

**Subject:** AGREEN Report for the Month of January 2021  
**Date:** February 18, 2021  
**Site:** Philippines, Cordillera Administrative Region, Province of Ifugao  
**Title:** Ethnomedicine as Remedial Health Care

Indigenous knowledge sustained the indigenous communities since time immemorial. One of it is ethnomedicine that has been nurtured, practiced and even integrated in modern medicine. The use of ecosystem services among indigenous communities paved their survival to food security, human well-being, and self-determined development.



The municipality of Hungduan in Ifugao, Philippines is a town where some of its areas are classified as Geographically Isolated Depressed Areas (GIDA). This entails that some areas can only be reached by foot, health services and facilities are insufficient, and livelihood opportunities are limited. Hungduan has one hospital and one rural health unit with barangay health stations of which there are no accredited birthing facilities in these stations. The municipality recorded upper respiratory tract infection, rhinitis, and wound infections as leading causes of morbidity or illness. An observation in the area is the poor health seeking behaviors of the communities and their reliance to first aid interventions through the use of ethnomedicine.

Through community meetings and individual interviews among the indigenous knowledge holders, there were 44 ethnomedicinal plants recorded. These are widely used by the communities as remedial health care considering the difficulty in accessing medical attention particularly the communities that can be reached by foot worsened by challenging geographical and environmental conditions of the areas. Moreover, cultural beliefs are also employed in healing the sick. There are rituals associated with healing and use of ethnomedicine. There are some ethnomedicine applications that can only be done by a particular person called "mun-laoh". They are believed to be gifted with healing powers who are exceptional in gathering, preparation and application of herbal medicine.



Resulted from the documentation, the following classification of illness/ailments are widely used:

Illness	Condition	Ethnomedicine Applied
Wounds	External injuries are common to the indigenous communities of who are mostly farmers. They usually obtain wounds from farming tools and accidents.	Bungbungtiti Libug Pawekan
Snake and centipede bites	Accidental bites from snake and centipede are remedially treated with available herbs where the communities usually gather firewood and tend to the forests.	Putudan Humang
Digestive System Disorder	Stomach ache, ulcer and diarrhea especially the children are common and are treated with herbs and fruits.	Hopal Katingul Bayab-at
Infection and infestation, skin problems, eye problems, and nervous disorders	Due to everyday activities in the farms and forests, skin related infections are usual and are immediately treated with herbs.	Upeh Tuwol

Juan Daniel P. Ibat, a community nurse in Hungduan led the group in the documentation of



these ethnomedicinal plants. He gathered the community members to educate them about proper health care while encouraging the use and propagation of ethnomedicinal plants as remedial response during emergencies. Camia Dulnuan, a “mun-laoh” shared her practices and location of these plants where some can only be found deep in the forest and in higher elevation of the mountains.

The following are some of the documented ethnomedicinal plants and their uses:



**Scientific Name:** *Elusine indica*  
**Local Name:** Apidan, Hinapid  
**Part used:** whole plant  
**Indication:** Stomach problem  
**Direction for use:** Wash the plant could be fresh or air dried and then boil for up to 3-5 minutes and drink.



**Scientific Name:** *Drymmiss piperat*  
**Local Name:** Hopal  
**Part used:** fruit  
**Indication:** Stomach problem, poisoning  
**Direction for use:** Either boil the dried fruit and drink or directly ingesting the fruit.



**Scientific Name:** *Vaccinium whitfordii* Merr  
**Local Name:** Aguhip  
**Part used:** Stem  
**Indication:** Oral thrush or “Kalah”  
**Direction for use:** Cut the stem and use dropper to suck the water content inside the stem and drop content to the oral area/tounge. Do it 3 times a day until thrush is removed.



**Scientific Name:** *Medinilla* sp.  
**Local Name:** Balangbang di Ahu  
**Part used:** Leaves and stem  
**Indication:** UTI  
**Direction for use:** Wash the leaves and stem and boil then drink



**Scientific Name:** *Ethulia conyzoides* L.  
**Local Name:** Bungbungtit  
**Part used:** Leaves  
**Indication:** Wound  
**Direction for use:** Pound the leaves and apply to the wound area. Cover with clean cloth.



**Scientific Name:** *Psidium guajava*  
**Local Name:** Be-et/Bayab-at  
**Part used:** Shoots  
**Indication:** Diarrhea  
**Direction for use:** Wash the leaves and boil the shoots in 2 cups of water then drink. Chewing and ingesting the juice is another method.



**Local Name:** Danggun di Gawang  
**Part used:** Bulb  
**Indication:** Breast engorgement  
**Direction for use:** Pounding the plant and apply or plaster to the affected part and cover with clean cloth.



**Scientific Name:** *Allium odoratum* L.  
**Local Name:** Danggun di Hapon  
**Part used:** Leaves  
**Indication:** Cough and colds  
**Direction for use:** Apply oil to leaves and apply to the chest and at the back during night time.



**Scientific Name:** *Imperata cylindrica*  
**Local Name:** Gulun  
**Part used:** Roots  
**Indication:** Urinary Tract Infection  
**Direction for use:** Boil the dried root and drink it 3 times a day.