



What Is This Module About?

Many people do not want to see a doctor, even when they are sick. This is because doctor's fees and medicines can both be very expensive. Many people would rather spend the little money they have on food or other basic needs.

Instead of going to the doctor, some people treat their sicknesses using the plants in their backyard. Yes, that's right! Certain plants are as good as those medicines in the market and pharmacies—they are, in fact, called herbal medicines.

The question now is, can herbs cure all ailments? Are they as effective as the expensive prescription drugs sold in pharmacies?

This module will help answer these questions. It will also teach you how to properly use herbal plants to treat common ailments. It is divided into three lessons:

Lesson 1 – *What Is the Importance of Herbal Medicine?*

Lesson 2 – *Commonly Used Herbs and the Ailments They Cure*

Lesson 3 – *Easy and Practical Ways of Preparing Herbal Medicines*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ explain the importance of herbal medicine to modern Filipino life;
- ◆ identify the plants that may be used as herbal medicines;
- ◆ name the sicknesses that can be cured by specific herbal medicines;
- ◆ prepare simple cures from herbs found in the community; and
- ◆ share information about herbal medicine with family, friends and neighbors.



Let's See What You Already Know

Before you start studying the module, try to answer this simple test first to determine how familiar you are with the topic. Don't worry if you are not able to answer all questions correctly.

A. Identify the herbal medicines being described. Write your answers in the blank spaces provided before each number.

- _____ 1. A medicinal plant also used for cooking. It is an effective cure for high blood pressure. In Filipino, it is called *bawang*.
- _____ 2. Its leaves can be used to relieve ailments such as asthma.
- _____ 3. This herbal medicine is minced and applied on the affected area to relieve rheumatism.
- _____ 4. An herbal medicine used in treating boils.
- _____ 5. Its leaves are boiled, then, the extract is consumed to treat diarrhea.

B. Matching Type. Draw a line to connect each herbal medicine (Column A) to the ailment it can cure (Column B).

A	B
1. Garlic	worms (ascaris)
2. Guava	rheumatism
3. Lagundi	high blood pressure
4. Calamansi	headache
5. Sambong	gas pain
6. Damong maria	stomachache
7. Tsaang gubat	diarrhea
8. Akapulko	asthma
9. Yerba buena	mumps
10. Niyug-niyugan	ringworm

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 30.

If all your answers are correct, very good! This shows that you already know much about the topic in this module. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

What Is the Importance of Herbal Medicine?

In this lesson, you will be introduced to herbal medicine and its many uses and benefits as an alternative medicine.

After studying this lesson, you should be able to:

- ◆ explain what herbal medicine is; and
- ◆ discuss the importance of herbal medicine.



Let's Study and Analyze

Do you still remember this song?

Bahay Kubo

*Bahay kubo, kahit munti
Ang halaman doon ay sari-sari
Singkamas at talong, sigarillas at mani
Sitaw, bataw, patani*

*Kundol, patola, upo't kalabasa
At saka meron pang labanos, mustasa
Sibuyas, kamatis, bawang at luya
Sa paligid-ligid ay puno ng linga.*

Are all the plants mentioned in the song familiar to you? Do you have them in your backyard? Do you think they have medicinal qualities?

Well, before the Westerners came, our Malay ancestors used herbal medicine. They believed that herbs can supply the body with healing energies to restore and maintain health.

Today, medical experts encourage the use of herbal medicines. This is because not all people can afford or have access to modern manufactured drugs. So, the most practical alternative is to use plants as medicines. Imagine, getting free medicines from your own backyard!



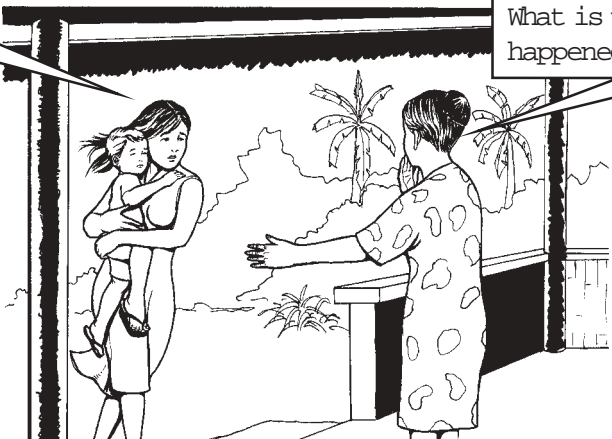
Let's Read

Read the comic strip below about the importance of herbal medicine.

Salome, carrying his son, came in running towards Lumen's house.

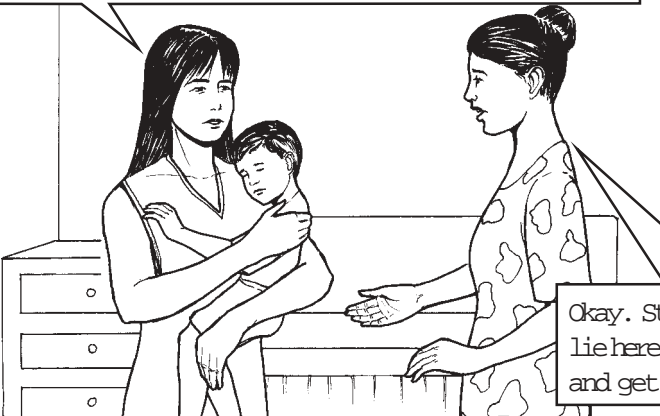
Mareng Lumen!
Mareng Lumen!

What is wrong? What happened to my godson?



He has been sick all night. I think he is suffering from diarrhea. He is so pale and weak. I can't go to the hospital or health center. I don't have money. You are the only one I know who can help us.


Okay. Stay calm. Let him lie here. I'll go outside and get some leaves.

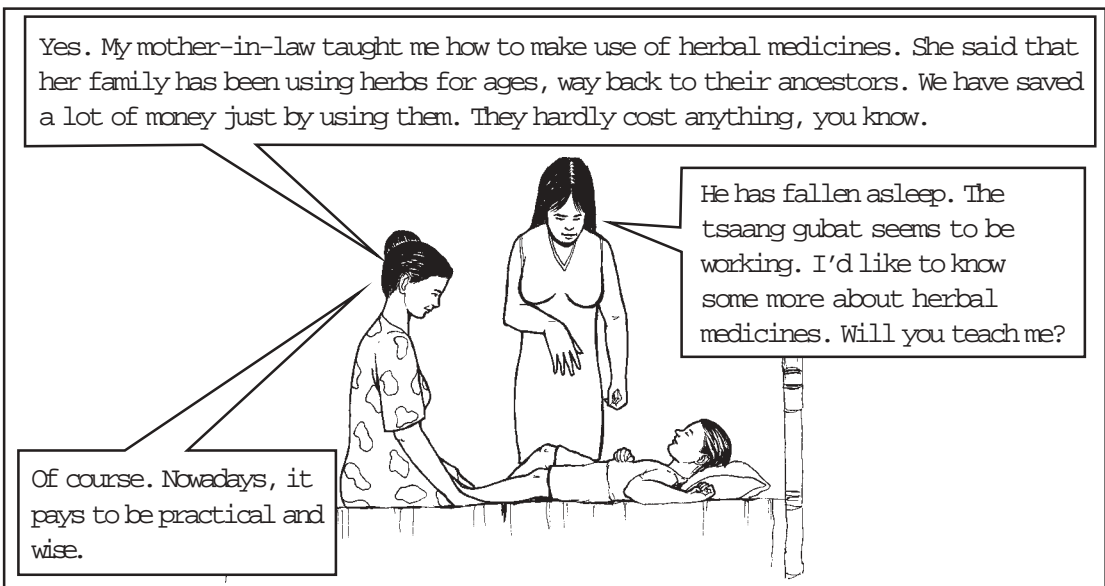


Later, Lumen came in holding a bunch of leaves and went into the kitchen. After a few minutes, she came back with a glass of *tsaang gubat*.

Let him drink this. This will make him feel better in a while.

What is that? Where did you get it?







Let's Think About This

Has the incident shown in the comic strip happened to you? Has anyone in your family treated you with herbal medicine? Did it make you well? Where do you think the idea of herbal medicines came from?

If herbal medicine is effective in curing ailments, why is everybody not into it? Does it have side effects? If someone asks you, what is so good about herbal medicine? What will you tell them? Think of your answers to these questions before proceeding.



Let's Read

Here is another short story showing the importance of herbal medicine. Read it carefully.



A team of doctors and nurses from Manila came to Barrio Mahalamanan to give free medical assistance to its residents. This place doesn't have a regular doctor and its clinic lacks adequate medical facilities.

Aling Mameng, who has not seen a doctor for many years now, took this chance to have a medical checkup. Fortunately, the doctor found her to be in good health.

The doctor then asked Aling Mameng how she was able to maintain her health all this time. Aling Mameng explained that she eats vegetables most of the time. She added that whenever she gets sick, she relies on using herbs. In fact, she uses herbs to treat her children's illnesses.

"Where did you learn this?" asked the doctor. Aling Mameng explained that her father and grandfather were herbal doctors or *herbolarios*. She learned from them all about herbal medicine.

Aling Mameng told the doctor that most people in the barrio rely heavily on herbal medicines since they are readily available. “Herbs can be grown in our very own backyards. They are really effective because they relieve pain and discomfort. Money is not even a problem. It is because herbs are a lot cheaper than modern manufactured drugs.”

Aling Mameng has observed that herbal medicines can cure a lot of common ailments. All her life she has not heard of any complaints from anyone who uses herbal medicines. People, like her, have experienced the wonders of herbal medicine.

As Aling Mameng was leaving, the doctor promised himself that he would learn more about herbal medicine. He thought that sharing his new found interest would be beneficial to others.



Let’s Review

Answer the following questions about what you have just read.

1. Why was the doctor surprised at the result of Aling Mameng’s checkup?

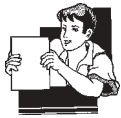
2. What does Aling Mameng use to cure her and her family’s common ailments?

3. What is an *herbolario*?

4. What is herbal medicine?

5. Why was herbal medicine important to Aling Mameng and to the people of Barrio Mahalaman?

Compare your answers with those in the *Answer Key* on page 31.



Let's Learn

“Herbal” comes from the Greek word *herba*, which means “grass” or “green plant.” While a medicine is any substance used to treat or prevent an illness or ailment. In other words, herbal medicine is an alternative medicine that makes use of herbs to heal, cure or prevent ailments.

Today, about $\frac{1}{4}$ of all ingredients of modern drugs come from trees, shrubs or herbs. Plants, such as herbs, that have medicinal properties usually contain minerals, vitamins, phytochemicals and other elements that are beneficial to our bodies. The phytochemicals (plant chemicals) are known to have a healing effect in our body. They cause fewer side effects on the body than man-made medicines. This is because man-made drugs use only the most powerful phytochemical in the plant to cure a specific disease.



Let's See What You Have Learned

Read each statement carefully. Place a check mark (✓) in the blank if the statement is true and an X-mark (X) if it is false.

- ___ 1. Part of the ingredients in prescription drugs come from plants.
- ___ 2. Most people around the world rely only on plants for medicine.
- ___ 3. Westerners first introduced herbal medicine in our country.
- ___ 4. Herbal medicines are expensive but safe.
- ___ 5. Plants only provide food, shelter and clothing.
- ___ 6. Today, herbal medicine can treat all known diseases.
- ___ 7. Not all herbs have medicinal value.
- ___ 8. Herbs with phytochemicals are plants with medicinal value.
- ___ 9. Man-made drugs cause more side effects on the body than herbal medicines.
- ___ 10. Herbal plants are grown almost everywhere in the Philippines.

Did you get the answers right? Compare your answers with those in the *Answer Key* on pages 31–32.



Let's Remember

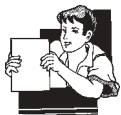
- ◆ Herbal medicine has been practiced since the time of our Malay ancestors.
- ◆ Herbal medicine is an effective and cheap alternative for modern medicine.
- ◆ Herbs can be grown almost anywhere.
- ◆ Plants supply the body with healing energies for the most common ailments.
- ◆ Not all plants have medicinal value.
- ◆ Herbal medicines cause less side effects on the body than man-made drugs.

Commonly Used Herbs and the Ailments They Cure

In this lesson, you will learn about the different herbs that can cure certain ailments. This knowledge will be very useful to you when you or a member of your family gets sick.

After studying this lesson, you should be able to:

- ◆ identify the commonly used herbs; and
- ◆ identify the ailments that each plant can easily cure.

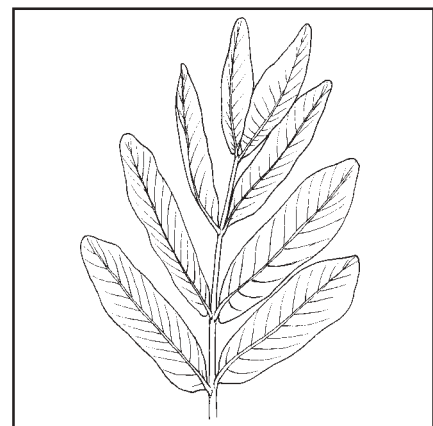


Let's Learn

It is estimated that there are more than 1,000 species of plants with medicinal value in the Philippines. Since it would be impossible to discuss all of them here, we will focus only on the most common herbal medicines. Are you familiar with them? See if these plants are grown in your or your neighbor's backyard or garden.

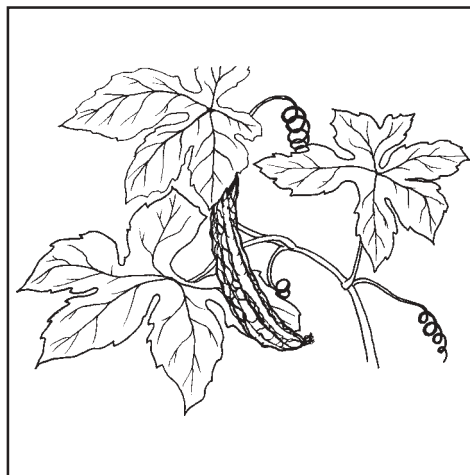
Akapulko (*Cassia alata* L.)

- ◆ A shrub that grows to about three meters or more. It has yellow flowers with small seeds found in pods or *sisidlan*. It is commercially available in the form of lotion or ointment.
- ◆ It is also known by many names, such as: Bayabas-bayabasan, Kapurko, Katanda, Katandang aso, Pakagondon, Sonting (Tagalog or Filipino); Andadasi, Andadasi-a-dakdakel, Andadasi-bubugtong (Ilongot); Adadisi (Tinguian or Tinguian); Ancharasi (Igorot); Andalan (Surigaonon); Bayabasin, Bikas-bikas (B'laan, Tagalog or Filipino, B'laan, Sarangani,); Kasitas (B'laan, Sarangani, B'laan, Koronadal); Sunting, Palo china (B'laan, Sarangani); Pakayomkom Kastila (Pampangan); Ringworm bush or shrub (English).



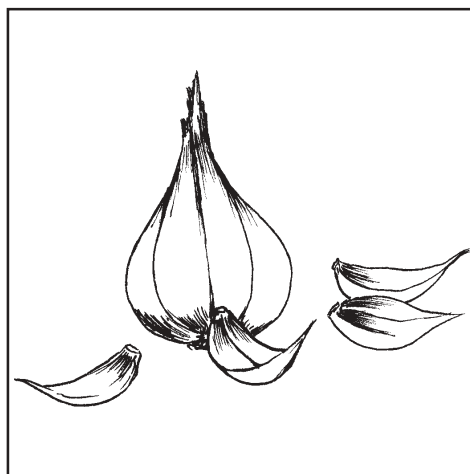
Ampalaya (*Momordica charantia*)

- ◆ A herbaceous vine, which measures about 20 cm in length. It is a kind of vegetable that tastes bitter. It is commercially available in the form of tablets for diabetes.
- ◆ The leaves are a good source of Vitamin B.
- ◆ Also known as Amargoso (Spanish); Margoso Apalaya (Tagalog); Apalia (Pampangan); Apape (Ibanag or Ybanag); Apapet (Itneg); Palia (B'laan, Sarangani, B'laan, Koronadal, Ifugao); Paria (B'laan, Sarangani, Bantoanon, Ifugao, Iguot); Pubia (Subanen); Suligum (Surigaonon); Balsam Apple, Balsam Pear, Bitter Gourd (English).



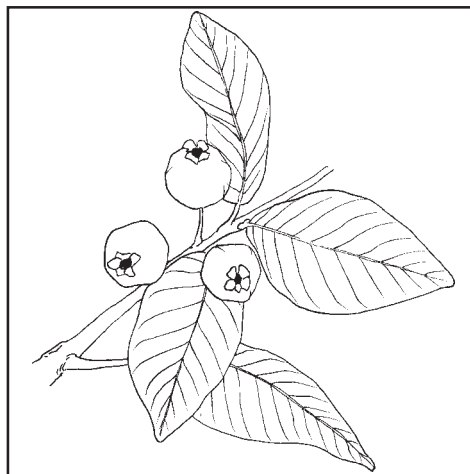
Bawang or Bauang (*Allium sativum*)

- ◆ An herb, 30 to 60 cm high arising from underground bulbs. It is commercially available in the form of capsules and tablets.
- ◆ It is popular as a condiment and flavoring in Filipino foods.
- ◆ Also known as Ajos (Spanish, B'laan, Sarangani); and Garlic (English).



Bayabas (*Psidium guajava* L.)

- ◆ A tree that grows 4 to 5 meters in height. Its flowers are colored white. The fruits are round with small seeds and are eaten when ripe.
- ◆ Also known as Guayabas, Kalimbahin, Tayabas (Tagalog); Bagabas (Igorot); Bayabo (Ibanag or Ybanag); Bayawas (B'laan, Koronadal, Pangasinan); Biabas (Surigaonon); Gaiyabat, Gaiyabit (Ifugao); Geyabas (Bontoc); Guyabas (Ilongot); Guava (English).



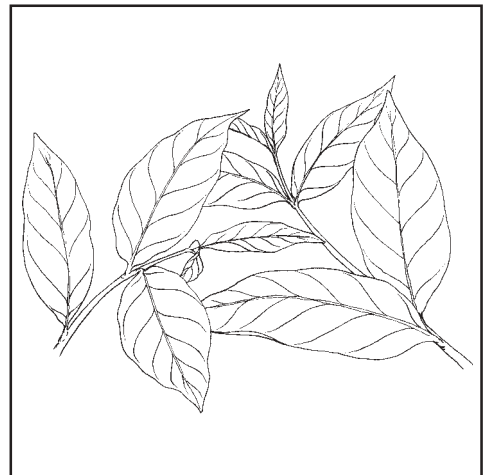
Lagundi (*Vitex negundo* L.)

- ◆ It is a five-leaved herb reaching a height of 5 meters. It is commonly used for asthma, cough and fever. The flowers are small and blue. Its fruits are small, black and round. It is commercially available in the form of tablets or syrup.
- ◆ Also known as Tugas (Cebuano); Molave-aso, Magupay (Surigaonon); Dangla, Lino-lino (Ilongot); Dabatan (Ifugao); Lingei (Bontoc); Sagarai (Bagobo); five-leaved Chaste Tree (English).



Niyug-niyogan (*Quisqualis indica* L.)

- ◆ It is a shrub reaching a height of 8 meters and is used against intestinal worms like ascaris. Its flowers come in red and white colors. The fruits are small and are similar to *balimbing* in shape. The seeds taste like coconut meat.
- ◆ Also known as Balitadham, Pinones, Pinion, Bonor (B'laan, Sarangani); Bawe-bawe (Pampangan); Kasumbal, Talolong, Tanglon, Tangulo, Tatarao (B'laan, Koronadal); Tagarau, Tagulo, Tanolo, Totorao (Tagalog or Filipino); Talulong (Ibanag or Ybanag); Tartarau (Ilongot); Taungon (Manobo.); Burma creeper, Chinese honeysuckle, Liane vermifuge (English).



Sambong (*Blumea balsamifera* (L) DC.)

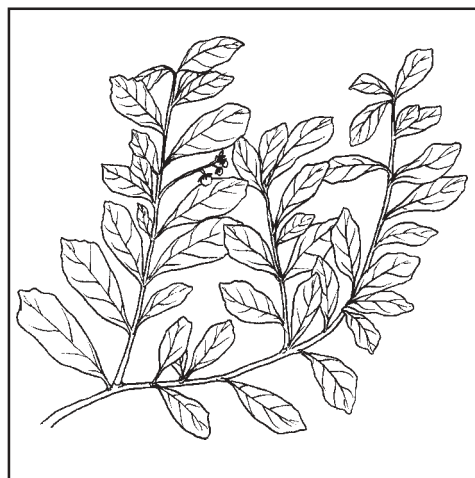
- ◆ A hairy and strongly aromatic shrub reaching a height of 3 meters. It is commercially available in the form of tablets.

- ◆ Also known as Alibhon, Alimon (B'laan, Koronadal); Ayoban, Bukadkad, Gabuen, Gintin-gintin, Haliban, Kambihon, Lalakdan, Lakandulan (B'laan, Sarangani); Dalapot (B'laan, Sarangani); Labulan, Sambun (Surigaonon); Sob-sob (Ilongot); Kaliban (Tagalog or Filipino); Takamain (Bagobo); Blumea camphor, Ngai camphor (English).



Tsaang gubat (*Carmona retusa*)

- ◆ It is a shrub reaching a height of 5 meters. It has small, green and glossy leaves. Commercially available in the form of tablets and tea bags.
- ◆ Also known as Malatadiang (Gaddang), Kalabonog, Maragued (Ilongot); Taglokot, Talibunog, Kalimunog, Tsa (Tagalog or Filipino).



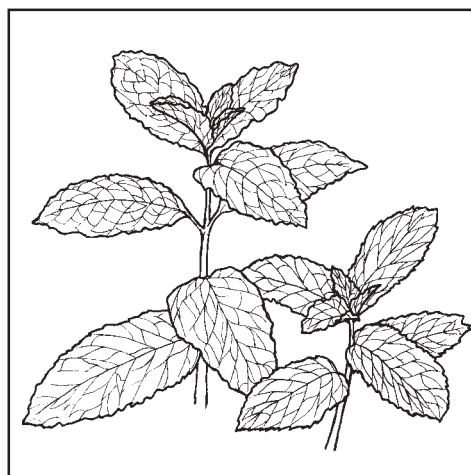
Pansit-pansitan (*Peperomia pellucida*)

- ◆ It is a type of grass that is juicy. Its leaf has a heart shape.
- ◆ Also known as *ulasimang bato*.



Yerba Buena (*Mentha cordifolia*)

- ◆ It is an aromatic, creeping herb reaching up to 20 cm high. The stem is four-angled. Leaves are wrinkled. It is available commercially in the form of analgesic tablets and tea bags.
- ◆ Also known as Hierba Buena, Hibas (Davaoño, Waray, Abaknon); Ablebana (Ifugao); Malipuen (Aklanon); Mint, Peppermint (English).



Familiarize yourself with the common herbs and ailments they can cure in the table below.

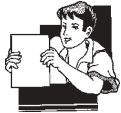
Ailments	Medicinal Plants
Arthritis	<i>Pansit-pansitan</i>
Ascaris worm	<i>Niyug-niyogan</i>
Asthma	<i>Bayabas, lagundi, sambong</i>
Cough	<i>Akapulko, lagundi</i>
Diabetes	<i>Ampalaya, bayabas</i>
Diarrhea	<i>Bayabas</i>
Edema or <i>manas</i>	<i>Sambong</i>
Fever	<i>Lagundi, sambong</i>
Gout	<i>Pansit-pansitan</i>
Headache	<i>Niyug-niyogan, sambong</i>
Hemorrhoids	<i>Ampalaya</i>
High blood pressure	<i>Bawang</i>
Intestinal worms	<i>Akapulko, bayabas</i>
Dissolution of kidney stones	<i>Sambong</i>
Muscle pains	<i>Bawang, bayabas, lagundi, yerba buena</i>
Poison from animal bites	<i>Lagundi</i>
Rheumatism	<i>Bawang, pansit-pansitan, yerba buena</i>
Skin diseases like (athlete's foot, ringworm, eczema, tinea pedis, etc.)	<i>Akapulko, bawang, lagundi</i>
Stomachache	<i>Bayabas, tsaang gubat</i>
Toothache, swollen gums	<i>Bayabas, lagundi, yerba buena</i>
Wounds	<i>Ampalaya</i>



Let's Try This

1. Discuss with your co-learners, family members or friends the common ailments they get. Then, together, identify which herbs can be used to cure those ailments using the information in the previous section.
2. Go around your neighborhood, in the park or perhaps in a school and try to find the herbs discussed. See for yourself how each herb looks, smells or feels like. You can ask the help of people who know or have used herbal medicines.

When finished, discuss your findings with your Instructional Manager or Facilitator.



Let's Learn

Do you know that the Department of Health (DOH) is promoting the use of the ten herbal medicines discussed earlier? After more than two decades of research and development, DOH has proven these herbs to be medically safe and effective.

More research is now being done on another seventy kinds of Philippine herbs. It is possible that as more herbs are being tested, more will be found to be useful and effective later. Once that happens, more people will stay healthy because more medicines will become more affordable. Diseases will be cured more easily and less expensively with the use of these herbs. This will be a great benefit for all of us Filipinos, especially those who cannot afford prescription or modern manufactured drugs.



Let's Review

1. What are the ten herbs being promoted by the Department of Health as effective medicine?

2. Do you agree with the DOH program promoting these ten herbs?
Why or why not?

3. Are these herbs common in your area? If not, name the herbs grown
in your area.

4. Identify which plants can be used as treatment for . . .

- a. athlete's foot _____
- b. cough _____
- c. diarrhea _____
- d. headache _____
- e. muscle pain _____

Compare your answers with those in the *Answer Key* on page 32.



Let's Remember

Before you go on to Lesson 3, read first the important points of this lesson.

- ◆ The Department of Health (DOH) has proven what our ancestors knew and practiced—that herbal medicines are safe and effective.
- ◆ After years of research and development, the DOH is promoting the use of the ten most common herbal medicines in the Philippines. These are:

1. Lagundi
2. Yerba Buena
3. Sambong
4. Tsaang Gubat
5. Niyug-niyugan

6. Bayabas
7. Akapulko
8. Pansit-pansitan
9. Bawang
10. Ampalaya

- ◆ Herbal medicines are found to be effective in curing the most common ailments like headache, stomachache, diarrhea, cough, colds and fever.
- ◆ More studies are now being conducted on other herbal medicines that may have medical answers to various ailments or illnesses.

Easy and Practical Ways of Preparing Herbal Medicines

Now that you know the common herbal medicines, it's time for you to learn how they are used for some ailments. In this lesson, you will learn the basic steps involved in preparing herbal medicines.

After studying this lesson, you will be able to:

- ◆ identify how plants are used and prepared as herbal medicines;
- ◆ perform the step-by-step instructions in preparing the herbal medicines; and
- ◆ share information learned with family, friends and neighbors.



Let's Study and Analyze

The previous lesson showed you that medicinal plants are abundant in our places. However, their medicinal value is of no use to us if we do not know how they are prepared.

Let us suppose you have many herbs in your backyard. How will you use them?

We may have a lot of questions about herbal medicines like: Should the leaves be dried and made into powder so that they can be mixed with our food? Are the seeds eaten raw or are they cooked in a certain way? How much of the medicine are you supposed to take? And which plant part will you use? Well, it is really easy to prepare herbal medicines. Here are some instructions on how you can use plants as medicines.

a. Preparing liquid medicine from dried leaves of kalatsutsi

1. Dry the leaves.
2. Mince dried leaves until they become powder-like.
3. Add 1 ½ cup of powdered leaves to three glasses of boiling water.

4. Set aside for three to four hours before drinking.
5. Drink three or four times a day.

b. Preparing liquid medicine from fresh leaves of lagundi.

1. Mince fresh leaves finely.
2. Boil ¼ cup of leaves in two glasses of water over low heat.
3. Allow to boil until water is reduced to half.
4. Let the liquid cool, then strain.
5. Divide into three equal parts.
6. Drink each part in the morning, noon and evening.

c. Preparing an ointment.

1. Crush dried leaves of akapulko finely.
2. Add 1 ½ cups of dried leaves to 4 cups of alcohol or coconut wine.
3. Store in a covered jar or small container for three weeks.
4. After three weeks, you can apply it as an ointment on the affected area three times a day.

d. Preparing a poultice.

Method 1:

1. Crush leaves of *sampa-sampalukan* until they become powder-like before applying on the affected area.
2. Put bandage to keep poultice in place.

Method 2:

1. Crush leaves of *atis* until they become powder-like before applying on the affected area.
2. Add flour and boiling water to make a sticky poultice.

e. Preparing medicines that can be taken internally.

1. Sauté cloves of garlic.
2. Eat two cloves with or after breakfast, lunch and dinner.



Let's Review

Based on what you have read, answer the following questions.

1. How are the herbal plants used as medicines? Enumerate the different ways.

2. Which part of the plant is often used?

3. What kinds of leaves are used in the preparation?

4. What do you mix with leaves to make an ointment?

5. What are the methods used in preparing a poultice? Explain them.

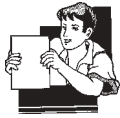
Compare your answers with those in the *Answer Key* on page 33.



Let's Think About This

Our ancestors have been using herbal medicine as far as we can remember. It is used until today because it is cheap, safe and effective. It may even be more effective than the modern manufactured drugs bought in pharmacies or drugstores.

Do you think these statements are true? There is only one way to find out. Let us put these plants to the test and make some herbal medicines.



Let's Learn

Are you familiar with the lagundi herb? If yes, where have you seen one? If not, don't worry because in the next paragraphs, you will be formally introduced to this wonderful plant.

Lagundi (*Vitex negundo*) is one of the ten plants approved by DOH with true medicinal qualities. It is also one of five plants developed into a modern drug and is available in tablet and syrup form.

Here is one simple and inexpensive way of using lagundi to cure cough.

Ingredients:		
1. Fresh or dried leaves of lagundi		
2. Water		
Procedures:		
1. Wash leaves (fresh or dried) thoroughly.		
2. Chop them into small pieces.		
3. Place them (see dosage below) in a stainless pot or <i>palayok</i> .		
4. Fill the pot with two glasses of water.		
5. Boil for 15 minutes, and leave the pot uncovered.		
6. Let it cool for a while.		
7. Strain directly into a glass or pitcher.		
Dosage:		
Adult	<i>Fresh leaves</i> 6 tablespoons	<i>Dried leaves</i> 4 tablespoons
7–12 years old	3 tbsp.	2 tbsp.
2–6 years old	1 ½ tbsp.	1 tbsp.

Wasn't that easy? A medicine for diarrhea and cough in an instant and at virtually no cost at all!

Read on to learn about the preparation of another herbal medicine.

Akapulko (*Cassia alta*) is clinically proven to be an effective cure for skin diseases such as ringworm and athlete's foot. This herbal medicine is available in lotion or ointment form. Clinical tests proved that it works well as an anti-fungal cure.

Ingredients: 1. Fresh akapulko leaves.
Procedures: 1. Crush fresh leaves well. 2. Spread juice on affected area of the skin. 3. Apply this twice a day.

This is a very simple method that produces a very effective anti-fungal ointment. Try it at home when you wish to treat skin diseases.



Let's Try This

Do you know how to use other herbs as medicine? If you do, great! If not, ask your elders, parents, friends or neighbors.

With their help, try to answer this quiz by matching the herb (Column A) with the ailment and preparation (Column B). Write the letter of each answer in the blank provided.

A

____ 1. Yerba buena

B

a. Used for diabetes. All parts of this plant are used.

Steps in preparing this plant: *Boil a part or parts of the plant in water. Strain the liquid medicine or decoction. Drink while still warm.*

- ____ 2. Tsaang gubat b. Used for high blood pressure. The plant part used are its cloves.

Steps in preparing this plant: *Roast or sauté the cloves. Also, it can be soaked in vinegar for 30 minutes and then blanched with boiling water for 5 minutes. To be eaten in meals, three times a day.*

Remember: The use of this plant is not recommended for persons with peptic ulcer.

- ____ 3. Sambong c. Used for diarrhea. The plant part used are the roots, bark and leaves.

Steps in preparing this plant: *Wash the leaves well and chop into tiny pieces. Boil the leaves in 4 glasses of water and then let it simmer for about 15 minutes in low heat. Do not cover the pot. Let it cool and then strain. For wounds, wash affected area with the liquid at least twice a day. For mouth infections, gargle the lukewarm liquid.*

- ____ 4. Pansit-pansitan d. Used for intestinal worms. The plant part used are its seeds or kernels.

Steps in preparing this plant: *Eat two pieces of kernels or seeds from a ripe and freshly opened fruit after dinner. If it doesn't work the first time, repeat the same procedure after one week. Common side effects: hiccup (sinok), diarrhea or stomachache.*

Dosage: *For adults, you need 8–10 kernels; for children ages 9–12 years, you need 6–7 kernels; for children ages 6–8 years, you need 5–6 kernels; for children ages 3–5 years, you need 4–5 kernels.*

- ____ 5. Niyog-niyugan e. Used for arthritis. The plant part used are its leaves.

Steps in preparing this plant:

(As a salad) Wash leaves well. Divide 1 ½ cups of the leaves into three equal parts. Each part is to be eaten in the morning, noon and evening.

(As a decoction) Wash leaves well. Boil 1 ½ cups of leaves and 2 glasses of water and then simmer in low heat for 15 minutes. Do not cover the pot. Let it cool and then strain. Divide the liquid into three equal parts and drink each part in the morning, noon and evening.

- ____ 6. Bayabas f. Used for the dissolution of kidney stones. The plant part used are the leaves.

Steps in preparing this plant: *Place leaves in a pot filled with 2 glasses of water. Boil for 15 minutes or until water is reduced to half. Cool and strain the liquid. Divide liquid into three equal parts. Drink each part in the morning, noon and evening.*

Dosage: *When using dried leaves: adults—4 tablespoons; children ages 7 to 12 years—2 tablespoons. When using fresh leaves: adults—6 tablespoons; children ages 7 to 12—3 tablespoons.*

- ____ 7. Bawang g. Used for diarrhea. The plant part used are its leaves.

Steps in preparing this plant: *Place leaves in a pot filled with 2 glasses of water. Boil for 15 minutes or until water is reduced to half. Cool and strain the liquid. Divide liquid into three equal parts. Drink each part in the morning, noon and evening.*

Dosage: *When using dried leaves: adults—10 tablespoons; children ages 7 to 12 years—5 tablespoons; children ages 2 to 6 years—2 ½ tablespoons. When using fresh leaves: adults—12 tablespoons; children ages 7 to 12—6 tablespoons; children ages 2 to 6—2 tablespoons.*

- _____ 8. Ampalaya h. Used for fever. The plant part used are its leaves.

Steps in preparing this plant: *Boil fresh leaves until water is reduced to half. Cool and strain before drinking. Divide the liquid into three equal parts. Drink each part in the morning, noon and evening.*

Dosage: *adults—¼ glass of liquid medicine; children—½ glass of the adult dosage.*

Are you done? Compare your answers with those in the *Answer Key* on page 33. You may also consult the *Appendix* on pages 36–37.



Let's See What You Have Learned

Arrange first the jumbled words in the box. Choose from them the correct answer to complete the sentences below.

1. mdinacl vialeue	6. Indagui
2. rihbaoolser	7. saonmbg
3. ptocachemilshy	8. akulkoap
4. glicar	9. lundiag
5. eadirarh	10. ybaer uebna

1. Herbs are plants with _____.

2. The use of herbal medicines is commonly practiced by _____.
3. Plant chemicals that have healing action on our body are called _____.
4. Aside from being used in cooking, _____ lowers blood pressure.
5. Guava leaves can be boiled and drank if you have _____.
- 6–7. If you have fever, you can boil the leaves of _____ or _____.
- 8–9. Both _____ and _____ are good substitutes for cough syrups.
10. An herb also used as a spice in cooking is _____.

Compare your answers with those in the *Answer Key* on page 34.

If you got 7 or more correct answers, good! You have learned a lot from this lesson. If your score is 6 or below, review the lesson so you'll understand it better.



Let's Remember

- ◆ Most herbal medicines can be prepared right in your own home and used whenever someone in your family is sick.
- ◆ Preparing the herbal medicines is very easy because the main ingredient is readily available. All you need to know are the right ingredients and procedures. Herbal medicines can also be prepared in a number of ways.
- ◆ Most plant parts are used in making herbal medicines.
- ◆ Herbal medicines are also available in drugstores and hospitals in the form of tablets, capsules, syrup, lotions or ointment.



Let's Sum Up

- ◆ Plants are not only a source of food, shelter and clothing. They can also be a great source of medicines.
- ◆ Years of research have proven that a number of plants have medicinal values. These are called herbal medicines. Most of these herbs are found and grown all over the Philippines.
- ◆ For many centuries, herbal medicine has been an ordinary part of the lives of our ancestors. For them, the practice of herbal medicine is easy to do, safe, and it is nature's way of providing relief and comfort.
- ◆ Herbal medicine is an alternative for those who cannot afford to buy expensive prescription or commercial drugs.
- ◆ Plant parts are the main ingredients in using and preparing medicines.
- ◆ With the use of herbal medicine, relief and comfort from ailments or diseases is immediate. The medicine is made using easy and simple procedures.
- ◆ Most herbal medicines, like modern prescription drugs, are also made into tablets, capsules, lotion, ointment and tea. These can be bought in drugstores.



What Have You Learned?

Answer the following questions using your own words.

1. Would you consider using herbal medicines when you or a member of your family becomes sick? Why or why not?

2. What are the advantages of using herbal medicine?

3. What do you think are the limitations or disadvantages of using herbal medicine?

4. Do you have any relatives, friends or neighbors who have tried using herbal medicine for their ailments? Discuss your answer.

5. Are herbal medicines easy to prepare? Or can anyone prepare his/her own herbal medicine? Explain your answer.

How did you fare? You can compare your answers with those in the *Answer Key* on pages 34–35. You are now very knowledgeable about herbal medicine. You can study this module again to review what you learned.

If your score in this test is:

- 4 – 5 Great! You have learned a lot from this module. Put your new knowledge of herbal medicine into practice so that you'll have inexpensive and effective medicine for yourself and your family.
- 0 – 3 You need to study again the module. With a little more work and patience, you'll learn how to use herbal medicine. Good luck!



Answer Key

A. Let's See What You Already Know (page 2)

- A.
1. garlic
 2. lagundi
 3. onions
 4. pansit-pansitan
 5. guava leaves

- B.
- | A | B |
|-------------------|---------------------|
| 1. Garlic | worms (ascaris) |
| 2. Guava | rheumatism |
| 3. Lagundi | high blood pressure |
| 4. Calamansi | headache |
| 5. Sambong | gas pain |
| 6. Damong maria | stomachache |
| 7. Tsaang gubat | diarrhea |
| 8. Akapulko | asthma |
| 9. Yerba buena | mumps |
| 10. Niyug-niyugan | ringworm |

Please take note, however, that there are other herbal medicines beside the ones listed above that can cure the ailments given. You may refer to the list found on page 15.

B. Lesson 1

Let's Review (page 8)

1. The doctor was surprised to see Aling Mameng generally in good health despite the absence of a regular doctor and the lack of medical facilities in their barrio.
2. She uses herbal medicines to cure their common ailments.
3. An *herbolario* is a person who practices herbal medicine and spiritual healing.
4. Herbal medicine is the practice of using herbal plants as medicine to cure, heal, treat or prevent certain ailments or sicknesses.
5. Herbal medicine is important to Aling Mameng and the people of Barrio Mahalaman because:
 - a. their ancestors have found it to be safe and effective;
 - b. the medicinal plants are readily available as they are grown or planted all over the barrio; and
 - c. the medicinal plants have cured the most common health problems in their place.

Let's See What You Have Learned (page 9)

1. **True**
2. **True**
3. **False.** Our ancestors were already practicing herbal medicine even before the Westerners came.
4. **False.** Herbal medicines are cheap because the herbs are grown everywhere. Aside from that, they just require very easy and simple preparations.
5. **False.** This lesson demonstrated that plants are a source of medicines as well.

6. **False.** Finding cures for the more complicated and serious ailments or sicknesses like AIDS or cancer is not yet possible for herbal medicine. This may be done with continued research on and development of all medicinal plants.
7. **True**
8. **True**
9. **True**
10. **True**

C. Lesson 2

Let's Review (pages 16–17)

1. Akapulko, ampalaya, bawang, bayabas, lagundi, niyug-niyogan, pansit-pansitan, sambong, tsaang gubat and yerba buena.
2. Yes, I agree with the DOH program because:
 - a. all of these herbal medicines are readily available to all, as these are grown all over the Philippines;
 - b. our ancestors, with the help of research and development, have found that herbal medicines are safe and effective; and
 - c. the herbal medicines provide relief and comfort to the most common health problems in all communities in the Philippines.
3. Sample answer:

Yes, all the ten herbs are found in our area. As DOH has said, those herbs are common all over the Philippines.
4.
 - a. akapulko, bawang, lagundi
 - b. akapulko
 - c. bayabas
 - d. sambong, niyug-niyogan
 - e. bawang, bayabas, lagundi, yerba buena

D. Lesson 3

Let's Review (page 21)

1. Herbal plants are used as:
 - a. liquid medicine
 - b. ointment
 - c. poultice
 - d. internal medicine (for example: capsules, tablets or cooked cloves of garlic)
2. The leaves of the plant are commonly used.
3. You can use fresh or dried leaves depending on whether you want liquid medicine or a poultice.
4. To prepare an ointment, the crushed dried leaves are mixed with alcohol or coconut wine.
5. The two methods of preparing poultice are:
 - a. Crush dried leaves until they become powdery. Apply on the affected area. Use bandage to keep poultice in place.
 - b. Crush dried leaves. Add flour and boiling water to make a sticky poultice. Apply on the affected area. Use bandage to keep poultice in place.

Let's Try This (pages 23–26)

- | | |
|------|------|
| 1. h | 5. d |
| 2. g | 6. c |
| 3. f | 7. b |
| 4. e | 8. a |

Let's See What You Have Learned (pages 26–27)

1. medicinal value
2. herbolarios
3. phytochemicals
4. garlic
5. diarrhea
6. lagundi
7. sambong
8. akapulko
9. lagundi
10. yerba buena

E. What Have You Learned? *(pages 28–29)*

1. Sample answer:

Yes. I will especially use the ten most common herbal medicines endorsed by DOH. I think they are safe and cheap. Our ancestors have been using them for a long time now. There is no doubt that they will be able to bring relief to me and my family in times of discomfort and pain.

2. Sample answer:

For one thing, herbal medicines are much cheaper compared to the commercial medicines available at drugstores or pharmacies. And at the same time, they are as effective as any modern medicine available in any drugstore counter.

Since these are really cheap, the family can save a lot from their expenses.

3. Sample answer:

One limitation is that while herbal medicines can cure the common ailments, they cannot treat more serious ailments such as cancer or AIDS.

4. Sample answer:

Yes. I had grandparents who were very dependent on some herbal medicines. I guess the reason for this is that the effectiveness of these herbs has been tried and tested all these years by their own families. And since there have been no side effects of using herbal medicines, they have come to accept it.

5. Sample answer:

Most herbal medicines are prepared by decocting. The ingredients are readily available because all you'll need are the plant parts itself. So, all in all, it could be said that preparing herbal medicines is easy.



Appendix

PLANT	AILMENT	PART OF PLANT TO BE USED	STEPS IN PREPARING	DOSAGE
Yerba buena	Fever	Leaves	Boil fresh leaves until water is reduced to half. Cool and strain before drinking. Divide the liquid into a three equal parts. Drink each part in the morning, noon and evening.	Adults— $\frac{1}{4}$ glass of liquid medicine; Children— $\frac{1}{2}$ glass of the adult dosage.
Tsaang gubat	Diarrhea	Leaves	Place leaves in a pot filled with 2 glasses of water. Boil for 15 minutes or until water is reduced to half. Cool and strain the liquid. Divide liquid into three equal parts. Drink each part in the morning, noon and evening.	When using dried leaves: adults—10 tablespoons; children ages 7–12 years—5 tablespoons; for children ages 2–6 years— $2\frac{1}{2}$ tablespoons. When using fresh leaves: Adults—12 tablespoons, children ages 7–12—6 tablespoons, children ages 2–6—2 tablespoons.
Sambong	Dissolution of kidney stones	Leaves	Place leaves in a pot filled with 2 glasses of water. Boil for 15 minutes or until water is reduced to half. Cool and strain the liquid. Divide liquid into three equal parts. Drink each part in the morning, noon and evening.	When using dried leaves: adults—4 tablespoons; children ages 7–12 years—2 tablespoons. When using fresh leaves: Adults—6 tablespoons, children ages 7–12—3 tablespoons.
Pansit-pansitan	Arthritis	Leaves	(As a salad) Wash leaves well. Divide $1\frac{1}{2}$ cups of the leaves into three equal parts. Each part is to be eaten in the morning, noon and evening. (As a decoction) Wash leaves well. Boil $1\frac{1}{2}$ cups of leaves and 2 glasses of water and then simmer in low heat for 15 minutes. Do not cover the pot. Let it cool and then, strain. Divide the liquid into three equal parts and drink each part in the morning, noon and evening.	

PLANT	AILMENT	PART OF PLANT TO BE USED	STEPS IN PREPARING	DOSAGE
Niyog-niyugan	Intestinal worms	Seeds or kernels	Eat two pieces of kernels or seeds from a ripe and freshly opened fruit after dinner. If it doesn't work the first time, repeat the same procedure after one week. Common side effects: hiccup (sinok), diarrhea or stomachache.	For adults, you need 8–10 kernels; for children ages 9–12 years, you need 6–7 kernels; for children ages 6–8 years, you need 5–6 kernels; for children ages 3–5 years, you need 4–5 kernels.
Bayabas	Diarrhea	Roots, bark, leaves	Wash the leaves well and chop into tiny pieces. Boil the leaves in 4 glasses of water and then let it simmer for about 15 minutes in low heat. Do not cover the pot. Let it cool and then strain. For wounds, wash affected area with the liquid at least twice a day. For mouth infections, gargle the lukewarm liquid.	
Bawang	High blood pressure	cloves	Roast or sauté the cloves. Also, it can be soaked in vinegar for 30 minutes and then blanched with boiling water for 5 minutes. To be eaten in meals, three times a day. <u>Remember: The use of this plant is not recommended for persons with peptic ulcer.</u>	
Ampalaya	Diabetes	All parts of the plant is used	Boil a part or parts of the plant in water. Strain the liquid medicine or decoction. Drink while still warm.	



Glossary

Decoction A preparation made by boiling

Mince To cut anything (especially food) into very small pieces

Poultice A soft substance spread on a cloth. It is sometimes heated and put on the affected area to reduce pain or swelling

Sauté To fry quickly with little or no cooking oil

Simmer To cook (something liquid or with liquid in it) at a temperature slightly below boiling

Strain To separate the liquid from the solid part or particles by pouring through a utensil with small holes in it



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