relieve colic, snake bites, sprains, and bruises	Allen, Pambujan, Mondragon, San Isidro
<i>Theobroma cacao</i> L.	Cacao	Seed, roots, bark, flower, fruit pulp, leaves	Decoction, infusion	Drink one glass two to three times a day	Promotes or stimulates menstrual flow, treat the pains of pregnancy, fevers, and coughs	UEP, San Roque, Bobon, Catarman, Catubig
<i>Abelmoschus esculentus</i>	Okra/Lady finger		Decoction, crushed	Drink decoction, apply on the affected area	Fever, difficult urination and diarrhea, wound healing, sore	San Roque, UEP, Pambujan,

Journal of Coastal Life Medicine

(Linn.) Moench.		Roots, leaves, young pods, seeds			throat, headaches, varicose veins arthritis	Laoang Mapanas
Meliaceae <i>Sandoricum koetjape</i>	Santol	Roots, bark, and leaves	Decoction, pound leaves until soft	Apply and attach to the affected area, drink one glass	Diarrhea, skin infections and rashes, ringworm, fever	Catarman, San Roque, Mondragon, UEP, Gamay
Menispermaceae <i>Arcangelisia flava</i> (L.) Merr.	Albotra	Bark, roots, and stems.	Decoction, boil with water	Apply as washing or antiseptic, drink decoction	Cleansing wounds; used as a cure for itches, fever, diarrhea	Las Navas, Silvino Lobos, Mondragon
Mimosaceae <i>Mimosa pudica</i> Linn.	Kirom-kirom	Whole plant, leaves, roots.	Decoction, powder, poultice	Drink decoction, apply to the affected area	Used as diuretic; also used for dysentery and dysmenorrhea, sore throat, wound and sores, diabetes	Las Navas, UEP, Mondragon, Palapag, Laoang Gamay, Catarman
<i>Leucoena leucocephala</i>	Ipil-ipil	Dried seeds, root, bark	Decoction	Drink one glass two times a day	Intestinal parasitism, diabetes, internal pain	Laoang, UEP, Palapag, Allen, San Roque, Bobon
Moraceae <i>Artocarpus heterophyllus</i>	Langka	Leaves, fruit, bark, seeds	Pound until become soft	Drink one glass, during ailment occur.	Diarrhea, fever and asthma, wounds, diabetes	Palapag, Gamay, Mapanas, Catubig, Mondragon
<i>Ficus hauli</i>	Hawili	Root, leaves	Boil leaves with water, preheat the root	Drink during ailment occur, apply on the affected area	Diarrhea, cough, and stomach problems, diuretic, boils, headache, rheumatism	Gamay, Las Navas, Catubig, Silvino Lobos, San Isidro
<i>Ficus benjamina</i>	Panuringon		Pound until soft	Apply on the affected area	Wounds and bruises, rheumatism,	Silvino Lobos, Las

Journal of Coastal Life Medicine

		Bark, root, leaves.			relief muscle pain and fatigues	Navas, Mondragon, Lapinig
Moringaceae <i>Moringa oleifera</i> Lam.	Kamalunggay	Leaves	Decoction, pick fresh leaves	Drink during ailment occur, eat fresh leaves	High fever, anemia, cough, diabetes, low blood pressure	Laoang, Pambujan, San Roque, Bobon, Catubig Palapag, UEP,
Musaceae <i>Musa paradisiaca</i>	Sab-a	Leaves	Crushed and applied, Decoction,	Drink during ailment occur, apply on the affected area	Allergy, urinary tract infection, diarrhea	Palapag, Gamay, Laoang, Mondragon, Silvino Lobos
<i>Musa textilis</i>	Abaka	Stem	Crushed, decoction	Apply on the affected area, drink decoction	Skin allergy, urinary tract infection, diarrhea	Las Navas, Silvino Lobos, Lapinig
Myrsinaceae <i>Ardisia squamulosa</i>	Ardisia	Leaves	Decoction, preheat the leaves	Drink during ailment occur, applied on the chest and wounds	Chest pains, fever, diarrhea, wounds	Las Navas, Bobon, Catubig, Gamay
Myrtaceae <i>Syzygium polyccephaloides</i>	Egot	Leaves, fruit	Decoction	Drink during ailment occur	Diabetes, hypertension, and high cholesterol, cough	Silvino Lobos, Gamay, Mondragon, Allen
<i>Psidium guajava</i> Linn.	Bayabas	Leaves	Decoction, pick fresh leaves, applied as poultice, steam bath	Drink during ailment, eat or chew directly fresh leaves, apply on the affected area	Diarrhea, cough, skin allergy, fever, athlete's foot, wound, scabies, asthma, tooth ache	UEP, Palapag, Mapanas, Catubig, San Roque, Mondragon
Oxalidaceae <i>Averrhoa bilimbi</i>	Iba	Leaves, fruit	Decoction, infusion, crushed the	Drink when ailment occur, apply/ drop on the affected area	Eye drops, boils, diabetes, rheumatism, cough,	Silvino Lobos, Palapag, Pambujan,

Journal of Coastal Life Medicine

<i>Averrhoa carambola</i> Linn.	Balimbin	Leaves, flowers, seeds, fruit.	leaves and extract the juice Boil the leaves and flowers with water, poultice	Drink when ailment occur, applied as poultice	hypertension, whooping cough, mumps and pimples. Headaches, chickenpox, and ringworm, fever	Laoang, Bobon, Catarman Laoang, Palapag, Gamay, Catubig
Pandanaceae <i>Pandanus amaryllifolius</i> Roxb.	Pandan	Leaves	Decoction	Drink when ailment occur	Stomach ache, cleansing drink, UTI	Palapag, Catubig, Laoang, Bobon, UEP
Piperaceae <i>Peperomia pellucida</i>	Pansit-pansitan	Leaves, stems	Infusion, decoction	Drink when ailment occur	Gout and arthritis, UTI, conjunctivitis, fever, constipation	Catubig, Palapag, Pambujan, Mapanas, Las Navas
<i>Piper capense</i>	Mala-buyo	Bark, leaves, fruit, root	Infusion	Drink or gargle when ailment occur	Indigestion, flatulence and colic, cough, treat sore mouth and throat	Palapag, Las Navas, Mondragon, Silvino Lobos
Phyllanthaceae <i>Phyllanthus niruri</i>	Lutas-lutas, Sampa-sampalukan/ Likod-likod	Whole plant, root, fruit, leaves.	Crushed the leaves, infusion, decoction	Apply on the affected area, drink when ailment occur	Wounds, sores, scabies, and ringworm, fever, hiccups cough in infants	Mondragon, Laoang, Allen, Catubig, Bobon
Poaceae/Gramineae <i>Bambusa bambos</i> (L.) Voss.	Kawayan	Roots, leaves	Decoction	Drink decoction	Spasms, cold, cough, dengue	Palapag, Las Navas, Gamay, Mondragon
<i>Brachiaria reptans</i>	Lakatan	Whole plant	Crushed, decoction	Apply to the affected area, drink two to three times a day	Snake bites, kidney problem	Catubig, San Isidro, Gamay, Silvino Lobos
	Tanglad					Palapag,

Journal of Coastal Life Medicine

<i>Cymbopogon citratus</i> (DC) Stapf.		Leaves, whole plant	Decoction or boil several stems with enough water	Drink thrice a day.	Hypertension, cleansing, cough	Mapanas, Bobon, Allen, San Roque, Catubig
<i>Eleusine indica</i>	Bikang	Leaves	Preheat the leaves, decoction	Drink twice a day, rub the heated leaves on the affected area	Fever, kidney problem, arthritis	UEP, Mondragon, Catubig, Mapanas, Bobon
<i>Imperata cylindrical</i>	Kogon	Leaves, roots	Decoction or infusion	Drink twice a day	Diarrhea, UTI, kidney problem, cough, colds, fever, dizziness	San Roque, Las Navas, Mondragon, Catubig, Silvino Lobos
<i>Saccharum officinale</i>	Tubo	Root, leaves, stem	Crushed the stem and extract the juice, leaf ash, root decoction	Used as eye drop, drink decoction, apply to the affected area	Whooping cough, sore-eyes, sore throats, snake bites, and wounds	Allen, Gamay, Palapag, Laoang, Pambujan
<i>Saccharum spontaneum</i> Linn.	Talahib/Puti	Leaves, roots	Decoction	Drink two to three times a day	Cough, cold, fever, spasms, enhance lactation	San Isidro, Silvino Lobos, Palapag, Catubig
<i>Cyperus brevifolius</i>	Kompay	Whole plant	Poultice, decoction	Drink or gargle twice a day, applied as poultice	Colds with fever, whooping cough, bronchitis, swelling pain in the throat, snakebites	Palapag, Las Navas, San Isidro, Mondragon
<i>Dactyloctenium aegyptium</i>	Crowfoot	Whole plant	Decoction, crushed	Drink thrice a day, apply to the affected area	Alleviate pains in the regions of the kidney, fever, wounds, smallpox	Pambujan, Catubig, UEP, Allen, Bobon
Rubiaceae <i>Ixora coccinea</i> Linn.	Santan	Leaves, roots, stems and flowers	Decoction, crushed	Drink when ailment occur, apply to the affected area	Hiccups, sprains, boils, sore throat, irregular menstruation, diarrhea, fever	Laoang, Palapag, Bobon, Catubig, UEP,

Journal of Coastal Life Medicine

<i>Morinda citrifolia</i>	Meno, Noni	Roots, bark, leaves.	Decoction	Drink two times a day	Cough, fever, diabetes, gout, constipation, arthritis	Pambujan, San Roque
<i>Mussaenda frondosa</i>	Buyon	Leaves, bark, flower, root	Preheat the leaves, crushed and squeeze the juice, infusion	Place the heated leaves on the affected area, drink when ailment occur, drop the extract to the eye	Eye infection, body ache, diuretic, diarrhea, cough	Palapag, Mapansa, Catubig, Las Navas, Mondragon
<i>Mussaenda philippica</i> A.Rich.	Dona Aurora		Decoction	Drink or gargle decoction	Dizziness, sore throat	
<i>Paederia foetida</i>	Otot-bagtik	Leaves, root	Crushed or pound the leaves	Apply on the affected area	Abdominal pain, wound and bone healing, rheumatoid arthritis	Las Navas, Palapag, Silvino Lobos, Lapinig
		Leaves				Catubig, Laoang, Bobon, San Roque
Rutaceae <i>Citrus maxima</i> (Burm.) Merr	Suha	Leaves, flower, fruit, rind	Decoction or infusion, squeeze or crushed the rind	Drink decoction, squeeze rind near nostrils for patient to inhale, soak the leaves in the water for used in aromatic bath.	Aromatic bath, cough, ulcers, nausea and fainting, hair loss	Palapag, UEP, Bobon, San Roque, Catubig
<i>Citrus reticulata</i>	Aranghita	Fruit, leaves, flower, roots, rind	Boil the leaves and a concentrated decoction of the rind, decoction, infusion	Drink decoction and infusion, squeeze rind near nostrils for patient to inhale	Gout, rheumatism and other painful swellings, cough and fever, diarrhea, colds and sore throat, cleanser of wound surfaces, regulate menses	Gamay, Silvino Lobos, Las Navas, San Isidro

Journal of Coastal Life Medicine

<i>Citrus x microcarpa</i> Bunge.	Kalamansi	Fruit, leaves, roots, rind	Decoction, crushed the fruit and extract the juice	Squeeze rind near nostrils for the patient to inhale, apply the juice to the affected area.	Cough, cold and sore throat, used for <i>Acne vulgaris</i> and <i>Pruritis vulvae</i> , nausea and fainting	Mondragon, UEP, Pambujan, Laoang, Catarman, Bobon
Sapotaceae <i>Chrysophyllum caimito</i>	Kaymito	Leaves	Decoction, poultice	Drink decoction, poultice of grated leaves	Indigestion menstrual disorders, diarrhea and dysentery, diarrhea, wound	Palapag, Gamay, Pambujan, San Roque, Bobon, Allen
Solanaceae <i>Tacca palmate</i> Blumei	Magsaloro/ Bunga sa tuna	Rhizomes	Pre-heat the rhizomes and mixed with oil	Apply and smell the heated rhizomes	Body pain, arthritis and difficulty in breathing	Las Navas, Silvino Lobos, Lapinig
<i>Solanum melongena</i>	Taron	Leaves, roots	Decoction	Drink decoction	Aches and pains, dysentery, fever	San Isidro, Las Navas, Silvino Lobos, Mapanas
<i>Solanum nigrum</i> Linn.	Sili-sili	Stalks, leaves, roots, fruits.	Poultice, decoction	Drink decoction, applied as poultice	Sores, boils and wounds; fomentation for sore eyes and various skin diseases.	Las Navas, Mapanas, Catubig, Silvino Lobos
Tiliaceae/Malvaceae <i>Corchorus olitorius</i>	Saluyot	Whole plant, especially the seeds and leaves	Crushed and applied on the affected area, decoction	Apply on the affected area, drink decoction Drink decoction, apply on the affected area	Diarrhea, snakebites, boils and blisters, facilitate childbirth Fever, headache, rheumatism, wound and skin sores	Catarman, Mondragon, Bobon, San Isidro Catarman, Las Navas, Lapinig, Laoang
<i>Triumfetta bartramia</i> Linn.	Moropoto/ Kulutkulutan	Roots, leaves, flowers	Pounded or decoction			
Umbelliferae <i>Centella asiatica</i> (L.) Urb.	Yahong-yahong	Leaves, seeds, roots, sap	Crushed, poultice	Apply and attach to the affected area	Treatment of the eyes/ diseases of the eye, itches and fevers	Palapag, Pambujan, Bobon, Allen, Mondragon
Urticaceae						

Journal of Coastal Life Medicine

<i>Poikilospermum suaveolens</i> (Blume) Merr.	Hanupol, Litid	Roots, stem	Crushed/cut and extract the juice,	Drop directly the juice from the stem into the eye, apply and attach to the affected extract	Conjunctivitis, snake bite, toothache	Lapinig, Las Navas, Silvino Lobos
<i>Pipturus arborescens</i> (Link) C.B. Rob.	Handayamay	Leaves, bark, roots	Decoction, poultice	Drink decoction, applied as poultice to the affected area	Wounds, snakebites, rheumatism, cough, mumps	Las Navas, Gamay, San Isidro
Verbenaceae <i>Lantana camara</i>	Kantutay	Leaves, bark, roots	Decoction, infusion, poultice	Applied as poultice, drink decoction or infusion	Sprains and bruises, cough, fever, promote menstruation	Las Navas, UEP, Laoang, Catubig, Catarman
<i>Stachytarpheta cayennensis</i>	Kandila-kandilaan	Leaves, stems, roots	Decoction, infusion	Drink decoction Drink decoction	Stomach troubles	Mondragon, Bobon, Pambujan, Mapanas, Catubig
<i>Clerodendrum brachyanthum</i> Schauer	Hamindang	Leaves	Decoction	Drink three times a day	Cough, asthma, fever, headache, toothache, wound, diarrhea	Catubig, Silvino Lobos, Las Navas
<i>Vitex negundo</i> Linn.	Lagundi	Leaves, bark, roots	Infusion, poultice		Stomach complaints, cough symptoms	Las Navas, Mondragon, Catarman, Allen

Zingiberaceae <i>Alpinia galanga</i> (L.) Willd	Langkwaw	Rhizomes, leaves	Decoction	Drink decoction	Anti-rheumatic and stimulant baths, flatulence dyspepsia, nausea, vomiting, ulcers, and bad breath.	Silvino lobos, Laoang, Bobon, Allen, Catubig
<i>Alpinia purpurata</i>	Hotdog-hotdog/ Red ginger	Bark, fruit, leaves and seeds.	Crushed and extract the juice	Apply on the affected area		Mondragon, Catubig, Bobon

Journal of Coastal Life Medicine

<i>Curcuma zedoaria</i>	Panhangin	Rhizomes	Pound or crushed the rhizomes	Apply on the affected area	Indigestion, wounds and other skin disorders	Catubig, UEP, Bobon, Palapag, Gamay
<i>Curcuma longa Linn.</i>	Dulaw	Rhizome, leaves	Pound until become soft	Apply on the affected area	Wounds, insect bites, abdominal pain and spasm, arthritis	Bobon, Allen, Palapag, San Roque, Laoang
<i>Kaempferia galangal</i>	Kusol	Leaves	Crushed and extract the juice	Apply on the affected area	Boils	Gamay, Las Navas, Catarman, Silvino Lobos
<i>Diospyros multiflora</i>	Batuan	Bark, leaves	Decoction, poultice	Applied on the affected area, drink decoction	Ringworm	Silvino Lobos, San Isidro, Mondragon, Lapinig
<i>Zingiber officinale</i> Roscoe.	Luy-a	Rhizomes, leaves	Poultice of pounded and warmed leaves, decoction and pounding of the rhizomes	Drink one glass, apply and attach to the affected area	Inflammation, rheumatism, superficial cuts and wounds, bruises, cough	San Isidro, Palapag, Catubig, Gamay, Allen, Bobon
<i>Cheilocostus speciosus</i> (J. Koenig) C.D. Specht	Tabubungia w, spiral ginger	Leaves	Boil the leaves with water	Drink two times a day	Headache, ear pain, rheumatism, toothache, facial pain, bruises	Palapag, Las Navas, Mondragon, Laoang
					Cough, diabetes	

Plant Parts Used

Different parts of the plants are used for various diseases. As shown in figure 1, the most used plant part was leaves (41%), followed by the roots (16%), bark (9%), stems (6%), seeds (6%), fruit (6%), flower (5%), rhizomes (3%), bulb (2%), rind (0.9%), sap (0.5%), tuber (0.2%), fruit pulp (0.2%) and young pods (0.2%). There are certain diseases that are treated with the whole plant. This accounts for 4% of the total plant

species identified in this study and most are herbaceous plants. The locals responded that leaves were more preferable to use. One of the reasons for this is to protect the plants and ensure sustainability in the utilization of the plants. Harvesting the leaves are less destructive for the plants. Leaves are also easy to collect and are the most abundant plant parts and also due to its watery content as compared to other parts. Some of the plants listed by herbolarios in Northern

Samar which utilized leaves for medicinal purposes include *Psidium guajava* which they use for the treatment of diarrhea, stomach ache, toothache, phlegm, colds, indigestion, oral sores and wounds. In terms of effectiveness, some herbolarios suggested that there's a high percentage of chance that a disease/ailment can be treated if the root part was used, although in this research there's a big difference between leaves and

roots, this implies that some locals of Northern Samar knows that extraction of the roots is more destructive for the plants and the environment. They were careful in conserving this medicinal plants knowing that gleaning the entire plant especially the roots caused permanent destruction as well as regeneration of the plant could be impossible.

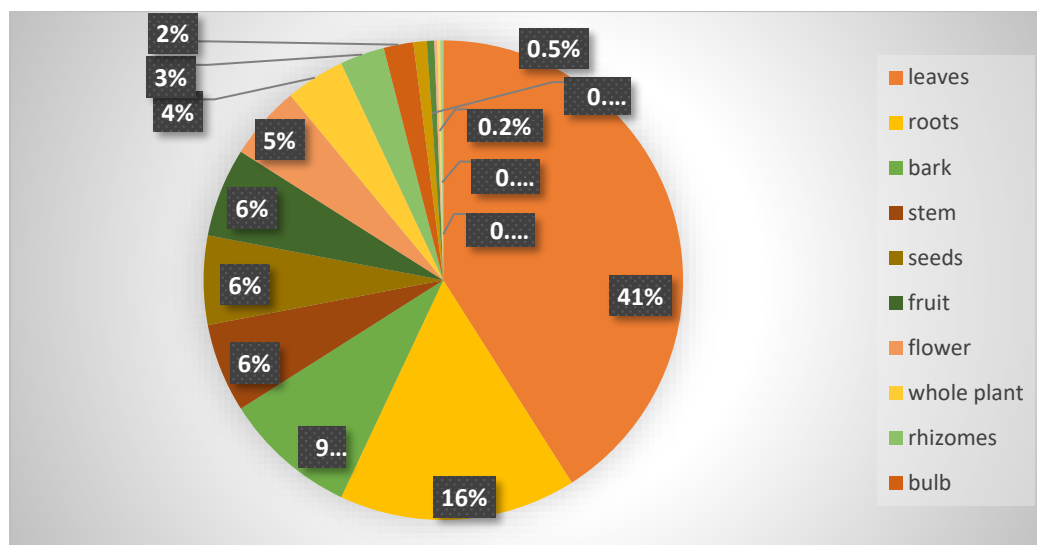


Figure 1. Plant Parts Used

4. Method of Preparation

The mode of preparation varies based on the type of ailment treated. As shown in figure 2, there were eleven types of preparation. Decoction/Boil with water which account (42%), was the most common route of administration of medicinal plants. This involves

boiling plant materials for a certain amount of time to soften the plants and extract its active compound. This was followed by crushed (19%), poultice (14%), infusion (10%), pounding (6%), freshly eaten (3%), preheat (2%), powder and lotion (2%), chew (.7%), cut (0.7%), extraction (0.3%), and ashed (0.3%).

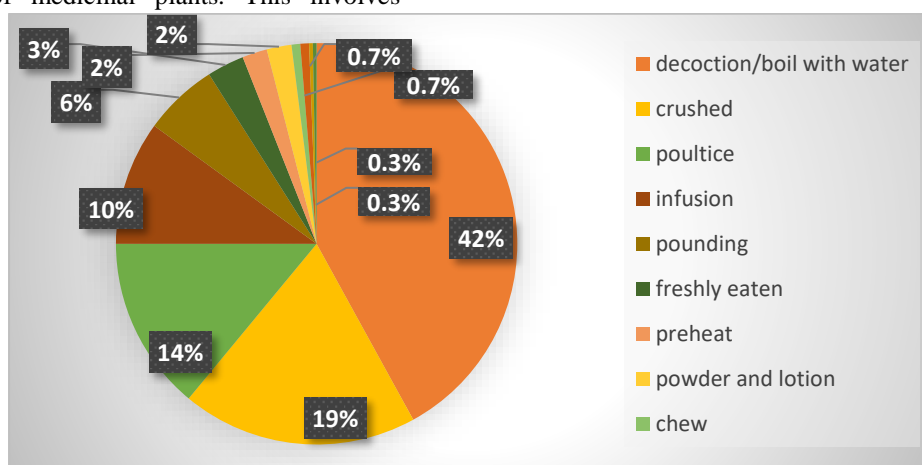


Figure 2. Method of Preparation

5. Method of Administration

Mode of administration varies from ailment to ailment as shown in figure 3. Oral has a percentage of (50%) followed by dermal (45.5%), inhaled (2.6%), and optical (1.9%). In the case of *Spondias pinnata*, the leaves are boiled and used to clean wounds of the skin. While the leaves of *Andrograhis paniculata*, *Gendarussa vulgaris*, *Catharanthus roseus* and the young leaves of *Cyanthillium cinereum* are pound and the juice was applied to the fresh wounds and young leaves of *Ipomoea aquatic* are taken orally to treat of fever with delirium, constipation, headache, and

insomnia. The leaves of *Plumeria obtuse* and *Tabernaemontana pandacaqui* and fruit of *Arecha catechu* are applied, rub or attached to the affected area to treat toothache. The concentrated decoction of the rind of *Citrus maxima*, *Citrus reticulate*, *Citrus microcarpa* are squeeze near nostrils for patient to inhale. Leaves are also soak in the water for used in aromatic bath. The leaves of *Asplenium nidus* is massage into the chest and back to cure dry cough while the leaves and bark *Melanopsis multigladulosa* and the roots and leaves of *Ficus hauli* were preheated and applied to the affected area. It was also preheated to extract the juice and taken orally to cure ailment.

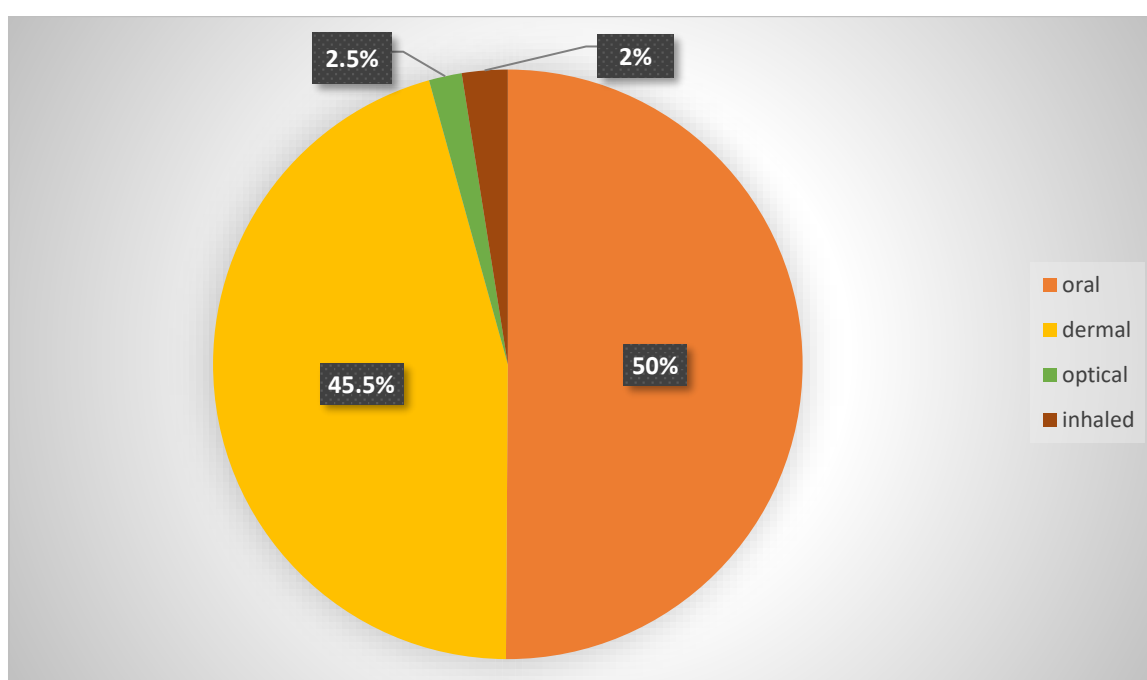


Figure 3. Method of Administration

Traditional Use of Medicinal Plants

The rural folks are still dependent on the so-called natural remedies, such that they often consult herbolario first before going to the doctor. In addition, they also rely on medicinal plants for curing certain diseases (Potot, 1995).

It is worthy to note that some plants were native and the gathered knowledge was based on the memory of herbolario and was orally transmitted from their ancestors. Thus, it might be concluded that these plants had cured a certain disease during the older times and claims were made from generation to generation.

Among all the plants collected *Salacia korthalsiana* (Polipog) was considered to have universal medicinal use since some of the undergraduate researches showed its efficacy as anti-cough, analgesic, anti-teratogenic, and for fast healing of wound. Ethnobotanical utilization of this plant was gathered through interview on some herbolarios, it was stated that this rare shrub has the capacity to treat cancer and diabetes, a strong scientific claim must be conducted on what substances present in this plant. However, the conservation of this plant is at stake since some uses roots due to the fact that its efficacy was concentrated on the anchorage of this plant.

Journal of Coastal Life Medicine

Other rare plants also considered as medicinal, to name few, *Dischidia vidalii* (Lakop-lakop) which was used by the locals for treating earaches, *Pangium edule* (Pangi) for eliminating parasitic worms, the mesocarp of *Citrus maxima* (Suha) was considered as effective for the treatment of hair loss/alopecia, and *Poikilospermum suaveolens* (Hanupol, Litid), was effective in treating the conjunctivitis

The most common health problems reported by herbolarios were colds and cough, constipation, diarrhea, toothache, headache, high blood, fever, rheumatism, spasm, stomach ache, and for fast healing of wounds, while some plants have also the potential to cure cancer, diabetes and kidney diseases.

In the midst of the interview, two medicinal plant prescribed by the herbolarios have detrimental effect and can cause serious disability for a developing fetus, it was suggested that pregnant woman should never take this whenever possible, this was supported by Lacanilao (2007) that recent reviews of the scientific literature on herbal medicines have a warning that those are not free of risk. *Amaranthus viridis* and *Neonauclea bartlingii* are the two plants that should be consumed for a little amount if necessary. Although, the two (2) plants has the potential to cure many ailments such as diabetes, asthma, and eczema, a scientific basis is still very important such as the screening for active components and what are the effects of the chemical components present from those plants, it is recommended that once the result is available it should be impose for the safety of the public.

Other plants also exhibit danger especially to those that are susceptible to allergies, to name few, the latex from the fruit of *Diospyros philippinensis* which causes serious irritation on the skin; this was experienced by the researchers during the sampling. Two of the species under the Family Araceae, namely: *Alocasia marcorrhizos* and *Homalomena philippinensis*, once it's come touches the skin it caused irritation which can last for an hour

6. Conclusion and Recommendation

This study showed that the people in Northern Samar use a total of 160 identified plants for medicinal purposes. Moreover, the study showed that the people in Northern Samar possesses rich traditional knowledge and healing using medicinal plants

continues to be practiced especially by the elders/herbolarios. Furthermore, this study is essential on the preservation of the knowledge which will prevent knowledge degradation due to modernization and will serve as a baseline knowledge for future researchers on the development of plat based drugs.

Literature Cited

- [1] Abe, R., and Ohtani, K. 2013. An ethnobotanical Study of Medicinal Plants and Traditional Therapies on Batan Island, the Philippines. *Journal of Ethnopharmacology*, 145(2):554-565.
- [2] Balbin MJ. 2018. Medicinal plants in selected Barangays of Mondragon, Northern Samar. Unpublished Research. College of Science, University of Eastern Philippines.
- [3] Caniago I, Siebert F. 1998. Medicinal plant ecology, knowledge and conservation in Kalimantan, Indonesia. *Economic Botany* 52:229-250.
- [4] Galenzoga DM, Quiñones GA. 2014. Species Composition and Abundance of Marine Fishes in Selected Landing Areas of Northern Samar, Philippines.
- [5] Hossan, S., Hanif, Agarwala, B., Sarwar, S., Kanim, M. et al 2010. Traditional Use of Medicinal Plants in Bangladesh to Treat Urinary Tract Infections and Sexually Transmitted Diseases. *Ethnobotany Research and Applications* 8:061-074.
- [6] Gruyal GA, del Rosario R, Palmes ND. 2014. Ethnomedicinal Plants Used by Residents in Northern Surigao del Sur, Philippines. *Natural Product Chemistry Research*, 2(140). doi:10.4172/2329-6836.1000140
- [7] Lacanilao F. 2007. Research on Medicinal Plants.
- [8] Morales FS, Padilla S, Falconi F. 2017. Medicinal Plants used in Traditional Herbal Medicine in the Province of Chimborazo, Ecuador. *African Journal of Traditional, Complementary & Alternative Medicine*, 14(1): 10-15.
- [9] Namedov N. 2012. Medicinal Plants Studies: History, Challenges & Prospective medicinal & aromatic Plants, 1(8): 10-15.

Journal of Coastal Life Medicine

- [10] Newman DJ, GM Cragg. 2007. Natural Products as Sources of New Drugs over the last 25 years. *Journal of Natural Products*, 70:461-477.
- [11] Olowa LF, Torres MA, Aranico EC, Demayo CG. 2012. Medicinal Plants used by Higaonon Tribe of Rogongon, Iligan City, Mindanao, Philippines. *Advances in Environmental Biology*, 6:1442-1449.
- [12] Potot EM. 1995. Northern Samar Ethnobotany and Conservation Management of Three Economically Valuable Wild Plant Species. Dissertation. University of Santo Tomas, Espana, Manila.
- [13] Romero RB. 2012. Species diversity of medicinal plants in the University of Eastern Philippines, University Town, Northern Samar. Unpublished Research. Graduate Studies, University of Eastern Philippines.
- [14] Lipata R. Ethnobotany in Selected Barangays of Pambujan, Northern Samar. Unpublished Research. College of Science. University of Eastern Philippines.
- [15] Vitalini S., Iriti M., Puricelli, C., Ciuchi D., Segale A., Fico G., 2013. Traditional Knowledge on Medicinal and Food Plants Used in Val San Giacomo (Sondrio, Italy)-Alpine Ethnobotanical Study. *Journal of Ethnopharmacology* 145:517-529.
- [16] World Health Organization. WHO Traditional Medicine Strategy 2014-2023. DOI: <http://apps.who.int/iris/bitstream/710665/92455/1/9789241506090eng.pdf?ua=1>
- [17] WHO. (2000). The World Health Report 2000 - Health Systems: Improving Performance. Retrieved from http://www.who.int/whr/2000/en/whr00_en.pdf (accessed Aug. 18, 2017).