

Medicinal plants have been considered and used as traditional medicine for so many years. The ten medicinal plants mentioned are can be used as preventive medicine and are recognized by the Department of Health as safe and effective in curing common condition and offer cheaper alternative source of medicine.

Through RA No. 8423 also known as the Traditional and Alternative Medicine Act, the development of traditional and alternative health care, utilizing medicinal plants has been strengthened.

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For more information, you may contact:

DA-BPI Director

Tel.: 02-85252987; 02-85217650

Email: bpi.do@buplant.da.gov.ph

Website: <https://www.buplant.da.gov.ph/>

BPI-CRPSD

Crop Research and Production Support Division

Tel.: 02-85257313

Email: crpsd@buplant.da.gov.ph or bpipgr20199@gmail.com

Prepared by:

Christopher S. Cruz, OIC, CRPSD

Maricel R. Mamalayan, OIC-CIPGRS, Agriculturist II (Corresponding Author)

Jerico F. Noynay, Agriculturist II

Mark Christopher E. Valdez, Agrilculturist II

Alexander S. Pedroso, Project Assistant II

Designed by:

Aries Apiña, Computer Operator II

Rosfel Simpliciano, Data Controller

PUBLISHED BY:

BUREAU OF PLANT INDUSTRY - CROP RESEARCH AND PRODUCTION SUPPORT DIVISION

IEC # 23-09 -20



Department of Agriculture
BUREAU OF PLANT INDUSTRY
Crop Research and Production Support Division
692 San Andres Street, Malate, Manila



Lagundi



Ampalaya



Ulasiman-bato



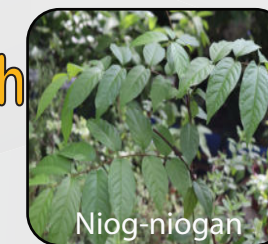
Bayabas



Bauang



Tsaang Gubat



Niog-niogan



Akapulko



Yerba Buena



Sambong

10
Medicinal Plants
Approved by
Department of Health



***Mentha cordifolia* Opiz**

Hierba Buena, Yerba Buena (Spanish and Tagalog), Ablebána (Ifugao), Mint, Pepper mint, Marsh mint (English)

Origin/Distribution: Spain, native in Europe and Naturalized in most country.

Description: Branched herb, leaves are elliptic to oblong-ovate, slightly hairy, strongly aromatic, flowers are headlike whorl.

Medicinal uses: Leaves for body pain.



***Cassia alata* Linn.**

Akapúlko, Bikas-bíkas, Buni-buni, Pakagonkon, Sonting (Tagalog), Andadási, Andadási-a-dadakkél (Ilocano), Ringworm bush or shrub (English)

Origin/Distribution: Philippines, introduced from tropical America

Description: Branched shrub, leaves are pinnate, flowers are yellow, pod is straight and dark brown.

Medicinal uses: Leaves for Tinea flava (an-an), herpes, ringworm (buni), athlete foot and skin diseases.



***Momordica charantia* Linn.**

Ampalayá, Ampaliá, Apalayá (Tagalog), Pariá (Ilocano), Bitter gourd (English)

Origin/Distribution: Philippines

Description: Tree, climbing annual vine, flower is yellow, fruit is oblong, cylindric, seeds are corrugated on margins.

Medicinal uses: Leaves for diabetes mellitus (mild non-insulin dependent).



***Allium sativum* Linn.**

Báuang (Tagalog), Ájos (Bisaya), Garlic (English)

Origin/Distribution: Native in Southern Europe

Description: Low herb, bulbs are broadly ovoid, densely crowded.

Medicinal uses: Clove to lower cholesterol.



***Psidium guajava* Linn.**

Bayabas, Guayábas, Kalimbahan, Tayábas (Tagalog), Guyábas (Ilocano), Guava (English)

Origin/Distribution: Philippines, introduced from tropical America

Description: Leaves are oblong to elliptic, flower is white, fruit is rounded green, yellowish when ripe, contains many seeds.

Medicinal uses: Leaves to clean wounds, mouth infection and cavities.



***Vitex negundo* Linn.**

Lagundi (Tagalog), Danglá (Ilocano), Five-leaved chased tree (English)

Origin/Distribution: Philippines, East Africa, Madagascar, India to Japan, Malaysia to western Oceania

Description: Shrub, five leaflets palmately arranged, flowers are numerous, blue, and in terminal inflorescence.

Medicinal uses: Leaves for cough, asthma, fever



***Quisqualis indica* Linn.**

Niog-niógan, Tagarau, Totorak (Tagalog), Talólong, Tartaraok (Ilocano), Rangoon creeper, Liane vermifuge (English)

Origin/Distribution: Philippines, India to Malaysia

Description: Climbing, woody shrub, leaves are oblong with pointed tip and rounded base, flowers are fragrant, reddish-purple, fruit is narrowly ellipsoid, seeds are pentagonal and black.

Medicinal uses: Leaves for Ascaris roundworm.



***Blumea balsamifera* Linn.**

Sambong (Tagalog), Subusub (Ilocano), Blumea camphor, Ngai camphor plant (English)

Origin/Distribution: Northern Luzon to Palawan and Mindanao, India to southern China, Malaysia to Indonesia

Description: Halfwoody, tall, erect, and strongly aromatic, leaves are oblong-lanceolate, flowering head is stalked and yellow.

Medicinal uses: Leaves for edema, anti-urolithiasis



***Ehretia navesii* Vidal**

Tsang-gúbat, Taglokot, Kalimógog (Tagalog), Kalabónog, Maragaúed (Ilocano)

Origin/Distribution: Northern Luzon to Mindanao

Description: Tree, leaves are oblong-ovate, inflorescence are terminal and axillary, flowers are white.

Medicinal uses: Leaves for abdominal pain



***Peperomia pellucida* Linn.**

Ulasiman-bató, Sahica-putí (Tagalog), Olasíman-ihálas (Bisaya)

Origin/Distribution: Philippines, America

Description: Succulent, erect, branched herb, stem is round, leaves are ovate, heart-shaped base, spike is erect green.

Medicinal uses: Shoot for rheumatism, gout. It reduces uric acid.