



SCIENCE – PROJECT

THE MEDICINAL PLANTS



MEDICINAL PLANT

A medicinal plant is any plant which, in one or more of its organs, contains substances that can be used for therapeutic purposes, or which are precursors for chemo-pharmaceutical semi-synthesis. When a plant is designated as ‘medicinal’, it is implied that the said plant is useful as a drug or therapeutic agent or an active ingredient of a medicinal preparation. Medicinal plants may therefore be defined as a group of plants that possess some special properties or virtues that qualify them as articles of drugs and therapeutic agents, and are used for medicinal purposes.



Plant Name: **PANDAN**

Scientific Name: **PANDANUS AMARYLLIFOLIUS**

Parts Used: **LEAVES, BARKS and ROOTS**

Medicinal Uses:

- ❖ Helps reduce fever
- ❖ Solves several skin problems
- ❖ Relieves headache and arthritis
- ❖ Treatment for ear pains, leprosy, smallpox and wounds
- ❖ Functions as a laxative for children
- ❖ Eases chest pains
- ❖ Helps in speeding up the recuperation of women who have just given birth and are still weak
- ❖ Pandan reduces stomach spasms
- ❖ Pandan flowers have also been traced with characteristics that function as aphrodisiac.
- ❖ Pandan also manifests anti-cancer activities,
- ❖ It can also be used as antiseptic and anti-bacterial, which makes it ideal for healing wounds.
- ❖ Decoction of the bark may be taken as tea, or mixed with water that is to be used in bathing, in order to remedy skin problems, cough, and urine-related concerns.
- ❖ The anthers of the male flowers are used for earaches, headaches and stomach spasms.
- ❖ Chew the roots to strengthen the gum.



Plant Name: **GINGER**

Scientific Name: **ZINGIBER OFFICINALE**

Parts Used: **ROOTS, LEAVES and FLOWER**

Medicinal Uses:

- ❖ Relieves rheumatic pains & muscle pains
- ❖ Alleviates sore throat, fever and colds
- ❖ Ease nausea and vomiting
- ❖ Intestinal disorders and slow digestion, and treat intestinal worms
- ❖ Relief from tympanism and flatulence
- ❖ Hinder diarrhea, gas pains
- ❖ Relieve indigestion (dyspepsia), toothaches
- ❖ Lower cholesterol levels
- ❖ Aids treatment of tuberculosis
- ❖ Aids in the healing of wounds.
- ❖ May help in treatment of psoriasis, scabies and other inflammatory skin conditions.
- ❖ Cosmetics, Sunscreen, Skin lightening properties
- ❖ May prevent the spread of breast cancer to the lungs.
- ❖ May prevent skin cancer.
- ❖ Boosts the effects of chemo drugs like paclitaxel and reduces its side effects.
- ❖ Can kill oesophageal cancer cells



Plant Name: **CAMOTE TOPS**

Scientific Name: **IPOMOEA BATATAS**

Parts Used: **LEAVES**

Medicinal Uses:

- ❖ Among all the other plants, research studies have shown that Camote tops may be used as a remedy to Dengue fever. It is said to help increase platelet counts that would help recover from Dengue.
- ❖ Diabetes
- ❖ Heart Disease
- ❖ Cancer (Colon, Stomach)
- ❖ Problem on bowel movement
- ❖ High Blood Pressure



Plant Name: **SILYMARIN – (MILK THISTLE)**

Scientific Name: **SILYBUM MARIANUM**

Parts Used: **SEED EXTRACT FROM THE FLOWER**

Medicinal Uses:

- ❖ Help improve liver function for those with cirrhosis of the liver and chronic hepatitis.
- ❖ Prevents inflammation of the liver
- ❖ Cure for Amanita phalloides mushroom poisoning
- ❖ Helps control blood sugar in patients with diabetes and cirrhosis.
- ❖ Helps lower cholesterol levels.
- ❖ Reduces growth of breast, prostate, cervical and skin cancer cells.
- ❖ Helps reduce fatty infiltration on the liver caused by toxins and alcohol.
- ❖ A strong antioxidant that helps fight free radicals (see Key to Healing).
- ❖ Not used to prevent hepatitis C, but used to minimize the damage caused by it.
- ❖ Non-toxic / no known overdose symptoms.



Plant Name: **TAKIP KUHOL PLANT**

Scientific Name: **CENTELLA ASIATICA**

Parts Used: **LEAVES and SEEDS**

Medicinal Uses:

- ❖ Decoction of leaves used as diuretic and considered useful for gonorrhoea.
- ❖ Useful in the treatment of chronic and obstinate eczema. Also prescribed for secondary and tertiary syphilis accompanied by gummatous infiltration and ulceration, in chronic and callous ulcers, as a stimulant in infantile diarrhoea and eczema and abscess, and in chronic rheumatism.
- ❖ Leaves are toasted and given as infusion in bowel complaints and fevers of children.
- ❖ Also applied as anti-inflammatory to areas of blows and bruises.
- ❖ Seeds used for dysentery, fever, and headache.
- ❖ Infectious hepatitis, measles, respiratory tract infections - colds, tonsillitis, laryngopharyngitis, bronchitis.
- ❖ Wounds and sore: The sap of the leaves is used on wounds and skin sores.
- ❖ Also, on chaps, scratches and superficial burns.
- ❖ In many folkloric systems, used for tuberculosis, syphilis, dysentery, hypertension, venous extremity problems and common cold.



Plant Name: **GUGO**

Scientific name: **ENTADA PHASEIKAUDES K MEER**

Parts Used: **VINE, SEEDS AND BARKS**

Medicinal Uses:

- ❖ For rheumatic lumbar and leg pains, sprains, contusions: use dried vine materials.
- ❖ For jaundice, edema due to malnutrition: use powdered seeds, 3 to 9 gms taken orally with water.
- ❖ Abdominal pains and colic: Pound the kernels of the seeds, mix with oil and apply as poultice onto affected area.
- ❖ Counterirritant: Make a paste of the seeds and apply to glandular swellings in the axilla, loins and joints, and swollen hands and feet.
- ❖ Hair wash: Soak the prepared bark in water until soft; express the juice by rubbing the spread fibers against each other until lather is produced; use as hair shampoo.



Plant Name: **KATAKA-TAKA – (LIFE PLANT)**

Scientific Name: **KALANCHOE PINNATA (LAM.) PERS.**

Parts Used: **LEAVES**

Medicinal Uses:

- ❖ Pounded fresh material is applied as a poultice for a variety of conditions: Sprains, eczema, infections, burns; carbuncle and erysipelas. Usually not taken internally.
- ❖ For boils, the whole leaf is pressed by hand, to and fro, until it becomes moist with the leaf extract. A small opening is made in the middle of the leaf which is then placed on the boil with hole over the pointing of the abscess.



Plant Name: **PANDAKAKI - PUTI**

Scientific Name: **TABERNAEMONTANA PANDACAQUI POIR.**

Parts Used: **LEAVES, BARKS AND ROOTS**

Medicinal uses:

- ❖ Eczema: Boil 3 cups of chopped leaves in one gallon of water for 10 minutes; add 2 gallons of hot water. Also, fry the fresh leaves in oil and apply to itchy skin lesions for symptomatic relief.
- ❖ Wound healing: Leaf juice.
- ❖ Hot Foot Baths: A local immersion bath covering the feet, ankles and legs used for a variety of conditions: To relieve head, chest and pelvic congestion; to stop nosebleeds; to relieve spasms and pains of feet and legs; to induce sweating; to relieve menstrual cramps and headaches.
- ❖ Leaves applied as cataplasm on abdomen to hasten childbirth.
- ❖ Erectile dysfunction: Recent use as "herbal viagra." Boil 15-25 leaves in 3 glasses of water for 10 minutes; drink the decoction. (Note: Like many of the herbal medicines touted as "herbal viagra," kampuot use is rural folkloric with no known scientific or pharmacologic basis for its claim.)
- ❖ Decoction of root and bark used for a variety of stomach and intestinal ailments.
- ❖ The white sap of the stem is applied to thorn injuries and to hasten the surfacing of the thorn fragment.



Plant Name: **MANSANILYA**

Scientific name: **CHRYSANTHEMUM INDICUM L.**

Parts Used: **FLOWERS**

Medicinal uses

- ❖ Preventive for cough, flu, epidemic meningitis.
- ❖ Whooping cough (use entire plant or flower)
- ❖ Gas pains: Warm oil, add and mix the flower heads, let stand for 30 mins and strain. Apply warm oily solution to abdomen.
- ❖ Eczema infections
- ❖ Hypertension (use flowers)
- ❖ Poisonous snake bites, sprains and bruises]
- ❖ Infections of the cervix (use flowers, process into emulsion and apply to afflicted region
- ❖ Mammary carbuncle
- ❖ Insect repellent: Burn the flowers.
- ❖ Tea used as a wash for sore eyes, open sores, and wounds



Plant Name: **Romero – (Rosemary)**

Scientific Name: **Ros marinus officinalis L.**

Parts Used: **LEAVES**

Medicinal uses:

- ❖ Vapor bath of leaves in boiling water for rheumatism, catarrh.
- ❖ Rosemary tea also used as conditioning hair rinse,
- ❖ Infusion of leaves as tea for dyspepsia, flatulence.
- ❖ Decoction of leaves as mouthwash for gums disease, halitosis, sore throat.
- ❖ Cough: Inhale steam of strong decoction of herb.
- ❖ Diuretic: Take decoction of herb as needed.
- ❖ Gas pains: Take decoction of herb as needed.
- ❖ Rheumatism: Make decoction of herb and soak affected area.
- ❖ Conjunctivitis: Infusion of leaves used as an eyewash, 4 to 5 times daily.
- ❖ Daily use of rosemary tea believed to prevent cataracts.
- ❖ As hair restorer, romero is macerated in alcohol and rubbed on twice daily. The hair lotion is suppose to stimulate the hair bulbs to renewed activity and prevents baldness.
- ❖ For dandruff, massage rosemary vinegar thoroughly into scalp, 20 mins before washing.
- ❖ Postpartum bath: Boil a head of petals in a quart of water). (Related article: Suob)
- ❖ For aromatic bath, use decoction of herb
- ❖ Used as antispasmodic in renal colic and dysmenorrhea.
- ❖ Decoction of leaves used as carminative and as an abortive.
- ❖ Infusion of leaves used for gastralgia, dyspepsia, flatulence and palpitations.



Plant Name: **AKAPULKO**

Scientific Name: **CASSIA ALATA**

Parts and Medicinal Uses:

- ❖ Decoction of leaves and flowers is very effective in easing asthma, cough and bronchitis.
- ❖ The seeds are effective in expelling intestinal parasites.
- ❖ Juice from leaves aids in controlling fungal infections like; eczema, athlete's foot, ringworm, scabies, and herpes.
- ❖ Pounded leaves reduce injury-related swellings, treat insect bites, and ease rheumatism.
- ❖ Leaves and flowers concoction used as mouthwash in treating stomatitis.
- ❖ Juice from leaves ease fetid discharges.
- ❖ The leaves stain is an effective purgative.



Plant Name: **AMPALAYA-"BITTER GOURD" OR "BITTER MELON"**

Scientific Name: **MOMORDICA CHARANTIA**

Parts and Medicinal Uses:

- ❖ Juice extracted from leaves is effective in easing cough, pneumonia, heal wounds, and combating intestinal parasites.
- ❖ Juice from fruits aids in treating dysentery and chronic colitis.
- ❖ Decoction of roots and seeds is effective in treating hemorrhoids, rheumatism, abdominal pain, psoriasis.



Plant Name: **NEEN**

Scientific Name: **AZADIRACHTA INDICA**

Parts and Medicinal Uses:

- ❖ Neem leaf extract is used as an antiviral, for example, against the flu, common cold, herpes and dengue fever; the strong-smelling, aromatic oil obtained from fruit is much valued in Indian native medicine for various illnesses such as leprosy and rheumatism; another attribute is the effectiveness of seed and leaf extract as a natural insecticide, and it is proving equally effective in repelling pests that affect people, like mosquitoes, fleas, ticks and head lice; yields an antiseptic resin used medicinally and in toothpaste, soaps, and lotions; wood very durable, used for furniture and crafts; it is also a valuable shade tree; grown as an ornamental in Dominica.



Plant Name: **BANABA**

Scientific Name: **LAGERSTROEMIA SPECIOSA LINN.**

Parts and Medicinal Uses:

- ❖ Roots have been used for a variety of stomach ailments.
- ❖ Leaf decoction for diabetes; also use as a diuretic and purgative.
- ❖ Decoction of old leaves and dried fruit, has been used for diabete
- ❖ The bark decotion has been used for the treatment of diarrhea.
- ❖ The bark, flower and leaves used to facilitiate bowel movements.
- ❖ Decoction of leaves and flowers used for fevers and as diuretic.
- ❖ Decoction of fruits or roots gargled for aphthous stomatitis.
- ❖ Leaf decoction or infusion used for bladder and kidney inflammation, dysuria, and other urinary dysfunctions.



Plant Name: **BAWANG - POPULARLY KNOWN AS "GARLIC"**,

Scientific Name: **ALLIUM SATIVUM**

Parts and Medicinal uses:

- ❖ Massaging crushed lobe to both temples can ease headache.
- ❖ Rubbing crushed lobe to affected areas is a good remedy for insect bites and athlete's foot.
- ❖ Decoction of leaves and bulbs is effective for fever, tonsillitis, and digestive problems.
- ❖ Juice from crushed garlic is used to treat colds, cough, sore throat, bronchitis, and asthma



Plant Name: **ADELFA**

Scientific Name: **NERIUM INDICUM MIL**

Parts and Medicinal Uses:

- ❖ Ringworm: Chop a foot long branch and mix with 1 cup chopped fresh young leaves.
- ❖ Snake bites: Pound 10 leaves and a piece of branch. Apply poultice to the wound.
- ❖ Root, locally and internally, used for abortion.
- ❖ Roots, made into paste with water, used for hemorrhoids.
- ❖ Roots and bark used externally for eczema, snake bites and as insecticide.
- ❖ Fresh leaves applied to tumors to hasten suppuration.



Plant Name: **ANONAS**

Scientific Name: **ANONA RETICULATA LINN**

Parts and Medicinal Uses:

- ❖ The powdered bark used for dysentery and diarrhea.
- ❖ Fruit is antihelminthic, the dried unripe fruit is astringent and used for diarrhea and as vermifuge.
- ❖ The roots used for epilepsy.
- ❖ Indigestion: Warm the leaves in open fire. Apply to stomach while still warm; use abdominal binder. Renew every 2 hours. Also used for babies and children.



Plant Name: **BAYABAS - "GUAVA"**

Scientific Name: **PSIDIUM GUAJAVA**

Parts and Medicinal Uses:

- ❖ As cleaning agent, decoction of fresh leaves prevents infection in wounds.
- ❖ Also, decoction of leaves is effective for diarrhea and skin ulcers.
- ❖ Boiled fresh leaves are good ingredients for aromatic baths.
- ❖ Chewing fresh leaves help control gum swelling.
- ❖ Placing tightly roll leaves into the nasal tract can stop nosebleeds.



Plant Name: **BALANOY (SWEET BASIL)**

Scientific Name: **OCIMUM BASILICUM L.**

Parts and Medicinal Uses:

- ❖ Cough: Expectorant properties – Take infusion or decoction of herb or tops as tea.
- ❖ Leaf juice helpful for expectoration of mucus.
- ❖ Decoction of leaves also used for hiccups, vomiting and nausea.
- ❖ Gas pains: Decoction of herb as tea helps to expel wind from bowels.
- ❖ Snake bites: Crush fresh plant and poultice the bitten wound.
- ❖ Gonorrhoea, using a decoction of the roots and leaves of plants.
- ❖ Decoction of leaves used as a wash for ulcers.
- ❖ Used in baths for rheumatic pains.
- ❖ Ringworm and insect bites: Apply juice of crushed leaves.
- ❖ Skin ulcers: Decoction of herb as wash.
- ❖ For delayed menstruation: take the juice of the leaves with water.
- ❖ Seeds are used in treatment of several eye diseases.
- ❖ Toothache: Wet small piece of cotton with juice of crushed leaves and insert into tooth cavity.
- ❖ Postpartum: Decoction of seeds used to decrease postpartum pains; the seeds are mucilaginous.
- ❖ Poultice of seeds used for buccal sores.
- ❖ Decoction of seeds also used for constipation.



Plant Name: **KOMPREY (COMFREY)**

Scientific Name: **SYMPHYTUM OFFICINALE L.**

Parts and Medicinal Uses:

- ❖ Decoction of leaves used for a variety of illnesses: Asthma, cough, ulcers, constipation, hypertension.
- ❖ Poultice of fresh leaves used for sprains, inflammatory swelling, external wounds, sores, athlete's foot, burns, insect bites, and abscesses.
- ❖ Juice of leaves used for a variety of skin ailments and wounds healing; apply three times daily. Decoction of tea as a sleep-aid.



Plant Name: **LAGUNDI**

Scientific Name: **VITEX NEGUNDO**

Parts and Medicinal Uses:

- ❖ Decoction of leaves is effective for cough, colds, fever, headache, toothache, asthma, menstrual difficulties and amenorrhea.
- ❖ As washing agent, boiled leaves are used for sponge bathing, treating wounds and ulcer.
- ❖ Placing ash of fresh leaves in affected areas can ease rheumatic joints.
- ❖ Decoction of leaves taken as a diuretic.



Plant Name: **KAKAWATE**

Scientific Name: **GLIRIDIA SEPIUM (JACG.) STEUD.**

Parts and Medicinal Uses:

- ❖ Crude extracts have been shown to have antifungal activity. Reported to be expectorant, sedative and suppurative. Madre de cacao is a folk remedy for alopecia, boils, bruises, burns, colds, cough, debility, eruptions, erysipelas, fever, fractures, gangrene, headache, itch, prickly heat, rheumatism, skin tumours, ulcers, urticaria and wounds.



Plant Name: **REPOLYO (CABBAGE)**

Scientific Name: **BRASSICA OLERACEA LINN.**

Parts and Medicinal Uses:

- ❖ Juice of red cabbage used for chronic coughs, bronchitis, asthma.
- ❖ Juice of white cabbage used to treat warts.
- ❖ Bruised leaves of the common white cabbage used for blisters.



Plant Name: **NIYOG-NIYOGAN**

Scientific Name: **QUISQUALIS INDICA L.**

Parts and Medicinal Uses:

- ❖ Dried seeds, when eaten, act as deworming agents.
- ❖ Roasted seeds help control diarrhea and fever.
- ❖ Boiled leaves used to check difficulty in urinating
- ❖ Fruit decoction of fruit, taken as mouthwash, is effective against nephritis.
- ❖ Juice made from leaves are used in the treatment of ulcers, boils, and fever-induced headache.
- ❖ Decoctions of roots aids in reducing pain due to rheumatism.
- ❖ Pounded leaves are used externally for skin diseases.



Plant Name: **Okra (Lady Finger)**

Scientific Name: **Abelmoschus esculentus L.**

Parts and Medicinal uses

- ❖ Decoction of roots and leaves as a tea or for washing.
- ❖ Decoction of young fruit useful for catarrh, urinary problems.
- ❖ Syrup from mucilaginous fruit used for sore throat.
- ❖ Poultice of roots and leaves for wound healing.
- ❖ Young pods for fevers, difficult urination and diarrhea.
- ❖ Decoction of roots for headaches, varicose veins, arthritis, fevers.
- ❖ Decoctions of leaves for abdominal pain.
- ❖ Leaves also useful as emollient poultice.
- ❖ Seeds used a coffee substitute. Paste of seeds, mixed with milk, used for pruritic skin lesions.



Plant Name: **MAYANA**

Scientific name: **COEUS BLUMEI BENTH**

Parts and Medicinal uses:

- ❖ Bruises and sprains: Crush or pound 10-12 leaves and apply over the ankles, wrists or affected areas for 30 minutes, three times daily. Use a bandage to hold the poultice in place.
- ❖ Carminative: Take decoctions of leaves.
- ❖ Headache: Pound leaves and apply over temples and nape.
- ❖ Mild bleeding of wounds: Wash the young leaves; crush and extract the juice. Drop a few drops of the juice directly on the wound. Apply the crushed leaves as poultice.
- ❖ Sinusitis: Heat 10-12 fresh leaves over a fire; apply while still hote over the forehead for the frontal sinues or over the cheeks for the maxillary sinuses, twice daily.
- ❖ Decoction, taken internally for dyspepsia; also used as eyedrops for eye inflammation.



Plant Name: **SAMBONG - BLUMEA CAMPHORA**

Scientific Name: **BLUMEA BALSAMIFERA**

Parts and Medicinal uses:

- ❖ Decoction of leaves is effective against fever, kidney problems and cystitis.
- ❖ Leaves is used as poultice for abscesses.
- ❖ Concoction of leaves is used for sore throat, rheumatic pains, stomach pains, and dysentery.
- ❖ Fresh juice made from leaves is applied to wounds and cuts.
- ❖ As expectorant, Sambong tea is used for colds.



Plant Name: **SINGKAMAS**

Scientific Name: **PACHYRRHIZUS EROSUS LINN.**

Parts and Medicinal use:

- ❖ Decoction of the jicama roots are used as a diuretic.
- ❖ Warmed poultice of the stem pulp can be used and applied to painful areas in the leg.
- ❖ Seeds are laxative; and the oil of seeds is purgative in doses of 40 gms.
- ❖ Tincture from seeds are used for treatment of herpes.
- ❖ Roots are used for fever and hemorrhages.



Plant Name: **TALONG (EGGPLANT)**

Scientific name: **SOLANUM MELONGENA L.**

Parts and Medicinal use:

- ❖ Leaves are used for piles.
- ❖ The boiled root of the wild plant, mixed with sour milk and grain porridge, has been used for the treatment of syphilis.
- ❖ Long fruit is phlegmatic and generative of phthisis, coughs, and anorexia.
- ❖ Decoction of roots, dried stalk, and leaves is used for washing sores, exudative surfaces and used as astringent for hemorrhage from the bladder and other hemorrhagic fluxes.
- ❖ The juice of leaves used for throat and stomach troubles.
- ❖ Decoction of roots taken internally for asthma and as a general stimulant.
- ❖ Juice of the fruit, sometimes with pounded leaves, rubbed on suspected syphilitic eruptions of the hands.
- ❖ Fruit considered cooling, and bruised with vinegar
- ❖ Chinese and Annamites used the roots for skin diseases.
- ❖ In Taiwan folk medicine, roots are used for rheumatism, inflammation and foot pain.
- ❖ The peduncle, incinerated, used in intestinal hemorrhages, piles, and toothache.
- ❖ Seeds used as stimulant but may cause dyspepsia and constipation
- ❖ In French Guinea, decoction or infusion of leaves is used for stomach troubles and sore throat.



Plant Name: **TSAANG GUBAT**

Scientific Name: **EHRETIA MICROPHYLLA LAM**

Parts and Medicinal Uses:

- ❖ Tea extracted from leaves is taken to ease stomach aches, diarrheas, and dysentery.
- ❖ Decoction of leaves is effective as dental mouthwash.
- ❖ Leaves concoction is used to stop bleeding cause by snakebites, and a cure for plant-based poisoning;
- ❖ Decoction of leaves is also used as body cleanser after childbirth.



Plant Name: **ULASIMANG BATO | PANSIT-PANSITAN**

Scientific Name: **PEPEROMIA PELLUCID**

Parts and Medical Uses:

- ❖ Fresh juice made from stem and leaves controls eye inflammation.
- ❖ Crushed whole plant as warm poultice, is effective for pimples, boils, and wound.
- ❖ Concoction of leaves used in treating fevers, headaches, sore throats, coughs, common colds, and diarrheas.
- ❖ Boiled leaves and stems is used for gout, arthritis, rheumatic pains, and conjunctivitis. The mixture is also effective in controlling high blood pressure.
- ❖ Juice made from leaves and stem, taken externally, is a good facial wash for skin problems.



Plant Name: **MAIS (CORN)**

Scientific name: **ZEA MAYS L.**

Parts and Medicinal Uses:

- ❖ Diuretic: Take decoction of hairs or cobs as tea.
- ❖ Decoction of pith of cob as tea is used for stomach complaints.
- ❖ Decoction of roots, leaves, and corn silk used for dysuria, bladder complaints, and bedwetting
- ❖ The water in which unhusked corn is boiled is a pleasant tasting remedy for urinary tract infection. The corn silk decoction is also thought to be diuretic.
- ❖ Poultice used for ulcers, rheumatic pains and swellings.
- ❖ Decoction of parched corn (buned or roasted) taken as tea for nausea and vomiting.
- ❖ Kidney stones: Infusion of corn hair in hot water, 3x daily.



Plant Name: **DUHAT (JAVA PLUM)**

Scientific Name: **SYSZYGIUM JAMBOLANUM**

Parts and Medicinal Properties:

- ❖ Diarrhea: Liberal amounts of the fleshy portion of the fruit.
- ❖ Gum gingivitis: Use a 1% decoction of the bark as a gargle or mouthwash.
- ❖ Wounds: Use the bark decoction as an astringent wash.
- ❖ In India, seeds used for diabetes.
- ❖ Bark used for sore throats, indigestion, appetite loss, leucorrhea, bronchitis, asthma, ulcers and dysentery.



Plant Name: **YERBA BUENA OR MINT**

Scientific Name: **CLINOPODIUM DOUGLASI**

Parts and Medical Uses:

- ❖ Promotes good health, if taken as tea.
- ❖ Sniffing crushed fresh leaves is effective for dizziness.
- ❖ Leaves soak in a glass of water is used as mouthwash.
- ❖ Decoction of leaves is used for migraine, headaches, fevers, toothaches, stomach aches, muscles and joint pains, and dysmenorrhea.
- ❖ Pounded or crushed leaves is used to treat insect bites.



Plant Name: **KAMIAS (CUCUMBER TREE)**

Scientific Name: **AVERRHOA BILIMBI**

Parts and Medicinal uses:

- ❖ Skin diseases, especially with pruritus: Reduce the leaves to a paste and apply tolerably warm to areas of affected skin.
- ❖ Post-partum and rectal inflammation: Infusion of leaves.
- ❖ Mumps, acne, and localized rheumatic complaints: Paste of leaves applied to affected areas.
- ❖ Warm paste of leaves also used for pruritus.
- ❖ Cough and thrush: Infusion of flowers.
- ❖ Fever: Fruit as a cooling drink.
- ❖ The fruit has been used for a variety of maladies: beriberi, cough, prevention of scurvy.
- ❖ Infusion of leaves also drunk as a protective tonic after childbirth.



Plant Name: **GUMAMELA**

Scientific Name: **HIBISCUS ROSA-SINENSIS LINN**

Parts and Medicinal Use:

- ❖ Mumps, infection of the urinary tract: use dried drug materials 15 to 30 gms, boil to decoction and drink.
- ❖ For abscesses, carbuncles and boils: crush fresh leaves and poultice the infected area. Also, pound flower buds into a paste and apply to external swellings; also used for boils, cancerous swellings and mumps.
- ❖ Decoction of roots, barks, leaves and flowers used as an emollient.
- ❖ Decoction from roots of red and white-flowered plants used as an antidote for poison.
- ❖ Bark is an emmenagogue; also used to normalize menstruation.
- ❖ Seeds used as a stimulant and for cramps.
- ❖ Decoction of leaves for fevers.
- ❖ For headaches, an infusion of leaves or poultice of leaves.
- ❖ Leaves are mildly laxative.
- ❖ Mucilage during labor.
- ❖ Red flowers are purgative; when taken with papaya seeds, may be abortive.
- ❖ Infusion of leaves as an expectorant in bronchitis.
- ❖ Hair stimulant: oil made by mixing the juice of fresh petals and olive oil for stimulating hair growth.



Plant Name: **ATSUETE OR ACHUETE**

Scientific Name: **BIVA ORILLANA LINON**

Parts and Medicinal Uses:

- ❖ For small burns: Wash the leaves with soap and water. Boil 10 leaves in 5 glasses of water; cool. Soak the burn area for 10 minutes, once a day.
- ❖ Fresh seeds when moistened produce a reddish colored juice that is applied to red rashes.
- ❖ Also used for wound healing, regulation of heavy menses, and thinning hair.
- ❖ The leaf, bruised with the head of a “walis-tingting” (broom made from frond ribs of the coconut leaves), mixed with warm coconut oil is applied on the forehead for headaches.



Plant Name: **KALATSUTSI**

Scientific Name: **PLUMERIA ACUMINATA AIT**

Parts and Medicinal Uses:

- ❖ Decoction of bark is used as purgative, emmenagogue, and febrifuge.
- ❖ Preventive for heat stroke: the material may be taken as a cooling tea.
- ❖ For dysentery, diarrhea during summer season: use 12 to 24 gms of dried material in decoction.
- ❖ Arthritis, rheumatism, pruritic skin lesions: Mix the latex (sap) with coconut oil, warm, and apply to affected area.
- ❖ Decoction of the bark is used as a counterirritant on the gums for toothache.
- ❖ The latex mixed with coconut oil is used for itching.
- ❖ The juice is rubefacient in rheumatic pains, and with camphor, is also used for itching.
- ❖ A poultice of heated leaves is beneficial for swellings.
- ❖ Decoction of leaves for cracks and eruptions of the soles of the feet.
- ❖ Infusion or extract from leaves is used for asthma.



Plant Name: **KANYA PISTULA (GOLDEN SHOWER)**

Scientific Name: **CASSIA FISTULA L.**

Parts and Medicinal Uses:

- ❖ Ringworm and other fungal skin infections: Grind leaves into a paste and rub on affected parts.
- ❖ Laxative: Eat pulp of ripe fruit (4-10 segments). Powdered leaves are also laxative.
- ❖ Roots are given as a tonic and febrifuge; also, a strong purgative.
- ❖ Flowers are demulcent and laxative.



Plant Name: **PINYA (PINEAPPLE)**

Scientific Name: **ANANAS COMOSUS**

Parts and Medicinal Use:

- ❖ Juice of leaves: anthelmintic; used for intestinal animal parasites (decoction of fresh young leaves, 4x daily).
- ❖ Ripe fruit good for acid dyspepsia and aids digestion,.
- ❖ Juice of ripe fruit increases urine flow, gently laxative, cooling and digestive.