**Philippine Traditional and Alternative Medicine**

Traditional medicine has been practiced since ancient times in every culture throughout the world and has been an integral part of human evolution and development.

The evolution of Philippine traditional medicine is an interesting study that is influenced by religion, mysticism, magic, superstition, folkloric herbalism and western medicine.

Philippine's common traditional medicine practitioners include the following

* hilot or manghihilot acts as a midwife, a chiropractor or massage therapist to promote health and healing,
* Tawas or mangtatawas, this practitioner uses alum, candles, smoke, paper, eggs and other mediums to diagnose the cause of illness associated by prayers and incanteations
* albularyo, a general practitioner who uses a combination of healing modalities that may include prayers, incantations, mysticism and herbalism. Albularyos claim to draw healing powers from a supernatural source (shamanism)
* Medico, a general practitioner similar to an albularyo but integrates western medicine to promote healing.
* Faith healers, a practitioner who claims divine power bestowed by the Holy Spirit or God. A patient is required to have faith and believe in divine powers to effect healing

These traditional medical practitioners covers a wide spectrum of practices and differs from one another. Even in this modern times where information and advanced science has greatly progressed, traditional medicine still enjoys a large following most especially in rural areas.

In recognition of the deep seated practice of traditional medicine as an alternative modality for treating and preventing diseases in the Philippines, the Department of Health (DOH) through its former Secretary **Juan M. Flavier**launched the **Traditional Medicine Program** in 1992. This program aims to promote an effective and safe use of traditional medicine,

Then President **Fidel V. Ramos** appreciated the importance of the traditional medicine program and signed into law **Republic Act 8423** (R.A. 8423), otherwise known as the **Traditional and Alternative Medicine Act** (TAMA) of 1997. This gave rise to the creation of **Philippine Institute of Traditional and Alternative Health Care (PITAHC)**which is tasked to promote and advocates the use of traditional and alternative health care modalities through scientific research and product development

Since then the **Philippine Department of Health (DOH)**through its**"Traditioinal Health Program"**has endorsed 10 medicinal plants to be used as herbal medicine in Philippines due to its health benefits.

The following are the **10 Medicinal Plants in the Philippines** endorsed by DOH:

# [Akapulko (Cassia alata)](http://www.medicalhealthguide.com/articles/akapulko1.htm) a medicinal plant called "ringworm bush or schrub" and "acapulco" in English, this Philippine herbal medicine is used to treat tinea infections, insect bites, ringworms, eczema, scabies and itchiness.

# Akapulko *(Cassia alata)* Herbal Medicine

Akapulko Health Benefits, Dosage, Side effects and Warnings.

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*Scientific Name: Cassia alata*

Other names:

*bayabas-bayabasan,kapurko, katanda, katandang aso, pakagonkon, sonting (Tag.); andadasi, andadasi-a-dakdakel, andadasi-bugbugtong (Ilk.); adadisi (Ting.); ancharasi (Ig.); andalan (Sul.); bayabasin, bikas-bikas (Bik., Tag., Bis.,); kasitas (Bik., Bis.); sunting, palo china (Bis.); pakayomkom kastila (Pamp.); ringworm bush or shrub (Engl.), Acapulco (Engl)*

The Akapulko leaves contain chrysophanic acid, a fungicide that is used to treat fungal infections, like ringworms, scabies and eczema.. Akapulko leaves are also known to be sudorific, diuretic and purgative, usedto treat intestinal problems including intestinal parasites. Akapulko is also used as herbal medicine to treat bronchitis and asthma. Because of Akapulko’s anti-fungal properties, it is a common ingredient in soaps, shampoos, and lotions in the Philippines. The Philippine Council for Health Research and Development (PCHRD) has helped develop the technology for a Akapulko herbal medicine lotion.

Akapulko is an erect, shrubby legume with dark green compound leaves. Akapulko leaves have orange rachis that has 16-28 leaflets. Akapulko produces an axis of golden yellow flowers that has 4-winged pods containing 50-60 flattened, triangular seeds. Akapulko flowers are enclosed by yellow-orange bracts that are later shed in time.

Akapulko Traditional Medicinal Uses and Health benefits

Akapulko has a long history of medical usage and has a long list of folkloric health benefits for the following conditions.

**Skin problems and diseases**. Akapulko is commonly used as an antibacterial and anti-fungal treatment for various skin diseases that include

* tinea infection,
* ringworms,
* eczema,
* scabies
* insect bites
* and all sorts of skin itchiness.

**Stomach problems**. Akapulko has long been used to treat stomach related problems that include:

* Laxative to expel intestinal parasites,
* diuretic purgative.

**Anti-inflamatory activity**. Akapulko is known to alleviate symptoms related to inflammation and is used in the treatment of the following

* arthritis,
* gout,
* rheumatitis
* bursitis
* and other joint and muscle problems.

**Lung problems**. Akapulko tea is also a folkloric remedy to prevent symtoms of lung problems such as

* asthma attacks
* bronchitis.
* coughs

**Mouth problems**. Akapulko is used as mouth wash for various mouth problems that include ulcers, sores, and toothache.

Recent studies also suggests that it is a strong antioxidant that may have anti-peroxidation activities that is beneficial in preventing the development of cancer.

Science Research: Cassia alata Health Benefits

**Anti-Oxidant Protective Effects of Cassia Alata in Rats Exposed to Carbon Tetrachloride**  
A study done in Department of Biochemistry, University of Port Harcourt, investigated the protective activity of Cassia alata against carbon tetrachloride– induced hepatotoxicity in rats. Crude extracts of petals of the plant in 0.5% ethanol were administered by intubation for 14 days prior to injection of 0.5ml Kg-1 CCl4 into the rats. Serum aspartate aminotransferase and alanine aminotransferase levels, 18 hours after CCl4 administration, decreased significantly (P < 0.05) in rats treated with the extracts than in CCl4 – treated rats only. These findings suggest that Cassia alata may be protective against hepatotoxin-induced liver damage in rats.

**Analgesic activity of Cassia alata leaf extract and kaempferol 3-O-sophoroside**  
The analgesic activity of an extract of the leaves of *Cassia alata* and kaempferol 3-*O*-sophoroside were studied after intraperitoneal injection in mice and rats using the tail clip, tail flick, tail immersion and acetic acidinduced writhing methods and the results compared with morphine. Maximum analgesic activity of the extract was apparent 120 min after injection. Fifty milligrams of kaempferol 3-*O*-sophoroside appeared equivalent to 100 mg of the extract. Source: [*https://www.ncbi.nlm.nih.gov/pubmed/2345462*](https://www.ncbi.nlm.nih.gov/pubmed/2345462)\

**Antimicrobial activity of Cassia alata.**  
The methanol extracts of leaves, flowers, stem and root barks of Cassia alata showed a broad spectrum of antibacterial activity. The activity was increased on fractionation (petrol, dichloromethane, ethyl acetate), the dichloromethane fraction of the flower extract being the most effective. No activity was shown against tested moulds. https://www.ncbi.nlm.nih.gov/pubmed/11429256

**Anti-inflammatory activities of Cassia alata leaf extract in complete Freund's adjuvant arthritis in rats.**  
A study investigated the anti-inflammatory effects of a hexane extract of Cassia alata leaves in complete Freund's adjuvant (CFA) arthritis in rats. Results have shown that Cassia alata extract significantly reduced knee circumference (swelling) in the CFA arthritic rats. Protective effects against cartilage degradation on the femoral head of the knee joint were observed in Cassia alata treated animals, as normal cartilage structure and chondrocyte arrangement were maintained. The results suggest that Cassia alata exhibits anti-inflammatory activities that should be further examined and potentially exploited for anti-arthritic therapies.

**Phytochemical constituents from Cassia alata with inhibition against methicillin-resistant Staphylococcus aureus (MRSA).**  
A study investigated the effects of methanolic extract of the leaves of CASSIA ALATA against MRSA using the agar well diffusion assay. The butanol and chloroform extracts both exhibited inhibition against MRSA with inhibition indexes of 1.03 +/- 0.16 and 0.78 +/- 0.07 at the concentration of 50 mg/mL.   
[*https://www.ncbi.nlm.nih.gov/pubmed/18991205*](https://www.ncbi.nlm.nih.gov/pubmed/18991205)

**Antidiabetic components of Cassia alata leaves: identification through α-glucosidase inhibition studies.**  
A studyof the methanol extract of leaves of C. alata, which showed potent α-glucosidase inhibitory activity (IC₅₀, 63.75 ± 12.81 µg/ml), was fractionated. Active fractions were taken for further analysis by a variety of techniques including HPLC and Combiflash chromatography. One of the possible antidiabetic mechanisms of action of C. alata is by inhibiting carbohydrate digestion. The study suggest further in vivo and clinical studies on C. alata extracts and compounds are well merited.  
[*https://www.ncbi.nlm.nih.gov/pubmed/23137344*](https://www.ncbi.nlm.nih.gov/pubmed/23137344)

How to Get and How to Use Akapulko

Where can I get or buy Akapulko?

Akapulko plant is widely cultivated and can be sourced through local horticulturist. Akapulko leaves, flowers and seeds can be harvested from fields.

Akapulko is also commercially prepared in powder, tincture and capsules taken as supplements. They are available in most fitness and health stores. Online Amazon listed: [*Herbal One Cassia Alata Herbal Tea 1 Box By Thaidd*](https://www.amazon.com/gp/product/B0180GWVJI/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0180GWVJI&linkCode=as2&tag=medicalheal0e-20&linkId=7ca83ff599f046ca781de1e262864ba7)http://ir-na.amazon-adsystem.com/e/ir?t=medicalheal0e-20&l=am2&o=1&a=B0180GWVJI.

**Akapulko leaves**. Pound and squeeze the juice and apply topically on affected area twice a day until cured. There are commercially available Akapulko herbal medicine lotions in the Philippine market for skin diseases treatment. If symptoms persist or irritation occurs, stop the use and consult your doctor.

**Akapulko herbal tea**. As expectorant and for the alleviation of asthma attacks, drink a cup of Akapulko herbal medicine tea (see above for the preparation) three times a day until symptoms improved. For the treatment of mouth infections such as stomatitis, gargle the Akapulko herbal tea three times a day until symptoms improve. If symptoms persist and irritation occurs, stop the use and consult your doctor.

Akapulko herbal tea or decoction.

Pound or cut a cup of Akapulko seeds, Akapulko leaves and flowers into manageable sizes then let it seep in boiling water for 10 to 15 minutes to creat an Akapulko herbal tea. Let it cool and drink a cup three times a day. The potency of Akapulko herbal tea is good to last for one day. Make new Akapulko herbal tea as needed.

Dosage, Warnings and Side Effects of Akapulko

Akapulko leaves are safe for most adults, however the seeds should not be taken for long term.

**Allergy**. Akapulko have been reported to cause allergic reaction to sensitive people.

**Counter indications:**

Akapulko contains Vitamin K that may act as an anticoagulant. it is thereofre advised to avoid using Akapulko when taking coagulant drugs.

Akapulko contains **canavanine**, an amino acid that is known to aggravate symptoms of auto-immune diseases such as lupus. Excess intake of Akapulko can also cause breakdown of red blood cells which maybe serious.

Akapulko possesses Immunosuppressive action. Therefore, avoid taking corticosteroids (eg, prednisone) or cyclosporine with Akapulko.

When taking medications for diabetes, hypertension, heart problems, etc., Akapulko may couter-act or aggravate its effectiveness. It is advised to consult your doctor before using this herb.

**Pregnancy and Breast feeding**. There is no sufficient studies done to investigate the adverse or side effects of Akapulko consumption during pregnancy and breast feeding. It is recommended to aovoid its use.

Ampalaya / Bitter Melon Herbal Medicine

Momordica Charantia, Uses, Health Benefits, Dosage, Side Effects

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*Scientific Name: Momordica charantia*

Other names:

*Ampalaya, Bitter melon, papailla, melao de sao caetano, bittergourd, sorosi, a'jayib al maasi, assorossie, balsam apple, balsam pear, chin li chih, ejinrin gule khandan, fu-kua, karela, k'u kua kurela, kor-kuey, ku gua, lai p'u t'ao, pava-aki, salsamino, sorci, sorossi, sorossie, sorossies, pare, peria laut, peria*

**Ampalaya Bitter Melon**([*Momordica charantia*](http://www.medicalhealthguide.com/articles/moringa.htm)) also known as Bitter Melon is a tropical and subtropical vine of the family Cucurbitaceae, widely grown in the Amazon, Carribean, South east Asia such as Philippines for its edible fruit. Ampalaya or bitter melon also known as bitter gourd as the name implies has a bitter taste due to the presence of momordicin, and is believed to be among the most bitter of all vegetables.

Ampalaya Bitter Melon is a climbing vine that grows up to 5m, with tendrils up to 20cm. long. Amplaya leaves are heart-shaped, 5-10 cm across, cut into 5-7 lobes. Each Ampalaya Bitter Melon plant bears separate yellow male and female flowers. Ampalaya bears fleshy green fruit, oblong shaped with pointed ends, ribbed and wrinkled, bursting when mature to release seeds. Ampalaya seeds are flat with ruminated margins.

Ampalaya Traditional Medicinal Uses and Health benefits

Ampalaya has a long history of medical usage and has a long list of folkloric health benefits for the following conditions.

**Diabetes.**Ampalaya or bitter gourd is a widely used herbal remedy to lower the blood sugar levels for diabetic patients.

**Analgesic**. The juice of Amplaya is used to alleviate symptoms of fever, headache and body pains.

**Eye problems**. Amplaya juice is also used to treat eye related problems that include sty and sore eyes. It is thought to improve eyesight and prevents the development of cataract.

**Respiratory ailments**. The juice from amplaya fruit and leaves are used to treat various respiratory problems that may include, asthma, wheezing cough, bronchitis and pharyngitis.

**Hair and scalp problems**. Ampalaya or bitter gourd has been used to treat various hair and scalp problems that may include hair loss, dry scalp, lice and pimples on the scalp.

**Weight loss**. Ampalaya is also used to promote body metabolism and the burning of fats thus it is valued as a weight loss supplement.

**Source of energy**. The vitamins and mineral found in ampalaya is considered as a stamina builder that combats fatigue.

**Antioxidant.** Amplaya is also considered as a potent anti-oxidant acitivity that counters the oxidation of free radicals that is the cause of cancer.

**Stomach problems**. Ampalaya leaf extract is a folkloric remedy for various stomach ache and problems that include indigestion, dyspepsia, parasite infestation, diarrhea and constipation.

**Hepatoprotection** activity. Ampalaya is used as a herbal remedy to protect the liver from damage due to intake of alcohol and other harmful substances.

**Skin problems**. Ampalaya is crushed or rubbed over the skin to alleviate symptoms of psoriasis, ringworm, athlete’s foot, wounds, burns and ulcers.

**Boosts the immune system**.  Ampalaya is also used to boost the immune system and as a supplement to build body resistance during sickness.

**HIV virus**. Ampalaya is also being considered as treatment ot viral diseases that include HIV, malaria, chicken fox and measles.

**Menopause.** Ampalaya tea is taken as a remedy for pain and discomfort associated to menopause.

**Anti-inflammatory activity**. Ampalaya leaf extract combined with coconut oil is used to alleviate inflammation and pain associated to gout, arthritis, rheumatism and other body pains.

**Cholesterol control**. Ampalaya is also widely consumed to lower the cholesterol level in the blood that helps to prevent the build up of plaque along the arterial walls.

**Hemorrhoids**. Ampalaya is used as astringent to treat hemorrhoids.

**Contraceptive**. Ampalaya has been used in folkloric medicine as an abortificient and as a contraceptive to prevent pregnancy.

Science Research: Momordica charantia Health Benefits

**Antioxidant properties of Momordica Charantia (bitter gourd) seeds on Streptozotocin induced diabetic rats.**  
The aim of the present study is to investigate the antioxidant activities of the aqueous extract of seeds of Momordica charantia in streptozotocin induced diabetic rats. Oral administration of seed extracts at a concentration of 150 mg/kg b.w for 30 days showed a significant decrease in fasting blood glucose, hepatic and renal thiobarbituric acid reactive substances and hydroperoxides. The treatment also resulted in a significant increase in reduced glutathione, superoxide dismutase, catalase, glutathione peroxidase and glutathione-s-transferase in the liver and kidney of diabetic rats. The results clearly suggest that seeds of Momordica charantia treated group may effectively normalize the impaired antioxidant status in streptozotocin induced-diabetes than the glibenclamide treated groups. The extract exerted rapid protective effects against lipid peroxidation by scavenging of free radicals there by reducing the risk of diabetic complications. Source : Asia Pacific Journal of Clinical Nutrition 2015..  
[*https://www.ncbi.nlm.nih.gov/pubmed/15927932*](https://www.ncbi.nlm.nih.gov/pubmed/15927932)

**Bitter melon (Momordica charantia) extract inhibits breast cancer cell proliferation by modulating cell cycle regulatory genes and promotes apoptosis.**  
In this study, we have used human breast cancer cells, and primary human mammary epithelial cells as an in vitro model to assess the efficacy of bitter melon (Momordica charantia) extract as an anticancer agent. The bitter melon (Momordica charantia) extract treatment of breast cancer cells resulted in a significant decrease in cell proliferation and induced apoptotic cell death. Subsequent studies showed that bitter melon extract treatment of breast cancer cells inhibited survivin and claspin expression. Further studies revealed that bitter melon extract treatment enhanced p53, p21, and pChk1/2 and inhibited cyclin B1 and cyclin D1 expression, suggesting an additional mechanism involving cell cycle regulation. Together, these results show that bitter melon extract modulates signal transduction pathways for inhibition of breast cancer cell growth and can be used as a dietary supplement for prevention of breast cancer. Source: Cancer Research March 2010  
[*https://www.ncbi.nlm.nih.gov/pubmed/20179194*](https://www.ncbi.nlm.nih.gov/pubmed/20179194)

**Momordica charantia for type 2 diabetes mellitus.**  
Momordica charantia (bitter gourd) is not only a nutritious vegetable but it is also used in traditional medical practices to treat type 2 diabetes mellitus. Experimental studies with animals and humans suggested that the vegetable has a possible role in glycaemic control. The study assessed the effects of mormodica charantia for type 2 diabetes mellitus. Source:  Cochrane Database Syst Rev. 2012 Aug   
[*https://www.ncbi.nlm.nih.gov/pubmed/22895968*](https://www.ncbi.nlm.nih.gov/pubmed/22895968)

**Momordica charantia and type 2 diabetes: from in vitro to human studies.**  
This review describes anti-diabetic effects of bitter gourd reported in the literature and discusses what still needs to be clarified for developing an evidence-based and safe use of the bitter gourd for diabetes. Analyses of bioactive compounds have shown that bitter gourd is rich in nutrients and phytochemicals of which some have anti-diabetic effects. Juices, powders, extracts, and isolated compounds have been tested in vitro and in vivo. Bitter gourd increases insulin secretion of the pancreas, decreases intestinal glucose uptake, and increases uptake and utilization of glucose in peripheral tissues. Although human studies with type 2 diabetics are weak in their design and/or results, some of the studies do indicate anti-diabetic effects in patients and safety for bitter gourd treatment in humans. In the future, well designed studies with rodents will help to understand what kind of bitter gourd variety, dosage, preparation, and duration of administration is optimal. Such results will help to design human studies which are necessary to prove the effectiveness of bitter gourd in patients. Source: Current Diabetes Reviews. 2014 Jan.  
[*https://www.ncbi.nlm.nih.gov/pubmed/24295371*](https://www.ncbi.nlm.nih.gov/pubmed/24295371)

**Momordica charantia Extract Induces Apoptosis in Human Cancer Cells through Caspase- and Mitochondria-Dependent Pathways.**  
The study evaluated and explored the potential effectiveness of Momordica charanti. , Methanol extract of Momordica charantia was used to evaluate the cytotoxic activity on four human cancer cell lines,  in this study. Methanol extract of Momordica charantia showed cytotoxic activity towards all cancer cells tested, with the approximate IC(50) ranging from 0.25 to 0.35 mg/mL at 24 h. MCME induced cell death was found to be time-dependent in these cells. Methanol extract of Momordica charantia activated caspase-3 and enhanced the cleavage of downstream DFF45 and PARP, subsequently leading to DNA fragmentation and nuclear condensation. The apoptogenic protein, Bax, was increased, whereas Bcl-2 was decreased after treating for 24 h in all cancer cells, indicating the involvement of mitochondrial pathway in MCME-induced cell death. These findings indicate that CME has cytotoxic effects on human cancer cells and exhibits promising anti-cancer activity by triggering apoptosis through the regulation of caspases and mitochondria. Source: Evidence Based Complementary and Alternative Medicine 2012.  
[*https://www.ncbi.nlm.nih.gov/pubmed/23091557*](https://www.ncbi.nlm.nih.gov/pubmed/23091557)

**Influence of Momordica charantia on oxidative stress-induced perturbations in brain monoamines and plasma corticosterone in albino rats**  
The objective of this study was to evaluate the antistress activity of Momordica charantia  fruit extract on stress-induced changes in albino rats and also to explore attenuating effects of MC on in vitro lipid peroxidation in rat brain. Results have showed that pretreatment with MC at doses of 200 and 400 mg/kg p.o. significantly countered AS-induced changes and a similar effect was exhibited by PQ at 100 mg/kg p.o.  This study reveals the antistress activity of MC as it significantly reverted the stress-induced changes, and the activity might be attributed to its antioxidant activity since stress is known to involve several oxidative mechanisms. Source: Indian Pharmacological Society. 2011 Jul-Aug  
[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3153706/*](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3153706/)

How to Get and How to Use Ampalaya

Where can I get or buy Ampalaya?

**Amplaya or Bitter Melon for Cooking**. Ampalaya fruits and leaves are usually available in Asian or Chinese markets. They can be bought fresh by the kilo, per piece or by bundles.

Ampalaya or Bitter Melon Capsules, Bitter melon, as its name implies, is quite bitter, which is why many often prefer to take capsules and tablets.Ready-made bitter melon extracts are available in capsules and tablets in many Asian markets, herb shops, and in the supplement department of health food stores.

The internet is full of online stores that sells ampalaya extracts, tablets or capsules, When you do, look for standardized extracts (to 10% charantin for instance) or concentrated whole fruit extracts (4:1 or 5:1) to help insure sufficient activity. If you are in US, Canada or UK, where Asian or Chinese health shops may not be available. [*Amazon.com*](http://www.amazon.com/gp/product/B000RE4CSK/ref=as_li_tf_tl?ie=UTF8&tag=medicalheal0e-20&linkCode=as2&camp=217145&creative=399369&creativeASIN=B000RE4CSK) provides an alternative. Look for products that have favorable customers reviews such as [*Bitter Melon GOLD.*](http://www.amazon.com/gp/product/B004AQ1ZKY/ref=as_li_tf_tl?ie=UTF8&tag=medicalheal0e-20&linkCode=as2&camp=217145&creative=399369&creativeASIN=B004AQ1ZKY) We are not affiliated with this brand and give this only as a sample reference. There are numerous to pick from, but be sure to review the manufacturer and the comments to ensure quality and safety.

How to Use Ampalaya Herbal Medicine

**Cooking**. Green fruit and young leaves of Ampalaya are cooked mixed with meat. To lessen the bitterness of the ampalaya fruit, wash or even boiled in water with salt.

**Poultice**. Grounded ampalaya leaves, seeds and root are prepared as poultice applied externally over the affected area to alleviate pain and symptoms of inflammation. It is usually mixed with other herbal oils such as olive and coconut oil.

**Ampalaya herbal tea**. Decoction of tea may be prepared from the powdered Ampalaya or Bitter Melon leaves, seeds and flower.

Ampalaya herbal tea or decoction

1. Cut or crush a cup of Ampalaya seeds, leaves and flowers
2. Steep in 4 cups of boiling water for 10 to 15 minutes
3. Let it cool and strain
4. drink a cup three times a day.

Ampalaya herbal tea is good to last for one day. Make new Ampalaya herbal tea as needed.

Dried ampalaya leaves, flowers and seeds are more potent, use at half dosage.

**Ampalaya or Bitter Melon Juice**. Ampalaya Bitter melon leaves and fruit (without the seeds) are pounded and juiced to extract concentrated juice. The juice can be taken at a spoonful for adults while teaspoonful for chilren. Ampalaya bitter melon juice can also be added to other plesant tasting juice for drinking. Dosage is 1 tablespoon 2 times a day until symptoms improve.

Dosage, Warnings and Side Effects of Ampalaya

Ampalaya fruit and young leaves are considered safe for consumption as found in food. Herbal medicine preparations should be taken as recommended for most adults. Just lilke any other herbal medicine, the key is moderation of use.

**Counter indications:**

When under medications for diabetes, hypertension, heart problems, etc., Taking Ampalaya in medicinal dosages may counter-act or aggravate its effectiveness. It is advised to consult your doctor before using this herb.

**Pregnancy and Breast feeding**. There is a study that suggests the abortive action of Momordica charantia in large doses during pregnancy. It is recommended to avoid its use more than what is found in food.

1. [**Lagundi (Vitex negundo)**](http://www.medicalhealthguide.com/articles/lagundi.htm) - known as "5-leaved chaste tree" in english is used in Philippine herbal medicine to treat **cough, colds and fever**. It is also used as a relief for asthma & pharyngitis, rheumatism, dyspepsia, boils, and diarrhea.
2. [**Niyog-niyogan (Quisqualis indica L.)**](http://www.medicalhealthguide.com/articles/niyog-niyogan.htm) - is a vine known as "Chinese honey suckle". This Philippine herbal medicine is used to eliminate intestinal parasites.
3. [**Sambong (Blumea balsamifera)**](http://www.medicalhealthguide.com/articles/sambong.htm)- English name: "Ngai camphor or Blumea camphor" is a Philippine herbal medicine used to treat**kidney stones**, wounds and cuts, rheumatism, anti-diarrhea, anti spasms, colds and coughs and hypertension
4. [**Tsaang Gubat (Ehretia microphylla Lam.)**](http://www.medicalhealthguide.com/articles/tsaanggubat.htm) - English :"Wild tea" is a Philippine herbal medicine taken as tea to treat skin allergies including eczema, scabies and itchiness wounds in child birth
5. [**Ulasimang Bato | Pansit-Pansitan**](http://www.medicalhealthguide.com/articles/pansit-pansitan.htm)(Peperomia pellucida) is a Phillipine herbal medicine known for its effectivity in treating arthritis and gout.
6. [**Yerba Buena**](http://www.medicalhealthguide.com/articles/yerbabuena.htm)**(Clinopodium douglasii)** - commonly known as Peppermint, is used in Philippine herbal medicine as analgesic to relive body aches and pain due to rheumatism and gout. It is also used to treat coughs, colds and insect bites

Bawang (*Allium sativum* L.) Herbal Medicine

Bawang uses, health benefits, side effects, warnings.

Garlic or Bawang (*Allium sativum* L.) has been used as a spice, food, and medicine for over 5,000 years, and is one of the earliest documented herbs utilized for the maintenance of health and treatment of disease. Under its name, numerous list of traditional health benefits are claimed. This article discusses these traditional health benefits and provides evidence based studies as support and suggests its proper use and warnings.

****Scientific name: Allium sativum L.

Common name:*garlic (English); ajo (Spanish); ail (French); arishtha, lashuna (Sanskrit); lasan (Hindu and Gujarat); vellaipundu (Tamil).*

**Bawang** or**garlic**, is a specie in the onion family Alliaceae. Bawang is a close relative of onion (sibuyas), the shallot, the leek and the chive. Bawang has been used throughout recorded history for both culinary and medicinal purposes.

Bawang is a low herb, growing to up to 2 feet high. Bawang is widely popular for its bulbs. Bawang bulbs are broadly ovoid, 2 to 4 cm in diameter, consisting of several cloves. Bawang leaves are linear and flat. Umbels are globose, many flowered. Sepas are oblong, greenish white, slightly tinged with purple.

Bawang has a characteristic pungent, spicy flavor that mellows and sweetens considerably with cooking. Bawang cloves are used as seed, for consumption (raw or cooked), and for medicinal purposes. The leaves, stems (scape) and flowers (bulbils) on the head (spathe) are also edible and most often consumed while immature and still tender.

Bawang (*Allium sativum* L.) Medicinal Uses

Bawang in Traditional and Folkloric Medicine

Bawang has long been used in traditional medicne by various cultures, Widely known health benefits include the folliwng:

* In ancient Rome bawang was fed to the athletes for increasing stamina
* In ancient Chinese and Indian medicine,  bawang is used to aid respiration and digestion and to treat leprosy and parasitic infestation
* Bawang is also used to treat  arthritis, toothache, chronic cough, constipation, parasitic infestation, snake and insect bites,
* Bawang is also used for gynecologic diseases, as well as in infectious diseases (as antibiotic).
* Bawang consumption is known to lower blood pressure
* Consumption of bawang prevents heart diseases
* Bawang is believed to help treat cancer.

Science Based Health Benefits from Bawang

Bawang Mechanism of action in disease prevention

Bawang contains antibacterial compound known as Allicin, Because of this bawang or garlic is known as nature's antibiotic. Bawang juice inhibits the growth of fungi and viruses thus prevents viral yeast and viral infections. Preliminary test shows Bawang to have some positive results in the treatment of AIDS.

The Philippine Department of Health has endorsed Bawang as an alternative herbal medicine for its anti bacterial properties and its efficacy for controlling hypertension, blood cholesterol and blood sugar for diabetics among others.

The following are a number of studies that suggests the medicinal value of bawang in treating various diseases:

Garlic for the common cold

A study published in  Cochrane Database of Systematic Reviews tried to determine whether garlic (Allium sativum) is effective for the prevention or treatment of the common cold, when compared to placebo, no treatment or other treatments. Results showed that a single trial suggested that garlic may prevent occurrences of the common cold but more studies are needed to validate this finding. Claims of effectiveness appear to rely largely on poor‐quality evidence.

Antimicrobial properties of allicin from garlic.

Allicin, one of the active principles of freshly crushed garlic homogenates, has a variety of antimicrobial activities. Allicin in its pure form was found to exhibit

1. antibacterial activity against a wide range of Gram-negative and Gram-positive bacteria, including multidrug-resistant enterotoxicogenic strains of Escherichia coli;
2. antifungal activity, particularly against Candida albicans;
3. antiparasitic activity, including some major human intestinal protozoan parasites such as Entamoeba histolytica and Giardia lamblia; and
4. antiviral activity.

The main antimicrobial effect of allicin is due to its chemical reaction with thiol groups of various enzymes, e.g. alcohol dehydrogenase, thioredoxin reductase, and RNA polymerase, which can affect essential metabolism of cysteine proteinase activity involved in the virulence of E. histolytica. *Source : Microbes and Infection (1999, Feb)*

Potential of garlic (Allium sativum) in lowering high blood pressure:

Garlic supplements have shown promise in the treatment of uncontrolled hypertension, lowering blood pressure (BP) by about 10 mmHg systolic and 8 mmHg diastolic, similar to standard BP medication.  Hypertension could be alleviated with supplementation of organosulfur compounds derived from garlic *Source: Journal of Integrated Blood Pressure Control Hypertension (2014, Jul)*

Bawang Preparations, Usage and Side Effects

Bawang Preparation, Availability and Usage

**Bawang - Antiinfectious: Antibacterial, antifungal, antiparasitic.**Bawang juice is applied to the afflicted area. Scientifically ajoene 0.4% cream when applied topically, has been found 70% effective in certain dermatologic fungal infections. A 0.6% gel was effective in tinea corporis and tinea cruris.

**Bawang - Antiinflammatory** and **antioxidant** activity when included in diet.

**Bawang - Hypertension**: Bawang when eaten or chewed raw. Studies suggest ingestion of Bawang has beneficial antihypertensive effect but blood-lowering effects probably not dramatic. Other studies show a vascular benefit through improvement of aortic elasticity and possible slowing of the rate of atherosclerosis progression

**Bawang - Hyperlipidemia**: Bawang eaten or chewed raw is found to lower blood cholesterol. Though still controversial, but probably has beneficial effect on serum cholesterol and LDL levels. Some studies have shown a 4% to 12% lowering of total cholesterol. Bawang seems to have no effect on high density lipoprotein (HDL).

**Bawang - Anti-cancer**: Bawang is studied to have possible anticarcinogenic properties, specifically for colon, stomach and prostate cancers. In stomach cancers, probably through its inhibitory effect on H. pylori. In epidemiologic studies on stomach and colorectal cancer prevention, the garlic use was 3.5 grams to 30 grams of fresh or cooked garlic per week.

Other folkloric uses of Bawang as herbal medicine that needs further studies for verification:

**Arthritis, rheumatism, toothaches**: Crush several Bawang cloves and rub on affected areas.

**Headaches**: Crush one Bawang clove and apply to both temples as poultice.

**Insect bites**: Crush Bawang or cut clove crosswise and rub directly to affected area.

**Athlete's foot.**Crush Bawang or cut clove crosswise and rub directly to affected area.

**Fever**, Decoction of boiled Bawang leaves and bulbs set to luke warm and applied to the head and body.

**Colds, cough, sore throat, hoarseness, asthma and bronchitis**; **Nasal congestion** steam inhalation of chopped Bawang and a teaspoon of vinegar in boiling water.

Fresh Bawang has been used as a complement herbal medicine to INH therapy for tuberculosis.

**Digestive problems and gastrointestinal spasms**. drink an infusion of a peeled bawang clove or can also be used as suppository.

Bawang Warnings and Side Effects

* Known adverse effects of bawang include halitosis (non-bacterial bad breath), indigestion, nausea, emesis and diarrhea.
* Bawang may interact with warfain, antiplatelets, saquinavir, antihypertensives, calcium channel blockers, hypoglycemic drugs, as well as other medications. Consult a health professional before taking bawang supplement or consuming excessive amounts of bawang.
* Bawang can thin the blood similar to the effect of aspirin.
* While culinary quantities of bawang are considered safe for consumption, very high quantities of bawang and garlic supplements have been linked with an increased risk of bleeding, particularly during pregnancy and after surgery and child birth. Some breastfeeding mothers have found their babies slow to feed and have noted a garlic odour coming from their baby when they have consumed garlic or bawang. The safety of bawang supplements had not been determined for children.
* The side effects of long-term bawang supplementation, if any exist, are largely unknown and no FDA-approved study has been performed. However, garlic or bawang has been consumed for several thousand years without any adverse long-term effects, suggesting that modest quantities of bawang pose, at worst, minimal risks to normal individuals. Possible side effects include gastrointestinal discomfort, sweating, dizziness, allergic reactions, bleeding, and menstrual irregularities.
* Some degree of liver toxicity has been demonstrated in rats, particularly in extremely large quantities exceeding those that a rat would consume under normal situations.
* There have been several reports of serious burns resulting from bawang or garlic being applied topically for various purposes, including naturopathic uses and acne treatment, so care must be taken to test a small area of skin using a very low concentration of bawang.On the basis of numerous reports of such burns, including burns to children, topical use of bawang, as well as insertion of bawang into body cavities is discouraged. In particular, topical application of bawang to young children is not advisable.
* Garlic or bawang and onions might be toxic to cats or dogs. If you wish to feed them to your pet, first use only one flake or a pinch.

Bayabas *(Psidium guajava)*Herbal Medicine

Bayabas uses, health benefits, side effects, warnings.of use.

Bayabas or guava fruit is known for being rich in vitamin C and vitamin A. It has value in herbal medicine for its antiseptic activity in treating wounds, ulcers, bacterial infections and diarrhea. Bayabas contains various compaounds that provides bariious health benefits for man and this article will examine these claims as referenced to scientific studies..

****Scientific Name: *Psidium guajava*

Also knows as: Bayawas (Bik.), Biabas (Sul.), Gaiyabat (If.), Gaiyabit (If.) Geyabas (Bon.), Guayabas (Tag.), Guava (Engl.), Guyabas(Ilk., Tag.), Kalimbahin (Tag.), Psidium cujavus Linn. Bagabas (Ig.), Psidium aromaticum Blanco Bayabas (Ilk., Tag.), Psidium pyriferum Linn. Bayabo (Ibn.), Psidium pomiferum Linn. Bayauas (Bik., Pang.),Tayabas (Tag.)

Bayabas or guava is a fruit bearing shrub or small tree that grows in the tropical climate like Mexico, Peru and the Philippines. Bayabas is widely used in the Philippines as herbal medicine and is recognized by the Philippine Department of Health for its antiseptic property.

.Bayabas leaves and fruits contain eugenol, tannin, saponins, amydalin, phenolic acids, malic acid, ash, aldehydes, catequinic components and flavonoids. Bayabas or guava is used in herbal medicine as antiseptic, anti-inflammatory, anti-spasmodic, antioxidant hepatoprotective, anti-allergy, antimicrobial, anti-plasmodial, anti-cough, antidiabetic, and antigenotoxic.

Bayabas or guava tree grows 3 to10 meters tall with greenish to red-brownish smooth bark. Bayabas produce a round globular bayabas fruit that starts as a flower. The bayabas fruit is green and turns yellowish-green and soft when ripe. Bayabas fruit has many small hard seeds contained in a yellowish pulp. Bayabas fruit is usually eaten while still green and hard.

Bayabas Medicinal Uses

Bayabas in Traditional and Folkloric Medicine For Skin Problems

**Bayabas is traditionally used as antiseptic and antiinflammatory for skin conditions such as**

* skin burns,
* scalds,
* scrapes,
* sunburn
* wounds
* psoriasis
* eczema and others

Crushed bayabas leaf or boiled leaves is applied directly to the affected skin, providing relief and believed to improve healing.

**Bayabas is traditionally used to treat stomach problems**

* diarrhea
* dusentery
* flatulence

A decoction of bayabas leaves is taken 3-5 glasses per day.

**Other health benefits of bayabas or guava in herbal medicine include**

* anti-spasmodic,
* antioxidant
* hepatoprotective,
* anti-allergy,
* antimicrobial,
* anti-plasmodial,
* anti-cough,
* antidiabetic, and
* antigenotoxic.

Science Based Health Benefits from Bayabas

Bayabas Mechanism of action in disease prevention

Renal protective effects of extracts from guava fruit (Psidium guajava L.) in diabetic mice.

This study analyzed the content of phenolic acids and flavonoids in extracts of guava fruit and examined the renal protective effects of guava extract in diabetic mice. The findings support that guava fruit could protect kidney against diabetic progression via its anti-oxidative, anti-inflammatory and anti-glycative effects. *Source: Plant Foods for Human Nutrition (2012, Sept****)***

Anti-hyperglycaemic (Diabetic) potential of Psidium guajava raw fruit peel.

This study was undertaken to evaluate the glycaemic potential of Psidium guajava unripe fruit peel extract on blood glucose level of normal and streptozotocin induced diabetic rats. Results had shown guava extract lowered the fasting blood glucose to a considerable degree suggesting the hypoglycaemic as well as antidiabetic effect of guava extract in diabetic rats. *Source: Indian Journal of Medical Research (2009 May).*

Antioxidative activities of Psidium guajava Linn leaves extracts

A study conducted to determine the antioxidative activities of the extracts from Psidium guajava Linn leaves showed that it has effects on scavenging hydroxyl radicals and inhibiting lipid peroxidation in the dose-dependent manner, The guava extracts possess the potential antioxidative activities and the flavonoids may be one of their antioxidative components. *Source: Wei sheng yan jiu = Journal of hygiene research (2007 May).*

Antimicrobial effects of psidium guajava extract as one mechanism of its antidiarrhoeal action.

The objective for this study was to verify if the reported modes of the antidiarrhoeal action should be broadened to include direct antimicrobial actions on some of the more common bacteria known to cause toxin-induced acute diarrhoea. 10 organisms grown separately on nutrient agar plateswere subjected to guava water extract and results have shown that the growth of all these organisms was inhibited suggesting the antidiarrhoeal activity. *Source: The Malaysian Journal of Medical Sciences (1999 Jul).*

Bayabas Preparations, Usage and Side Effects

Bayabas Preparation and Usage

How to use Bayabas as an antiseptic and astringent

1. Gather fresh bayabas leaves and wash with water.
2. Boil one cup of bayabas leaves in three cups of water for 8 to 10 minutes.
3. Strain and let cool.
4. To use as mouthwash, gargle
5. To use as wound disinfectant, wash affected areas 2 to 3 times a day.
6. Use as vaginal wash especially after child birth.

Fresh bayabas leaves can also be chewed for the treatment of toothache and gum swelling.   
To hasten wound healing, fresh bayabas leaf poultice may be applied to the wound.  
If symptoms persist or aggravates, stop use and consult your doctor.

For diarrhea and control of stomach parasites

* Gather fresh Bayabas leaves,
* Boil chopped pieces of about 4 to 6 tablespoon for every 18 ounces of water.
* Strain and let cool.
* Drink ¼ cup of decoction every 3-4 hours until symptoms improve.

Bayabas Warnings and Side Effects

* Eating too much of Bayabas fruit can cause constipation.
* If there is no improvement to diarrhea symptoms in two days, consult your doctor.

Lagundi / Vitex Negundo Herbal Medicine

Lagundi uses, health benefits, side effects, warnings.of use.

**Lagundi** (scientific name: *Vitex negundo*) is a large native shrub that grows in Asia and Southeast Asia such as the Philippines and India and has been traditionally used as herbal medicine and is an important medicinal plant in Ayurvedic and Unani systems of medicine. The extracts from its leaves and roots are mostly considered to provide the most health benefits. The Philippine Department of Health has conducted research and study for Lagundi and has suggested that the lagundi plant has a number of verifiable therapeutic value and health benefits to man.

*****Scientific Name : Vitex Negundo*

Also knows as:  
*Dabtan (If.) Dangla (Ilk.) Kamalan (Tag.) Lagundi (Ibn., Tag., Bik., P. Bis.) Liñgei (Bon.) Nigundi (Sanskrit/Hindi) Limo-limo (Ilk.) Sagarai (Bag.) Turagay (Bis.) Five-leaved chaste tree (Engl.) Huang Ching (Chin.) Agno-casto (Spanish)*

**Lagundi (Vitex negundo)** is an erect, branched tree or shrub, that grows to as much as 5 m high. Lagundi has a single thick, woody stem like a trunk and is usually seen in swamps of the Philippines and India. Lagundi leaves appear palmately, in the form of five pointed leaves which splay out like the fingers of a hand. Lagundi leaves are 5-foliate, rarely with 3 leaflets only. Lagundi leaves are 4-10 cm long, slightly hairy beneath. The lagundi flowers are blue to lavender, 6-7 mm long bearing fruit globose of about 4mm in diameter that turns black when ripe.

Lagundi / Vitex Negundo Traditional Health Benefits

Lagundi in Traditional and Folkloric Medicine

Lagundi or Vitex negundo has been traditionally used as herbal medicine by Philippine and Indian folks. It;'s main health benefit is to ease respiratory complaints. Lagundi is generally used for the treatment of coughs, [*asthma symptoms*](http://www.medicalhealthguide.com/category/lung-airway/asthma1/asthma01.php), and other respiratory problems.

Lagundi is also known for its analgesic effect that helps alleviate pain and discomfort. Other traditional health benefits that are derived from the use of Lagundi are as follows:

* Lagundi is used to prevent and treat worm infestation
* Lagundi is also used treat skin diseases such as [*eczema*](http://www.medicalhealthguide.com/category/skin/eczema/eczema01.php), ring worm, etc.
* Used to wash wounds to promote healing,
* Lagundi has an analgesic function to treat[*rheumatism*](http://www.medicalhealthguide.com/category/bone-joint/osteo/osteo_main.php), [*muscle pain*](http://www.medicalhealthguide.com/category/bone-joint/fibromyalgia/fibromyalgia1.php) and inflammation of joints
* Lagunid is used for anorexia,
* Used to treat Stomach problems such as colic, spasms and indisgeston,
* Lagundi has claimed health benefits against [*high cholesterol*](http://www.medicalhealthguide.com/category/heart-blood/highblood/highblood.php).
* Lagundi is also used as a carminative herb
* Lagundi is believed to promote good memory and eye sight,
* Lagundi tea is taken to relieve anxiety and to promote relaxation.

The old folks would burn Vitex negundo leaves ane the smoke is believed to drive away insects, particularly mosquitoes.

Science Based Health Benefits from Lagundi

Lagundi Essential Oils has Anti Bacterial Properties

The Indian Journal of Pharmaceutical Sciences (2008 Jul-Aug) Published a research that studied the anti-bacterial properties of Vitex negundo extracts. In this study it was found that the root and leaf extract is active against some bacteria such as  *B. subtilis* and *E. coli*. The result is promising in comparision to standard drug ciprofloxacin.

Lagundi / Vitex negundo Anit Inflamatory Activity

The Indian Journal of Medical Research. (2006 Oct) published a study on Vitex negundo Linn leaf extract health benefit as an adjuvant therapy to standard anti-inflammatory drugs. This was done in lab mice by inducing inflammation and subjecting to anti-inflamatory drugs together with orally administered Vitex negundo extracts. The results suggests that VN has a positve effect as adjutant for anti-inflammatory drugs ibuprofen and phenlbutazone.

Lagundi / Vitex negundo has Brochodilator Activity. Health Benefits for Asthma Confirmed.

According to Pharmaceutical Biology (2015 Mar) a study .That examines the bronchodilator activity of Vitex negundo as claimed in traditional medicine. The underlying mechanisms were studied in isolated guinea pig tracheal strips, suspended in organ baths at 37 °C and was subjected to VN extract. Results suggest that Vitex negundo extracts possesses a combination of papaverine-like PDE inhibitor and diltiazem-like Ca(++) entry blocking constituents, which partly explain its bronchodilatory effect, thus validating its medicinal importance in asthma.

Cytotoxic flavone analogues of vitexicarpin, a constituent of the leaves of Vitex negundo.

Bioassay-guided fractionation of the chloroform-soluble extract of the leaves of Vitex negundo led to the isolation of the known flavone vitexicarpin, this substance exhibited broad cytotoxicity in a human cancer cell line panel. This findings suggests the potential anti-cancer activity of Vitex negund extract and can further investigation may be done. Source:*Journal of Natural Products. (2003 Jun)*

Lagundi / Vitex Negundo Preparation and Use

**Lagundi / Vitex negundo topical paste.**Used as anti-inflammation and analgesic in cases of rehumatism, arthritis, muscle pains, headache and fever. The paste is prepared by pounding Lagundi leaves and heating to warm then apply to affected area until condition improves.

**Lagundi / Vitex negundo decoction and Tea**. Used for washing wounds, vaginal douche, for gargling to [*treat mouth sores*](http://www.medicalhealthguide.com/category/mouth-dental/badbreath/badbreath.htm) and sore throat and as bronchodilator in cases of coughs and [*asthma*](http://www.medicalhealthguide.com/category/lung-airway/asthma1/asthma.php).. Mix one cup of cut fresh leaves and floweres to 2 cups of water. Boil for 10 minutes. Let it steep and strain the solid parts. Tea: take 1/2 cup, three times a day until condition improve.

**Lagundi Oil**. The Vitex negundo oil can be extracted by distillation or a commercial grade can be bought in herbs stores or online shops. An Amazon listed [*Pure Nirgundi Oil 30ml -Vitex Negundo Linn.*](https://www.amazon.com/gp/product/B016ID6DA8/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B016ID6DA8&linkCode=as2&tag=medicalheal0e-20&linkId=bb50c28817bfc3936f79ee88ff798a35)http://ir-na.amazon-adsystem.com/e/ir?t=medicalheal0e-20&l=am2&o=1&a=B016ID6DA8 is an example and can be used in combination with other carrier oils.

**Vitex Nagundo Tablets and Capsules and Syrups**. Check you local pharmacy for supplies. Amazon also listed [*DR WAKDE's Organic Nirgundi capsules (Vitex negundo)*](https://www.amazon.com/gp/product/604033861X/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=604033861X&linkCode=as2&tag=medicalheal0e-20&linkId=220b57384efd5e9466ec6bb5f596b8b2)http://ir-na.amazon-adsystem.com/e/ir?t=medicalheal0e-20&l=am2&o=1&a=604033861X. Follow the instructions in the accompanying labels.

Lagundi / Vitex Negundo Warnings, Side Effects and References

Lagundi use is widely acceptable as safe for use for children and adults and no adverse reaction has been reported. However, moderate use is recommended for pregnant women, and treatment should not exceed one week. If symptoms persist and irritation occurs, stop the use and consult your doctor.

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Lagundi / Vitex Negundo Warnings, Side Effects and References

Lagundi use is widely acceptable as safe for use for children and adults and no adverse reaction has been reported. However, moderate use is recommended for pregnant women, and treatment should not exceed one week. If symptoms persist and irritation occurs, stop the use and consult your doctor.

Sambong | Blumea balsamifera Herbal Medicine

Sambong uses, health benefits, side effects, warnings..

*Sambong | Blumea balsamifera DC*, a medicinal herb, is widely distributed in Eastern and Southeastern Asia. It has been used in folk medicine for its many health benefits that include the treatment of septic wounds, respiratory infections, stomach pains and kidney stones.

****Scientific Name: *Blumea balsamifera L. DC*

Also knows as:  
*Alibum,Lakad-bulan, Alimon, Lalakdan. Sambong (Tag.), Dalapot, Sob-sob, Gabuen. Subusub,****Blumea camphor****(Engl.), Kambibon,****Ngai camphor****(Engl.).*

**Sambong**is used as herbal medicine and is a shrub that grows wild in the tropical climate countries such as Philippines, India, Africa and found even in eastern Himalayas. Sambong is widely used in the Philippines as herbal medicine. Sambong leaves are known for its ngai or Blumea camphor that is used as herbal medicine to treat **kidney stones**, wounds and cuts, rheumatism, anti-diarrhea, anti spasms, colds and coughs and hypertension. The Philippine Council for Health Research and Development (PCHRD) has develop the technology for a sambong herbal medicine tablet.

Sambong is an aromatic shrub, that grows from 1 to 4 meters in height. It is considered as a weed in some countries and is difficult to eradicate. Sambong has yellow flowering heads that is 6 mm long. Sambong leaves are green obloid that spreads in a pyramidial pattern. Sambong bears fruits that are ribbed and hairy on top. Sambong fruit has 1 seed.

Sambong | Bulme balsamifera Medicinal Uses

Sambong in Traditional and Folkloric Medicine

* ****Sambong roots and leaves are used as herbal treatment for[*fevers*](http://www.medicalhealthguide.com/category/infection/flu/flu1.php), sambong leaves and roots are pounded then dissolved in cold water. Applied with a soft cloth over the nape, forehead, underarms and other body parts to bring down the body temperature.
* Sambong roots and leaves are also used as herbal medicine treatment for [*rheumatism*](http://www.medicalhealthguide.com/category/bone-joint/osteo/osteo_main.php). Sambong roots and leaves are pounded and applied as poultice on the affected body part. Sambong roots and leaves may also be boiled and are applied as warm compress onto affected area
* Sambong is also used to treat [*headache*](http://www.medicalhealthguide.com/category/brain-spinal/headache/head01.php), sambong leaves are pounded and applied as a poultice over the forehead.
* Sambong tea are also used as herbal medicine for colds and coughs.
* Sambong tea are also used for herbal treatment of [*diarrhea*](http://www.medicalhealthguide.com/category/digestive/diarrhea/diarrhea01.php) and stomach spasms.
* Sambong juice are also used for treatment of cuts and wounds.

Science Based Health Benefits from Sambong | Blumea balsamifera Herbal Medicine

Sambong Mechanism of action in disease prevention

**Sambong as diuretic for hypertension and fluid retention.**Sambong herbal tea is used as a diuretic for fluid retention and hypertension conditions. Sambong herbal tea incites the body to urinate thereby removing excess body fluids and sodium. Clinical studies have shown that high levels of sodium in the blood is a major cause of hypertension.

**Sambong delay or averts renal failure**. The Philippine National Kidney and Transplant Institute recommends taking sambong herbal medicine for patients with renal problems. Favorable results were noted that sambong may help to delay or avert dialysis or even kidney transplant.

**Sambong for the Dissolution of Kidney Stones**. The Philippine Department of Health (DOH) has been promoting Sambong herbal tea and tablets as a diuretic and for the dissolution of kidney stones. Sambong has been recently registered in the Bureau of Foods and Drugs as medicine.

**Sambong as Anticancer**: Sambong contains methanolic extract that has been found to have therapeutic activity against hepatocellular carcinoma cells. A study of sambong (balsamifera) extract inhibits the activity in rat and human hepatocellular carcinoma cells without cytotoxicity. This study suggest a possible therapeutic effect of sambong extracts (balsamifera) in the treatment of **hepatoma**[***cancer***](http://www.medicalhealthguide.com/category/cancer/cancer.php)patients.

**Sambong as Antibacterial and Antifungi**: A Phytochemical study indicates that sambong leaves contains the chemicals icthyothereol acetate, cyptomeridiol, lutein and ß-carotene that has been found to have positive activity against microbes such as A niger, T mentagrophytes and C albicans. Results also showed activity against P aeruginosa, S aureus, B subtilis and E coli.

Sambong Preparations, Usage and Side Effects

Sambong Preparation and Usage

Sambong tea preparation:

* gather fresh sambong leaves, cut in small pieces
* wash with fresh water
* boil 50 grams of sambong leaves to a liter of water
* let it seep for 10 minutes
* remove from heat
* drink while warm 4 glasses a day for best results.

****Sambong poultice

* gather fresh leaves and roots
* wash with fresh clean water
* pound in a mortar
* grounded leaves may be applied or a juice extract may be used

Sambong Capsules and tablets

Powdered Sambong leaves are available in 250 mg tablets at the DOH's Philippine Institute of Traditional and Alternative Health Care (PITAHC) Tel # (632)727-6199.

Sambong is also available online in Amozon as listed : [*Sambong Leaf Urisam 100tabs*](https://www.amazon.com/gp/product/B00NIH7VK4/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00NIH7VK4&linkCode=as2&tag=medicalheal0e-20&linkId=544fcdc66714210435001adf05938618)http://ir-na.amazon-adsystem.com/e/ir?t=medicalheal0e-20&l=am2&o=1&a=B00NIH7VK4 Just check the label for recommended dose and usage.

Sambong Warnings and Side Effects

* Use of topical Sambong is not associated with significant side effects.
* Sambong even when taken internally is generally considered safe.
* Special Precautions & Warnings: Pregnancy and breast-feeding: Not enough is known about the use of sambong during pregnancy and breast-feeding. Stay on the safe side and avoid use.
* Sambong can cause allergic reaction for people sensitive to ragweed plants and its relatives. Side effects may include itching and skin irritation.

Tsaang gubat (Carmona retusa) Herbal Medicine

Tsaang gubat is one of the 10 herbal medicines recommended by the Philippine's Department of Health for safe use. It is largely used for the treatment of skin diseases and stomach problems.

*Scientific Name:****Carmona retusa, Ehretia microphylla Lam.***

Other Names::

Alangit (Bis.) Kalamoga (Tag.) Alangitngit (Tag., Bis.) Kalimomog (Tag.) Balingsaa (C. Bis.) Kalimumog (Tag.) Buntatai (P. Bis.) Mangit (Tag., Bis.) Buyo-buyo (Sul.) Mara-mara (Bis., S.L. Bis.) Buyok-buyok (Sul.) Maratia (Ibn.) Cha (Tag.) Mura-mara (P. Bis.) Chaang-bundok (Tag.) Palupo (Iv.) Chaang-gubat (Tag.) Putputai (Bik.) Gari (Bag.) Santing (Sul.) Icha-nga-atap (Ilk.) Tsa (Tag.) Icha-ti-bakir (Ilk.) Fukien tea tree (Engl.) Itsa (Ilk.) Scorpionbush (Engl.) Wild tea (Engl.)

**Tsaang Gubat (Carmona retusa) also called Philippine Tea** is a shrub that grows wild in the tropical climate of India, Sri Lanka and Philippines. It is also cultivated as ornamental plant as single plant or hedge, recently gaining popularity as bonsai in China and Japan.

Tsaang gubat is an erect, shrub with green compound leaves. The tsaang gubat shrub grows to about 1 to 4 meters high and can be found in secondary forest in low and medium altitude. Tsaang gubat leaves grows in clusters on short branches, 3-6 cm long, somewhat toothed or lobed near the apex and pointed at the base, short stalked and rough on the upper surface. Tsaang gubat bears small white flowers, axillary, solitary, 2 or 4 on a common stalk. It bears yellow fruits when ripe about 4-5 mm in diameter, fleshy, with a 4-seeded stone.

Tsaang gubat Traditional Medicinal Uses

Tsaang gubat is largely used in traditional herbal medicine for various conditions.

Tsaang gubat is widely used in the Philippines as herbal medicine for skin diseases and stomach problems where it is available in tablet and tea bags forms while there are other claimed health benefits as follows:

Allergy, canker sores, colic, cough, diarrhea, diabetes, dysentery, eczema, gastroenteritis, itching, inflammation, scabies, skin diseases, stomach problems, teething problems and wounds,

Scientific Studies Relating to Carmona retusa (Tsaang gubat)

**Anti-allergy**.  The tsaang gubat were studied for possible anti-allergic substances to counter the histamine release from mast cells that cause type-1 reactions. The tsaang-gubat, contains rosmarinic acid and microphyllone which is attributed for its efficacy to control allergy.

**Antibacterial.**In a study done to evaluate the antibacterial activity of Carmon retusa, three different extracts have been prepared with petroleum ether, methanol and chloroform separately from Carmona retusa. Antibacterial activity of petroleum ether, chloroform and methanol extracts obtained from the leaf of Carmona retusa were tested against four bacteria using the agar diffusion method. The experimental data indicated that all extracts exhibit moderate to appreciable antibacterial activities against Bacillus subtilis, Klebsiella pneumoniae, Shigella flexneri and Pseudomonas aeruginosa .These results may suggest that Carmona retusa could be used as an antibacterial agent. Source: *Phytochemical screening and antibacterial property of carmona retusa (VAHL.)* International Journal of Pharma Medicine and Biological Sciences, 1 (2). pp. 91-98. ISSN 2278 – 5221

**The tsaang gubat analgesic activity**, The major constituent of *Carmona retusa* (Vahl.) Masam. leaves is an intractable mixture of triterpenes, namely α-amyrin (43.7%), β-amyrin (24.9%), and baurenol (31.4%). At a dosage of 100 mg/kg mouse, the triterpene mixture exhibited 51% analgesic activity but only showed 20% anti-inflammatory activity. Source: Evaluation of the bioactivity of triterpene mixture isolated from Carmona retusa (Vahl.) Masam leaves; Journal of Ethnopharmacology, Volume 92, Issue 1, May 2004

**Anti inflammatory**. Based on the above results it is suggest that the alcoholic extract of Carmona retusa posses antiinflammatory activity studied by in vitro assays. Antiinflammatory activity may be due to the presence of many phytochemical in the extract. However, further studies are required to identify the lead molecule in the extract and to study the action of mechnasim. Source: In Vitro Anti-inflammatory Activity of Carmona retusa (Vahl.), World Journal of Pharmacy and Pharmaceutical Sciences, Volume 2, Issue 5, 3991-3997

Tsaang gubat Usage, Dosage

Where can I get or buy Tsaang gubat?

Tsaang gubat thrives in the wild even without too much care. It also cultivated as ornamental plant. Tsaang gubat plant can be bought from your local horticulturist.

Tsaang gubat in tablet and tea bag forms are now available in health stores. Carmona retusa seeds are also available thru Amazon as listed: [*Carmona retusa 100 Seeds, Fukien tea tree Philippine tea*](https://www.amazon.com/gp/product/B01M0TYG9R/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01M0TYG9R&linkCode=as2&tag=medicalheal0e-20&linkId=1b6aa505a0ac6befdeb9b4770e8be911)

Tsaang gubat Tea Preparation

1. Pound or cut about half cup of Tsaang gubat leaves
2. Then add in 2 cups of water for
3. Boil for 10 to 15 minutes, with open pot cover
4. Let it steep and strain.
5. Store in a glass jar.
6. Consume within the day.

When symptoms persist or irritation occurs stop the use and consult your doctor.

How to use Tssang gubat decoction:

1. Herbal tea. Take one cup three times a day.  
2. Herbal wash. To be applied directly as a wash over the affected area.  
3. Herbal gargle. Can be gargled to treat canker sores and for theething problems.

Tsaang gubat use Warnings and Side Effects

For topical or external application, Tsaang gubat has been proven beneficial even for young children, pregnant women and breast feeding mothers.

Tsaang gubat is not known to be harmful when taken in recommended dosages. However, individuals should always take caution before using for any treatment.

**Pregnancy and Breast feeding**. There are no sufficient scientific studies done to investigate adverse reaction nor side effects of Tsaang gubat during pregnancy and breast feeding. Stay on the safe side, avoid using Tsaang gubat herbal medicine for internal use.

**Allergies**. In rare cases, Tsaang gubat has caused allergic reactions when applied to the skin. .

Pansit-pansitan (*Peperomia pellucida*) Herbal Medicine

This article discusses the medicinal uses, health benefits, side effects and warnings of Pansit-pansitan..

***Pansit-pansitan (Peperomia pellucida Linn)*** is a common fleshy shallow rooted herb that has been used as food item as well as a medicinal herb . The entire plant is edible both cooked or raw. Pansit-pansitan has taken its niche in the folkloric herbal medicine providing health benefits for gout, arthritis and other inflammatory conditions.

*****Scientific Name:****Peperomia pellucida Linn***

Also knows as:

*Pansit-pansitan, Ulasimang bato, Clear weed, Shiny bush, Silver bush, Cao hu jiao*

***Pansit-pansitan (Peperomia pellucida Linn)*** is a common fleshy shallow rooted herb that grows to about 15 to 45 cm in height in damp and lightly shaded areas. Pansit-pansitan has been used as food item as well as a medicinal herb for its analgesic, anti-arthritic, diuretic activity. The entire plant is edible both cooked or raw.

Pansit-pansitan plant can grow wild but also grown as ornamental foliage. Pansit-pansitan is characterized by its shiny heart shaped leaves about 4 cm in length, growing from an erect translucent green stalks. Pansit-pansitan has tiny dot-like flowers that grow from erect and slender green spikes that turn brown when matured. The fruits are also very small, round to oblong, ridged, first green later black. Tiny seeds drop off that grows easily in groups.

Pansit-pansitan Traditional Health Benefits

Pansit-pansitan is widely used as folkloric herbal medicine. Pansit-pansitan is known for the following health benefits:

* Eye inflammation,
* Sore throat,
* Diarrhea,
* Prostate problems,
* High blood pressure,
* Arthritis,
* Gout,
* Skin boils,
* Wounds,
* Burns,
* Skin inflammation,
* abscesses,
* pimples,
* Headache
* Fever,
* Abdominal pains ,
* Renal problems,
* Mental excitement disorder.

Scientific Studies: Peperomia pellucida (Pansit-pansitan) Herbal Medicine

Analgesic / Anti-inflammatory action of Pansit-pansitan

Pansit-pansitan has been traditionally used to treat fever, cough, common cold, headache and arthritis. In a study of aerial parts of peperomia extract in mice indicated that that it exhibited anti-inflammatory and analgesic activities. The anti-inflammatory activity was attributed to interference with prostaglandin synthesis. In another study done on rabbits, pansit-pansitan extract exhibited an anti-pyretic activity which indicates that it is comparable to standard aspirin. ([*ref*](http://www.sciencedirect.com/science/article/pii/S0378874104000297))

Anti-cancer Activity of Pansit-pansitan

A study have isolated compounds in P.Pellucida that has inhibitory actions against growth of some cancer cells. This shows its potential as an anti-cancer supplement. ([*ref*](http://cat.inist.fr/?aModele=afficheN&cpsidt=17581617))

Antioxidant activity of Pansit-pansitan

In a study done on P.Pellucida extract, it has shown that it has a strong scavenging activity against free radicals suggesting that pansit-pansitan is a good natural anti-oxidant ([*ref*](http://www.researchgate.net/publication/49595210_In_vivo_Anti-inflammatory_and_in_vitro_Antioxidant_Activities_of_Peperomia_pellucida))

Anti-bacterial activity of Pansit-pansitan

A study has isolated a compound called patuloside A, a xanthone glycoside from P. pellucida that is found to have broad spectrum antibacterial activity ([*ref*](http://astonjournals.com/manuscripts/Vol2010/LSMR-1_Vol2010.pdf))

Anti-arthritic Activity of Pansit-pansitan

A study have shown that extracts from pansit-pansitan combined with ibuprofen treatment has significantly improved the symptoms associated with arthritis. Particularly that of knee joint rheumatism.(*[ref](http://som.adzu.edu.ph/research/pdf/2009-05-12-110759Ferdinand_Imbing_Uy.pdf)*)

Uric Acid reduction in blood

In a controlled study involving rats, extracts from P. pellucida were administered and uric acid levels were monitored. The study have shown that rats that were subjected to pansit-pansitan extract indicated a 44% reduction of uric acid level in blood while those that are given allopurinol drug have shown 66% reduction in uric acid level. This results show that pansit-pansitan may contain compounds that maybe used as alternative to allopurinol to control uric acid levels in the blood. ([*ref*](http://library.asti.dost.gov.ph/gsdl/collect/actamedi/index/assoc/HASHefae.dir/doc.pdf))

Depressant activity of Pansit-pansitan

In a study done in Bangladesh, mice were given nikethamide to induce excitement. The mice were later administered with extracts from pepperomia pellucida to determine its depressant activity. The results of the study suggest that pansit-pansitan extract has a dose dependent depressant activity that is beneficial for treatment of excessive mental excitement.disorder. ([*ref*](http://journals.tums.ac.ir/upload_files/pdf/5218.pdf))

Pansit-pansitan Usage, Dosage

Where can I buy / get Pansit-pansitan?

***Pepperomia Pellucida or pansit-pansitan*** grows wild in nooks and corners in damp lightly shaded areas. The whole plant can be harvested fresh, eaten raw as in salad ingredient or cooked with other vegetables and meat.

Pansit-pansitan tea can be prepared by collecting stems and leaves mixed with boiled water (see below) or formed into poultice to be applied topically over skin wounds and inflammation.

Pansit-pansitan Tea Preparation

* wash freshly gathered Pansit-pansitan plant parts
* chop then add in 4 cups of water for every 1 cup
* let it boil for 10 to 15 minutes with the pot cover removed.
* Let it steep then strain.
* Drink half cup of Pansit-pansitan tea three times a day.
* Pansit-pansitan tea concoction can be stored in suitable glass container for later consumption.

Dried leaves are more potent. Reduce the blend by half.

Pansit-pansitan Use, Warnings and Side Effects

Pepperomia Pellucida or pansit-pansitan intake and use has no reported side effects for most people. In a study done on pansit-pansitan extract overdose in mice, it was suggestive of a moderately wide margin of safety of the plant

**Pregnancy and Breast feeding**. There are no sufficient studies made to determine the side effects of Pepperomia Pellucida (Pansit-pansitan) taken in medicinal amounts to infants and babies. Stay on the safe side, avoid taking Pansit-pansitan in herbal medicine dosage when pregnant and while breast feeding.

**Allergies.** In rare cases, the herb has caused allergic reaction as side effect.

Yerba buena (Mentha arvensis) Herbal Medicine

This article discusses the medicinal uses, health Benefits, side effects and warnings of Yerba buena.

Yerba buena also commonly called mint posses aromatic properties and flavour that is widely used in varieties of cuisines. It is also used in traditional medicine since ancient times providing a long list of health benefits from skin to cancer prevention. Discover the many used this wonderful aromatic plant.

*****Scientific Name:****Mentha spicata, Mentha arvensis***

Other names:

*Hierba buena (Spain.), Minta (Italy), Minze (Germany), Marsh mint (English), Mint, peppermint (Engl.), Po-ho (China.)*

**Yerba buena**(***Mentha arvensis Linn***) is a rambling aromatic herb of the mint family that is known and used as herbal medicine worldwide.

Yerba Buena is a perennial plant that grows up to 1 meter in height with oblong shaped leaves with toothed margins. Flowers are hairy and the color is bluish to purplish with axillary head like whorls.

Yerba Buena are grown throughout the world from North America to Asia. The plant takes the form of a sprawling, mat-forming perennial, and is especially abundant close to the coast.

Yerba Buena is more popular for its culinary application because of its minty flavor. Used in salads and as flavor for cooking foods. Yerba buena aroma is also used for scents and fragrances.

Yerba buena Traditional Medicinal Uses

Yerba buena is largely used in traditional herbal medicine for various conditions.

Yerba buena is also known for its medicinal properties. Yerba buena is used as herbal medicine for the treatment of many ailments which has been traditionally used since ancient times. Studies have shown that Yerba buena contains pulegone, menthol, menthene, menthenone and limonene.

Common Health benefits from Yerba buena are as follows:

**Digestive disorder**.  Yerba Buena has long been used to provide relief for abdominal pain, indigestion, loss of appetite, passage of gas, diarrhea and stomach ache. It is known to relax the digestive tract muscles.  
**Bad breath**. Yerba Buena has this minty scent and flavour that can improve the foul odour emanating from the mouth. Yerba Buena or mint is widely used in commercial mouth washes or flavouring for gums and candies.  
**Skin tonic**. Yerba Buena has long been used to improve the tone of the skin and widely used to treat acne breakouts, removal of black heads, lightening of dark spots and dry skin.  
**Insect bites**. Yerba Buena leaf is crushed over insect bites and stings to alleviate itching and pain and to hasten recovery.  
**Weight loss**. Yerba Buena tea or mint tea is usually taken after meal to improve digestion and burning of fat.   
**Relaxant**. Yerba Buena tea is taken as a relaxant to combat stress and anxiety. It is also used in vaporizers to calm the body and as scent mixed over baths.  
**Nausea, Morning sickness, fainting**. The scent  from burning Yerba Buena leaves can calm nausea accompanied to early stages of pregnancy. The leaves can also be crushed before the nostrils thus the scent can be inhaled.  
**Menstrual cramps**. Yerba Buena is taken to calm symptoms of menstrual cramps, dysmenorrhea and induce the flow of menstruation.  
**Asthma**. The minty scent of yerba Buena is used to alleviate the attacks of asthma by calming the muscles in the respiratory system. The scent can come from extracted oil as used in vaporizers or by burning the leaves and inhaling the fumes.  
**Antioxidant.** The Rosmarinic acid found in yerba buena is a known strong antioxidant. It can counteract the oxidation of free radicals that prevents the formation of cancer cells.  
**Anti-Allergy**. The romarinic acid in yerba Buena inhibits the formation of leukotrienes, an agent responsible for allergic reactions. Yerba Buena is used to treat hay fever.  
**Coughs and Colds**. The minty scent and flavour of Yerba Buena is used in vaporizers to unclog the nasal passage due to accumulation of phlegm and helps to relieve inflammation. It also acts as an expectorant.  
**Antibacterial and Antifungal properties**. Yerba Buena oil is used to treat various skin infections and conditions that include eczema, insect bites, scars and wounds, burns, scabies, ringworms and other skin infections.  
**Pain reliever**. The minty and relaxing effect of yerba Buena is used as a topical aid in alleviating the pain associated with arthritis, gout, headache and other body and joint pains.  
**Tooth and mouth diseases**. Yerba Buena is chewed to treat toothache and a decoction can be gargled to treat mouth sores and ulcers, gum disease and even swollen tonsils and sore throats.

Scientific Studies Relating to Yerba buena Health Benefits

[*Antifertility investigation and toxicological screening of the petroleum ether extract of the leaves of Mentha arvensis L. in male albino mice*](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T8D-4313NPH-2&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=a153cc479733fd9d94055d939936acd6)

A study published in the Journal of Ethnopharmacology April 2001, found the temporary infertility effect of yerba buena leaf extract In male albino mice, the petroleum ether extract of the leaves of Mentha arvensis L., at the doses 10 and 20 mg/mouse per day for 20, 40 and 60 days, when administered orally, showed a dose and duration dependent reduction in the number of offspring of the treated male mated with normal females. The results suggest that the petroleum ether extract of the leaves of Mentha arvensis possess reversible antifertility property without adverse toxicity in male mice.

[*Anti-Candida activity of Brazilian medicinal plants*](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T8D-4F60WW1-1&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=8c757aaf09a8c1e9445ad2146ff23e04)

A study published in the Journal of Ethnopharmacology Feb. 2005, has reported that the essential oils and ethanolic extracts from the leaves and/or roots of 35 medicinal plants commonly used in Brazil were screened for anti-*Candida albicans* activity.. Essential oils from 13 plants showed anti-*Candida* activity, including *Aloysia triphylla*, *Anthemis nobilis*,*Cymbopogon martini*, *Cymbopogon winterianus*, *Cyperus articulatus*, *Cyperus rotundus*,*Lippia alba*, *Mentha arvensis*, *Mikania glomerata*, *Mentha piperita*, *Mentha* sp., *Stachys byzantina*, and *Solidago chilensis*.. Chemical analyses showed the presence of compounds with known antimicrobial activity, including 1,8-cineole, geranial, germacrene-d, limonene, linalool, and menthol.

[*Enhancement of the antibiotic activity against a multiresistant Escherichia coli by Mentha arvensis L. and chlorpromazine.*](https://www.ncbi.nlm.nih.gov/pubmed/18698137)

A study published in the journal of Chemotheraphy 2008, reported the testing of the antibiotic resistance-modifying activity of Mentha arvensis. It concluded and suggested that extracts from Mentha arvensis (yerba buena) could be used as a source of plant-derived natural products with resistance-modifying activity, such as in the case of gentamicin, constituting a new weapon against bacterial resistance to antibiotics, as with chlorpromazine.

[*Antioxidant, antimicrobial, cytotoxic and analgesic activities of ethanolic extract of Mentha arvensis L*](http://www.sciencedirect.com/science/article/pii/S2221169115300198)

In a study published in , it reported that the extract showed free radical scavenging activity in the DPPH assay (IC50∼41 μg/mL) compared to the standard antioxidant ascorbic acid (IC50∼19 μg/mL). The extract also produced prominent antimicrobial activity against *Salmonella typhi*, *Salmonella paratyphi*, *Shigella boydii*, *Streptococcus pyogenes* and *Streptococcus aureus*compared to standard drug kanamycin at the dose of 30 μg/disc.. In analgesic test, the extract demonstrated statistically significant (*P*<0.01) analgesic effect in acetic acid induced writhing in white albino mice at both dose levels. These results suggest that the ethanolic extract of *Mentha arvensis* L. has potential antioxidant, antibacterial, cytotoxic and analgesic activities that support the ethnopharmacological uses of this plant.

[*Ameliorative role of Mentha arvensis against the Aluminum induced Oxidative Stress in Albino mice*](http://www.ijapbc.com/files/18-07-15/06-4255.pdf)

In the study, aluminum administration induced oxidative damage by increase in LPO levels and decrease in SOD and CAT levels in brain, liver and kidney tissues of albino mice. M. arvensis administered group showed a direct evidence on effective antioxidant role of M. arvensis against aluminum induced oxidative damage without causing any toxic effect and for the first time establishes the ameliorative role of M. arvensis in order to minimize the adverse effects caused by aluminium.

[*Hepatoprotective And Antioxidant Activity Of Ethanol Extract Of Mentha arvensis Leaves Against Carbon Tetrachloride Induced Hepatic Damage In Rats*](http://sphinxsai.com/2013/pharmAJ13/pdf/PT=22(426-430)AJ13.pdf)

Phytochemical studies of ethanol extract of M. arvensis showed the presence of alkaloids, carbohydrates, glycosides, flavonoids, triterpenoids and tannins.. The elevated levels of serum AST, ALT, ALP and total and direct bilirubin were significantly reduced in extract treated groups when compared to the CCl4 treated control group. The antioxidant study revealed MDA level increased in CCl4 treated group,. The groups treated with 100, 200 and 400 mg/kg bw of ethanol extract of leaves was significantly increased the levels of GSH, SOD and CAT. Standard drug silymarin (50 mg/kg bw) also shown significant results. By observing the results, the ethanol extract of M. arvensis leaves has shown dose dependent activity.

[*In vitro anticancer activity of extracts of Mentha Spp. against human cancer cells.*](https://www.ncbi.nlm.nih.gov/pubmed/25630112)

In vitro anticancer potential of methanolic and aqueous extracts of whole plants of Mentha arvensis, M. longifolia, M. spicata and M. viridis at concentration of 100 μg/ml was evaluated against eight human cancer cell lines-(breast, colon, glioblastoma, lung, leukemia and prostate) using sulphorhodamine blue (SRB) assay. Methanolic extracts of above-mentioned Mentha Spp. displayed anti-proliferative effect in the range of 70-97% against four human cancer cell lines, ; however, aqueous extracts were found to be active against HCT-116 and PC-3. The results indicate that Mentha Spp. contain certain constituents with cytotoxic properties which may find use in developing anticancer agents.

Yerba buena Dosage and Safe Usage

Where can I get or buy Yerba buena?

**Yerba buena plant**.

Yerba buena can be cultivated and grown in a pot or garden. The plant can be available in your local plant nursery or contact your local horticulturist.

Yerba buena containing products such as massage oils, mouth washes, cosmetics and even purified oils and tinctures can be commercially available in supermarkets, health stores and pharmacies.

**Yerba buena herbal tea**

Commercial Yerba buena herbal tea is available in tea bags and powders. Most health stores sells this as a regular item. Yerba buena is also available through online orders and delivery. [*Hierba Buena - Spearmint Herbal Tea*](http://www.amazon.com/gp/product/B003UNOP8M/ref=as_li_tf_tl?ie=UTF8&tag=medicalheal0e-20&linkCode=as2&camp=217145&creative=399373&creativeASIN=B003UNOP8M)http://www.assoc-amazon.com/e/ir?t=medicalheal0e-20&l=as2&o=1&a=B003UNOP8M&camp=217145&creative=399373 has Full Spectrum potent concentration. It is naturally prepared without the use of toxic ingredients, such as harsh chemical preservatives to ensure all the active and synergistic constituents just like what nature intended. This Yerba buena herbal tea is available in Amazon along with other Yerba buena extracts.

**Yerba buena Herbal Capsules and extracts.**

[[](http://www.amazon.com/gp/product/B001TNQKAG/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=medicalheal0e-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=B001TNQKAG)](http://www.amazon.com/gp/product/B001TNQKAG/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=medicalheal0e-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=B001TNQKAG)Yerba buena herbal capsules and tablets are also readily available in the market. Yerba buena in capsule and tablet forms are easier to partake avoiding the hassles of preparing the Yerba buena tea. There are now a lot being sold in the market, but it is best that you buy from a reputable company that produces high quality Yerba buena capsules.

What is the usual dosage for Yerba buena?

Yerba buena herbal tea is widely used as a popular health drink for its various health benefits. For most adults, it is safe to consume Yerba buena up to 4 cups per day for a period of 1 week for medicinal use. If symptoms persist, consult a doctor.

How to make Yerba buena herbal remedy?

The following details the preparation of Yerba buena herbal tea from dried leaves

****

1. Dry Yerba buena leaves for about two weeks
2. Crush Yerba buena leaves into pieces
3. Boil the dried Yerba buena leaves in water.
4. 1 tablespoon of dried Yerba buena leaves to one cup water.
5. Let it seep for 30 minutes,
6. Strain the leaves.
7. Take the Yerba buena herbal tea for 4 to 6 times daily.

The following details the preparation of Yerba buena herbal tea from fresh leaves

1. Mix about 3 tablespoon of cut leaves for every cup of water
2. Boil for 10 to 15 minutes
3. Remove from heat and let it steep
4. Strain and store in a glass jar.
5. Consumed 3 to 4 cups a day.
6. The tea can be sweetened by honey or mixed with other herbs for a more potent mixture.

Yerba Buena poultice for topical application

1. Gather fresh leaves of yerba Buena
2. Pound or cut the leaves
3. Extract the juice
4. Apply or massage over to the affected area as may be needed.

Yerba Buena Inhaler

1. Put 4 to 5 drops of yerba Buena oil or 10 fresh leaves to a bowl of water
2. Let it boil.
3. Inhale the vapor

The fumes from  burning the leaves can also be inhaled.

Yerba buena Warnings and Side Effects

Yerba buena just like most herbal plants are safe for use in recommended dosages and at limited time.

**Pregnancy and Breast feeding**. Yerba buena may be safe if consumed in amounts as normally found in foods. While small portion of Yerba buena may be used to alleviate nausea during pregnancy, caution is advised if to be taken in medicinal dosages. There is no sufficient studies made relating to side effects of Yerba buena in pregnancy and breast feeding. It is better to stay on the safe side.

**Pediatric**. Do not give Yerba buena to an infant or small child. Do not apply Yerba buena oil to infant's skin, it can cause life-threatening breathing problems. Yerba buena tea may be too strong to cause a burning sensation in the mouth. For older children, a special formulation (pharmacuetical grade) may be given for indigestion or upset stomach.

**Acid reflux or GERD**. The calming and relaxing effect to the muscles of yerba buena tea can open the sphincter, leaking stomach acid unto the esophagus, worsening the GERD condition.

**Toxicity**. Yerba buena in its purified form such as in tincture or oil, can be toxic if taken in large dosage.

**Diabetes**. Yerba buena can lower the glucose content in the blood. Caution is advised when taking sugar lowering drug.

**Hypertension**. Yerba buena can lower blood pressure. Caution is advised when taking blood pressure lowering drugs as Yerba buena can strengthen its effects.

**Infertility**. Yerba buena has been found to cause temporary infertility in mice model that is reversible upon stoppage of use.

**Skin irritation**. Extended contact to Yerba buena can cause skin irritation.