

# Local Medicinal Plants Sold In The City Of Manila

BY

MAMERTO L. SULIT

*Division of Forest Investigations  
Bureau of Forestry, Philippines*

## INTRODUCTION

If anyone should desire to buy remedies for all conceivable ailments, he should not go very far. For *tiendas* selling these remedies are very near the Quiapo churchyard and the Binondo ruins. Each *tienda* or store carries a large assortment of pieces of wood, twigs, roots and variety of leaves from fresh to dry. And if he should believe the storekeepers, these herbs and plants are potent medicines for all kinds of sickness. For this reason the people, having so much faith in the healing powers of these medicinal plants, patronize these stores. What is more interesting is the fact that the storekeepers are veritable herbalists or "herbolarios." One has only to go there, recite his symptoms, after which the storekeeper gives him a few leaves of this plant or a portion of that root, with full directions on the preparation of the mixture and its application. For all we know, his prescription may or may not cure the malady. But one thing sure is that the mixture possesses medicinal properties, considering that many of the medicines and drugs which come in fancy bottles or in pills contain substances derived from these plants.

Here is a list of plants with their supposed medicinal properties sold in these *tiendas*:

## LEAVES AND TOPS

1. *Lagundi* (*Vitex negundo* L.). Locally known as *dangla* in Ilocano; *lingei* in Bontoc; *sagarai* in Bagobo.

Mothers use the decoction of the leaves as an aromatic bath, a few days after childbirth. According to Guerrero, the decoction of bark, tops and leaves taken internally is antigestralgic; boiled seed including the decoction also taken internally will prevent spread of poison from bites of poisonous animals. Doses: not given.

2. Teak (*Tectona grandis* L. f.). Locally known as *dalondon*, *kalayate* in Bisaya; *jati* in Jolo; *teca* in Spanish; *Santa Tekla* in Tagalog.

The decoction of the leaves and roots is a remedy for spitting blood and for amenorrhea or dysmenorrhea. Doses: One-half drinking glass three times a day.

3. *Alagau* (*Premna odorata* Blanco). Locally known as *adgau* in Camarines; *lassi* in Cagayan; *tangle* in Pampanga.

A decoction of either the leaves or flowers or both is a remedy for fever caused by colds. Doses: One small drinking glass three times a day. For cough, mix an equal amount of leaves of this plant and that of *sampalok* (*Tamarindus indica* L.) and then boil. To the resulting decoction add a small amount of sugar and take it internally. Doses: Three to four spoonfuls every time the patient is awakened at night by his excessive coughing.

4. Guava (*Psidium guajava* L.). Locally known in most provinces as *bayabas*, *guavas* or *guayabas*.

The decoction of the leaves is anti-diarrhetic and is used as a vulnerary. To make it more effective add a few pieces of bark to the leaves and then boil. Doses: One-half drinking glass three times a day, preferably after meal.

5. Eucalyptus (*Eucalyptus* spp.). Three or four species of *Eucalyptus*, such as *E. robusta* Sm.; *E. tereticornis* Sm.; *E. deglupta* Blumes, etc. are planted in various parts of the city. The first two species were introduced from foreign countries while the latter, indigenous in Mindanao, was brought to Manila for cultivation.

The leaves are boiled. While it is boiling, the pot is covered tightly with banana leaf. Then a little hole is punched through the leaf, allowing the vapor to escape. The smoking vapor, when inhaled, is good for persons suffering from sore throat, headache and cough.

While the decoction is still warm, it may be given as bath to a patient suffering from fever caused by colds. To relieve excessive coughing and difficult breathing caused by asthma, the dried leaves are sliced and mixed with the dried sliced leaves of *Talongpunai* (*Datura* sp.). The mixture is rolled and smoked like a cigarette.

6. Tamarind or Sampalok (*Tamarindus indica* L.). Locally known as *salomagi* in Ilocos; *sambak* or *sambagi* in Bicol; *tamarindo* in Spanish.

A remedy for cough, the decoction of the leaves, sweetened to suit one's taste, is good. Doses: Two to three spoonfuls every time the patient is awakened at night by his coughing. To make this remedy more effective, see notes for *alagau*. (*Premna odorata*) No. 3.

7. Acapulco (*Cassia alata* L.). Locally known as *andadasi* in Pangasinan; *kasitas* in Camarines; *pakayomkom* in Bataan; *sunting* in Surigao.

The sap of the leaves is a cure for herpes, ringworms, dhotie itch and other skin diseases. Direction: Pound or crush sufficient amount of leaves until the watery juice is produced. Rub the mash against the affected parts at least once a day.

8. *Sampasampalokan* (*Phyllanthus niruri* L.). Locally known as *sampasampalokan* in the Tagalog provinces; *malakirumrum* in Samar; *San Pedro* in Negros; *talikod* in the Ilocos.

The decoction of the entire plant is excellent bath for children. According to Guerrero, it is used as tonic for the stomach and emmenagogue. Considered as a febrifuge, it gives positive results in cases of ague.

9. *Tubang-bakod* or Physic nut (*Jatropha curcas* L.). Locally known as *galumbang* in Pampanga; *kasla* in Bisaya; *taba-taba*, *tubang-bakod* in Tagalog; *tagumbau*, *tau-tau* in Ilocos.

The leaves greased with coconut oil and heated is applied as a topical to the lower part of the abdomen (Tag. *pus-on*) to relieve the patient from suffering from amoebic dysentery (Tag.

*daragis*). According to Guerrero, a decoction of the leaves is antidiarrhetic. Doses: not given.

10. *Consuelda* or *sorosoro* (*Euphorbia tirucalli* L.). Locally known as *consuelda*, *suelda-consuelda*, *susueldo* and *sorosoro* in most provinces.

The leaves are heated and the juice, while moderately warm, is dropped into the painful ear.

11. *Alpasotes* (*Chenopodium ambrosioides* L.). Known locally as *alpasotes*, *apasotes*, and *pasotis* in most provinces of the Philippines.

The pounded or crushed leaves and tops mixed with cooked rice is used as carminative and applied as poultice to the abdomen of children suffering from dyspepsia or painful digestion. The decoction is emmenagogic; the oil, anthelmintic.

12. Rosemary or Romero (*Rosmarinus officinalis* L.). Locally known as *romero* or *dumero*.

This plant, especially among the common people, has several uses. The decoction of the leaves often given as enemas, is also a remedy for stomach pain. During childbirth same decoction is given to mother; also used for washing her face.

13. Mint or *Yerba Buena* (*Mentha arvensis* L.). Locally known as *yerba buena* in Spanish, meaning "Good Herb".

A mixture of boiled vinegar, crushed leaves and tops of *yerba buena* and crushed bulb or onion (*Allium cepa* L.), is rubbed or massaged against all parts of the body of person suffering from fever caused by colds. These leaves and tops, according to Guerrero, are used as carminative and when crushed, the same are used as antidote for stings of poisonous insects.

14. *Balanoi* or Sweet Basil (*Ocimum basilicum* L.). Locally known as *albahaka*, *bauing*, *bidai*, *bouak*, *kamangi* and *samirig*.

The leaves and tops used for flavoring are mixed with vegetables and other kinds of food. The infusion or decoction of leaves, Guerrero reported, is used as carminative and stimulant.

15. *Solasi* or Holy Basil (*Ocimum sanctum* L.). Locally known as *al*

*bahaka, kamangkau, lalu and loko-loko.*

Mixture of crushed leaves and tops, Gogo, (*Entada phaseoides* (L.) and *Kalamunding juice* (*Citrus mitis* Blanco) is good for cleansing hairs and removing dandruff. A decoction brewed from the roots and leaves, according to Guerrero, is good for gonorrhoea.

16. Rose-geranium or *Malva Rosa* (*Perlargonium radula* (Cav.) L'Herit.). Family *Geraniaceae*. A cultivated potted plant locally known as *Malva Rosa* (Spanish) or *Balvarosa* in Tagalog.

The juice from the leaves mixed with the juice from *dilao* (*Corcuma longa*) is a remedy for stomach pain. Direction: Pound and mix sufficient amount of the leaves and the rhizome of dilau; wrap the mash on banana leaves and heat. Press to obtain the juice. Give the juice to person suffering from stomach pain. The leaves when placed under the pillows, have soporific effect. Crushed leaves mixed with gogo (*Entada phaseoloides*) are excellent for cleaning hairs.

17. *Sambong* (*Blumea balsamifera* (L.) DC.). Locally known as *alibun, ayoban, bukadkad.. or gintingintin* in Bisaya; *Sambong* in Tagalog and Pampanga; *sabsab or subusub* in Ilocano.

Women use the decoction of the leaves as bath a few days after childbirth. The decoction, taken in small doses, is a remedy for stomach pain. According to Guerrero, it is used as anti-diarrhetic and antigestralgic. The decoction of the roots is a remedy for colds.

18. *Kamaria* or Mugwort (*Artemisia vulgaris* L.). Locally known as *damong-maria* or *kamaria* in Tagalog; *gilbas* in Bisaya; *herbraka* in Igorot.

The infusion of the leaves, in small doses, is used as carminative and emmenagogue.

19. *Tagulinau* (*Emilia conchifolia* (L.) (DC.)). Locally known as *kipotpot* or *libun* in Bicol; *lamlampaka* in Ilocano *tagulinan* or *tagulinas* in Tagalog.

The decoction of the entire plant is

a febrifuge. Doses: One-half drinking glass three times a day, preferably after meal. The same decoction, according to Guerrero, is used against infantile tympanites. Doses: not given.

20. Mango (*Mangifera indica* L.). Locally known as *manga* or *mangga* in most provinces in the Philippines.

The decoction of the leaves drunk like tea is a remedy for diarrhoea and dysentery. According to Guerrero, the decoction of the roots is diuretic and of the bark, astringent.

21. *Lukban* (*Citrus maxima* (Burm.) Merr.). Locally known as *luban* or *lubban* in Ibanag; *Lukban* in most provinces; *suha* in Tagalog; *sua* in Ilocano.

Persons suffering from fever caused by colds use the decoction of the leaves as bath.

22. *Banaba* (*Lagerstroemia speciosa* (L.) Pers.). Locally known as *bugarom, duguam pamalauagon* and *kauilan* in Bisayan; *makablos* in Pangasinan; *mitla* in Pampanga; *tabangau* in Ibanag and Negritos.

The decoction of the leaves, according to report, is good for diabetes.

23. *Botong* (*Borringtonia asiatica* (L.) Kurz.). Locally known as *bitoon* and *bitung* in Bisayan; *botong* in most provinces.

The fresh leaves are used in topicals for rheumatic persons. Direction: Heat the leaves moderately. Then apply them to the swollen parts of the body. Do this before going to bed and remove the application in the morning. Repeat operation at least three times a week.

24. *Baling-uai* (*Flagellaria indica* L.). Locally known as *anuad, iñgual uai-ti-uak* in Ilocano; *baling-uai* in Tagalog and Pampanga; *houg-uai* in Bicol; *huag, huak, paua* or *taua* in Bisayan; *kalauai* or *tinuung* in Ibanag.

The decoction of the stem and leaves, the leaves of *galamaiamo* (*Schefflera odorata*) and *memalis* (*Pittosporum pentandrum*) is used as aromatic bath by women a few days after childbirth. The decoction of the stem and rhizome is diuretic according to Guerrero. Doses: not given.

25. *Malvas* (*Abutilon indicum* (L.)

Sweet). Locally known as *dulupang*, *malvis*, *yampong*, and *tarakupis* in Bisaya; *giling-gilingan*, *kuakuakohan*, *malvas* in Tagalog; *lulupau* or *luplupau* in Ilocos.

The decoction of the root, stem and leaves is used as enemas.

26. *Katakataka* (*Bryophyllum pinna-tum* (Lam.) Kurz.). Locally known as *abisrana* in Ilocos; *artitana* in Bicol; *karitana* in Bisaya; *putputok* in Bontoc.

The pounded leaves mixed with small amount of salt is applied to the lower part of the abdomen (*pus-on*) to relieve the patient suffering from dysuria (Tag. *balisao-saò*).

27. *Tagbak* (*Kolouratia elegans* Presl). Locally known as *tagbak*, *tagbak-babui*, *tabak* and *tugbak* in most provinces.

The decoction of the stem and leaves, cut into small pieces, is given as bath to person suffering from urticaria (Tag. *tagulabai* or *imon-imon*.) The mash of pounded stem and leaves mixed with little amount of salt, according to Guerrero, is rubbed against the affected parts of a paralytic patient.

28. *Sabila-piña* (*Aloe vera* L.). Locally known as *dilangboaia*, *dilanghalo* in Bisaya; *sabila*, *sabila-piña* in Tagalog.

The sticky juice from the leaves is used as pomade. It helps prevent baldness.

29. *Bakong* (*Crinum asiaticum* L.). Locally known as *agubabahan*, *kalagukon*, *salibangbang* in Bisaya; *bakon* or *bakong* in most provinces.

In topicals, the leaves are used as emollient.

#### SUCCULENT STEMS

1. *Makabuhai* (*Tinospora rumphii* Boerl). Locally known as *paliaban*, *panawan*, *panūgiawan* in Bisaya; *makabuhai*, and *makabuhai-itim* in most provinces.

The stem is cut into small pieces and cooked in coconut oil to produce an ointment used for massaging swollen parts of rheumatic leg joints. Mature leaf of *talisai* (*Terminalia catappa*) is greased with the ointment and heated. While this leaf is moderately warm, it is used for wrapping rheumatic joints.

The decoction of the stem, taken in

small doses, is reported to be a good remedy for malarial fever. Besides being a good tonic, it is also a cure for gonorrhoea and syphilis.

2. *Dilang-baka* (*Nopalea cochinellifera* (L.) Salm-Dyck). Locally known as *akakud* in Bontoc; *dapal* in Bisaya; *dila-dila* in Ilocos; *nopal*, *palad* in Bicol.

The sliced stem is used in topical for painful breast.

3. *Pakpak-lauin* (*Drynaria querifolia* (L.) J. Sm.). Locally known as *baga-baga* in Pangasinan; *gonatibatib* in Pampanga; *kabkab*, *kabkabin* in Bisaya; *kappa-kappa* in Ilocos; *paipai-amo*, *pakpak-lauin* in Tagalog.

The decoction of the rhizome-like stem is good for dysentery. According to Guerrero, this decoction, in concentrated form, is anthelmintic.

4. *Kauad-kauad* (*Cassytha filiformis* L.). A parasitic vine on various coarse grasses, shrubs, trees and other vines. Mostly found along the sandy beaches or coast. Locally known as *barubarut* in Ilocos; *malabohok* in Bicol and Bisaya; *kauad-kauaran*, *kauad-kauad*, *kauat-kauat* in Tagalog.

The decoction of the entire plant, according to report, is good for pregnant women.

#### WOODS AND WOODY STEMS

1. *Matang-ulang* (*Salacia prinoides* (Willd.) D.C.). Locally known as *matang-ulang* in Tagalog; *ope* in Igorot.

The decoction or infusion of either mature stems or roots is good remedy for amenorrhoea or dysmenorrhoea. Same decoction is regarded as an abortive.

2. *Dugtong-ahas* or *Itiban* (*Parameria barbata* (Blume) K. Schum.). Locally known as *bulau-bulau*, *sagid*, *taguktuguk* in Bisaya; *hinggiu-naputi*, *itiban*, *takolauai*, *omoli* in Tagalog; *pataan*, *patian*, *yakdig* in Ilocos.

A decoction of stem including leaves is used as vulnerary. Taken internally, it is reported to cure tuberculosis. Doses: not given.

3. *Bolong-eta* (*Diospyros pilosanthera* Blanco). Known in most provinces as *bolong-eta*.

Infusion of sliced stem including bark in coconut wine is reported to be efficacious for irregularity among women.

4. *Amian* or *Tulibas* (*Micromelum minutum* (Forst.) Seem.). Locally known as *basar-basar*, *kariububao lamlamuyot* in Ilocano; *bugtong*, *huriñot makabañgon* in Bicol; *malalapai* in Pampanga; *panias-panias*, *tabas* in Bisaya.

The decoction of sliced stem is reported to be good for diabetes and for paleness. Doses: *Ad libitum*.

5. *Agpoi* or *Banot* (*Bauhinia cumingiana* L.). Locally known as *agpoi*, *banot*, *salibangbang*, *umpig*, *umpik* and *uplig* in most provinces.

The decoction of stems is reported to be good remedy for paleness in convalescence. Doses: *Ad libitum*. Juice from pounded fresh stems is dropped on sore feet (Tag. *aliquña*) for rapid cicatrization.

6. *Sibukau* or *Sapang* (*Caesalpinia sappan* L.). Locally known as *sapang sappan* and *sibukan* in most provinces.

The decoction of sliced heartwood is reported to be good remedy for tuberculosis. Doses: *Ad libitum*.

#### BARKS

1. *Duhat* (*Syzygium cumini* Skeels). Locally known as *duhat* or *lumboi* in most provinces.

The decoction of the bark is antidiarrhetic. Doses: *Ad libitum*. Pulverized seeds taken internally, according to Guerrero, is an efficacious remedy for diabetes. The fruit cooked to a thick jam, according to report, is an effective astringent for acute diarrhea.

2. *Bangkal* (*Nauclea orientalis* L.). Locally known as *bangkal* and *bula* in most provinces.

The decoction of the bark, according to Guerrero, is vulnerary and antidiarrhetic. It is also used to cure toothache.

#### ROOTS

1. *Zarzaparilla* or *Banag* (*Smilax bracteata* Presl). Locally known as *banag*, *banal*, *hampas-tikbalang*, *zarzaparilla* in most provinces.

The decoction of the rootstocks and roots used as purifier of blood, is given to mothers a few days after childbirth. Same decoction is a remedy for gonorrhoea, syphilis and rheumatism. Doses:

*Ad libitum*. Note: Two other species of *Smilax*, such as *S. china* L. and *S. leucophylla* Blume, produce the same effect.

2. *Timbañgan* or *Malaubi* (*Aristolochia Tagala* Cham.). Locally known as *malaubi*, *timbañgan*, *timbang-timbañgan*, *parolparolan* in Tagalog; *tauantanen* in Iloco.

Infusion of roots is tonic, carminative, and emmenagogic. Direction: Obtain sufficient amount of roots, cut into pieces and drop them into a bottle containing coconut wine and water. After about twenty-four hours, the solution is ready. Doses: Two to three tablespoonfuls every three hours.

3. *Abutra* or *Suma* (*Arcangelisia flava* (L.) Merr.). Locally known as *abutra*, *abutra*, *albotra*, and *sumo* in most provinces.

The decoction or infusion of roots of mature stems is used as febrifuge, tonic and emmenagogue. Doses: One to two tablespoonfuls every three hours. According to Guerrero, the same decoction or infusion is abortive, depending on the quantity administered.

4. *Urai* (*Amaranthus spinosus* L.). Locally known as *ayanoto* in Pampanga; *iting-iting* in Davao; *kulunai*, *kuantong* in Ilocos; *kulitis*, *kilitis*, *oori* and *urai* in Tagalog.

The decoction of the roots is reported to be efficacious in the treatment of gonorrhoea, and other venereal diseases. To make it more effective, mix equal quantity of the root of this plant and that of *zarzaparilla* (*Smilax* sp) and then boil. Doses: *Ad libitum*.

5. *Spiny Bamboo* (*Bambusa spinosa* Roxb.). Locally known as *kauayan-tinik* or *kauayan* in most provinces.

The decoction of the roots is administered in the treatment of anuria. Doses: *Ad libitum*.

6. *Kogon* (*Imperata cylindrica* (L.) Beauv. var. *Koenigii* Benth.). Locally known as *buchid* in Batanes; *gaon* in Benguet; *gogon* in Bicol; *kogon* in most provinces; *pan'au* in the Ilocos.

The decoction of the roots is a diuretic beverage. Doses: *Ad libitum*. The water from the exudation of the roots is reported to be a good remedy for phthisis. Direction on how to get the

water: Dig the soil where there is a good clump of kogon, about one foot deep one foot wide and two to three feet long. After about twenty-four hours, clumps of roots will grow along the sides of the hole. Tie these roots together, and cut the tips. Then insert them into bamboo tube or any container. Do this early in the evening. Early the following morning, take the tube, which no doubt contains pure water. Give to person afflicted with tuberculosis. Doses: One-half drinking glass every three hours, especially at night.

7. *Moras* (*Andropogon zizanioides* (L.) Urban). Locally known as *mora* or *moras* in most provinces.

The decoction of the roots, according to Guerrero, taken internally is an efficacious lithontriptic besides being a good tonic. After the roots have been cleaned and dried, they are placed in boxes where clothes are kept. Like naphthaline, the dried roots impart a sweet odor.

8. *Tanglad* or Lemon Grass (*Andropogon citratus* DC.). Locally known as *barani* in Iloco; *tanglad* in most provinces.

The decoction of the roots is highly esteemed as diuretic medicine. The leaves when crushed and mixed with gogo are used for aromatic baths. The stem is sometimes mixed with chicken's meat for flavoring.

9. *Parag-is* or Yard Grass (*Eleusine indica* (L.) Gaertn.) Locally known as *palagtiki*, in Bisaya; *parañgis* in Iloco; *parañgis-sabuñgan* in Pampanga; *parag-is* in Tagalog.

According to Guerrero, the entire plant mixed with gogo (*Entada Phascoloides*) is used to cleanse the head, remove dandruff and prevent baldness.

#### FRUITS AND SEEDS

1. *Patolang-ligau* (*Luffa cylindrica* L.), the wild variety. Not to be confused with *Patola* (*Luffa cylindrica*), the cultivated form, which is bigger in size than *Patolang-ligau*. Locally known as *patolang-uak*, *patolang-ligau*, *pepenillo de San Gregorio* and *tabobok* in most provinces.

The dried fruit containing seeds is steeped and the resulting liquid, accord-

ing to Guerrero, is an effective emetic.

2. *Caña-fistula* (*Cassia fistula* L.). Known as *caña-fistula* in nearly all provinces.

The pulp of the fruit inside is used as purgative.

3. *Kalumbibit* (*Caesalpinia crista* L.). Locally known as *bangbang*, *bayag-kambing*, *kalumbibit*, *dalugdug* in most provinces.

The powdered seeds are administered as antifebrifuge and are regarded as tonic. The infusion of powdered seeds in coconut oil is a good remedy for athlete's foot or chailblain (Tag. *alipuniga*).

4. *Kasui* (*Anacardium occidentale* L.). According to Guerrero, the oil from the pericarp of the seeds is a powerful escharotic.

5. St. Ignatius Bean (*Strychnos ignatii* Berg.). Locally known as *igasud* in Samar and Leyte.

The bark and seeds taken in small doses, Guerrero reported, are used as febrifuge. They are anticholeric and tonic, according to the report.

6. *Tangolo* or *Niogniogan* (*Quisqualis indica* L.). Locally known as *niogniogan*, *piniones*, *tartaraok* and *tag-arau*.

The seeds are used as vermifuge. Precaution: Number of seeds given will depend upon the age of the child, but from two to three will be sufficient. Too many seeds eaten, will cause hic-cough and dizziness. As antidote to dizziness, give patient plenty of sugar.

## SUPREME COURT . . .

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and the contract entered into thereunder between the same municipal government and Timoteo Santaromana to be void as violative of the constitutional provision against the impairment of the obligation of contracts. With costs against the appellees.

SO ORDERED

(SGD.) ALEX REYES

We concur:

(Sgd.) MANUEL V. MORAN

" RICARDO PARAS

" F. R. FERJA

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