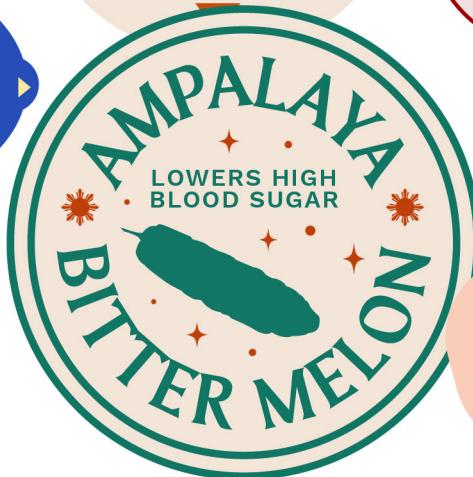
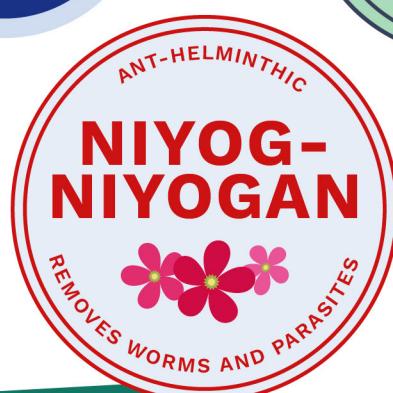
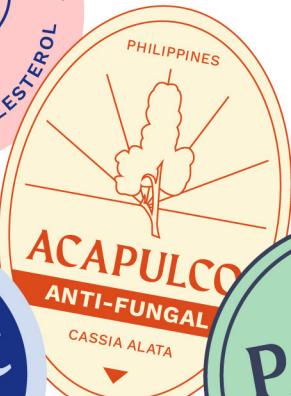
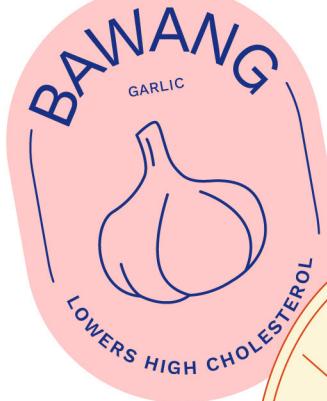


Filipino Remedies

April 2021

Relearning traditional Filipino remedies

Edition 01



Babaylans



Skin

High Blood Sugar



FEVER



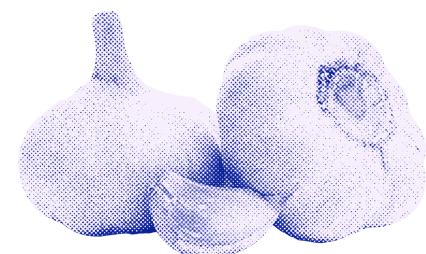
General Health

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Remedies

We share Filipino remedies with the goal of relearning traditional healing practices of the Philippines.



1

Bawang
Garlic



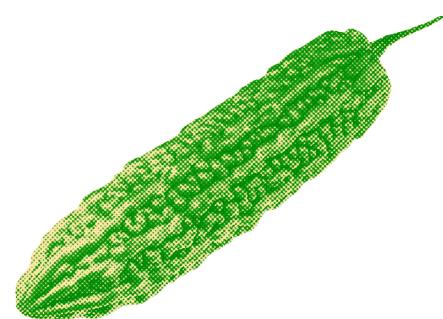
2

Bayabas
Guava



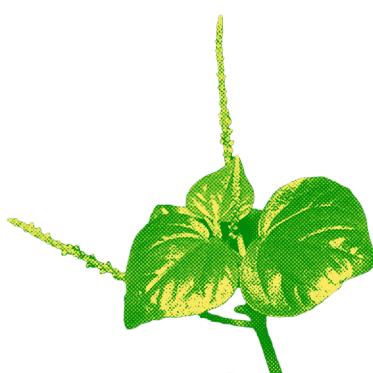
3

Acapulco



4

Ampalaya
Bitter Melon



5

Ulasimang Bato
Peperomia



6

Niyog-Niyogan
Rangoon Creeper



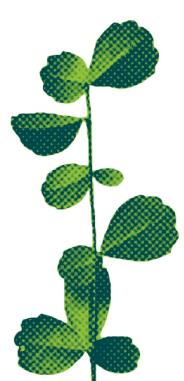
7

Lagundi



8

Sambong



9

Tsaang Gubat



10

Yerba Buena

Fever

BAWANG TSAA ¹

Garlic Tea

Description Bawang's warm properties cause your body to sweat which lowers a high fever.

Remedy Application

Time 10 minutes

Smell Pungent

Preparation

1. Boil bawang leaves and bulbs in water
2. Allow it cool down to luke warm
3. Apply to the head and body

Gout

ULASIMANG BATÓ TSAA ⁵

Peperomia Tea

Description Ulasimang Bato's anti-inflammatory properties treat gout (the inflammation of joints).

Remedy Drink

Time 10 minutes

Taste Mild Pepper

Preparation

1. Wash thoroughly 1 cup of the stalk and leaves of ulasimang bato
2. Boil in 2 cups of water
3. Strain and drink one cup in the morning and one cup in the evening

Anti-Helminthic

BUTO NG NIYOG-NIYOGAN ⁶

Rangoon Creeper Seeds

Description The seeds of niyog-niyogan expel intestinal parasites such as worms and parasites.

Remedy Food

Time 10 minutes

Taste Almond Flavor

Preparation

1. Eat dried, matured, raw seeds of niyog-niyogan at least 2 hours after dinner
2. If the first dosage, the worms are not removed, repeat the dosage again after a week
3. If there are no results after the second dose, seek medical help as there may be other underlying conditions

Dosage

- Adults – at least 10 seeds for the best results
- Children (4-7 years old) – at least 4 seeds
- Children (8-9 years old) – take around 6 seeds
- Children (10-12 years old) – no more than 7 seeds

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Kidney Stones

SAMBONG TSAA ⁸

Sambong Tea

Description Sambong's diuretic property helps your body release water and pass urinary stones.

Remedy Drink

Time 10 minutes

Taste Menthol

Preparation

1. Chop fresh leaves into small pieces
2. Wash under running water
3. Toss chopped leaves into a liter of boiling water and steep leaves for 10 minutes
4. Let tea cool
5. Can be taken 4 times a day

High Blood Sugar

AMPALAYA TSAA ⁴

Bitter Melon Tea

Description Ampalaya contains polypeptide-P (an insulin-like substance) which reduces blood glucose.

Remedy Drink

Time 15 minutes

Taste Bitter

Preparation

1. Cut or crush a cup of ampalaya seeds, leaves and flowers
2. Steep in 4 cups of boiling water for at least 10 minutes
3. Let it cool and strain
4. Drink one cup a day

General Health

TSAANG GUBAT TSAA ⁹

Tsaang Gubat Tea

Description Tsaang gubat was used to improve general health in traditional medicine and used widely throughout the Philippines.

Remedy Drink

Time 25 minutes

Preparation

1. Wash the leaves and chop into desirable size
2. Boil every one cup of chopped leaves to 2 cups of water and boil at low heat for 15 to 20 minutes
3. Strain and drink one cup per day

High Cholesterol

KATAS NG BAWANG ¹

Garlic Extract

Description Bawang is used for conditions associated with the heart and circulatory system.

Remedy Food

Time 5 minutes

Taste Pungent

Preparation

1. Take 1000mg to 7200mg of aged garlic extract in divided doses daily for at least 4 months

Oral & Dental

ACAPULCO PANGMUMOG ³

Acapulco Mouthwash

Description Acapulco is used as a mouthwash to treat ulcers, sores and toothache.

Remedy Mouthwash

Time 25 minutes

Taste Bitter

Preparation

1. Soak and boil acapulco leaves for 10 to 15 minutes
2. Let it cool and gargle

Respiratory

LAGUNDI TSAA ⁷

Lagundi Tea

Description Lagundi is widely recognized for treating cough and asthma symptoms.

Remedy Drink

Time 25 minutes

Taste Bitter

Preparation

1. Wash the leaves of tsaang gubat in running water
2. Chop into desirable size
3. Boil every one cup of chopped leaves to 2 cups of water
4. Boil at low heat for 15 to 20 minutes
5. Drain and take one cup every 4 hours

Pain

YERBA BUENA TSAA ¹⁰

Yerba Buena Tea

Description Yerba Buena is proven to relieve pain and ache caused by headaches, toothaches, abdominal pain, menstrual cramps and arthritis.

Remedy Drink

Time 2 weeks

Taste Spearmint

Preparation

1. Wash leaves in running water
2. Dry leaves for 2 weeks
3. Crush leaves into pieces
4. Boil 2 teaspoons of leaves for every glass of water on medium heat for 15 to 20 minutes
5. Strain and drink one cup every 3 hours

Skin

KATAS NG BAYABAS ²

Guava Extract

Description Bayabas' antiseptic and anti-inflammatory nature treat psoriasis, scarpes, scalds and burns, and eczema.

Remedy Application

Time 20 minutes

Smell Sweet

Preparation

1. Boil one cup of fresh bayabas leaves in 3 to 4 cups of water for 10 minutes
2. Strain leaves and let it cool
3. Wash the wound or affected area at least twice a week

The History of Filipino Healing

Healing and the public health in the Philippines have a rich history that is influenced by native Filipino, Spanish and American practices.

Prior to 1565

PRE-SPANISH COLONIZATION

Babaylans were not only cultural and religious leaders but they also managed the public health of their *barangays* or tribes. They held a high level of affluence and power that was equivalent to *datus*, the leaders of the *barangays*.

Traditional Filipino medicine takes a holistic view of health. A person's physical, mental, emotional, spiritual and environmental well-being are interconnected.

Filipinos believed illnesses are an imbalance and disharmony with the spiritual world. They performed incantations, dances and ritual offers of food, clothing as well as blood sacrifice to make peace with the gods. Roots and seeds were also used to create remedies, treatments, and potions to treat the sick.



Botong Francisco Progress of Medicine 1953 (2/4)



Botong Francisco Progress of Medicine 1953 (1/4)

Babaylans

1565 – 1898

SPANISH COLONIALISM

When the Spaniards arrived in the 16th century, *babaylans* were casted as evil witches and their practice was labeled as witchcraft. They were then shunned to the mountains and traditional practices were replaced by Christianity. However, Filipinos still continued to use their traditional healing alongside their Christian faith.



Botong Francisco *Progress of Medicine* 1953 (3/4)

1898 – 1918

AMERICAN OCCUPATION

When the Americans arrived, they brought the Western medical system and education, influencing the public health of the Philippines.

The Americans built more hospitals and administered preventative measures to prevent the spread of illnesses. Filipinos received formal medical education and more medical benefits.



Botong Francisco *Progress of Medicine* 1953 (4/4)

Present Day

TRADITIONAL PRACTICES MEET MODERN MEDICINE

Today, *babaylans* are known through the Spaniard name, *albularyos*.

Many Filipinos still continue to use home remedies, *hilot* and other traditional practices.

Why is traditional healing still used in modern day Philippines?

Folklore and traditional practices are deeply ingrained in the pre-colonial Filipino's psyche prior to Spanish colonization. These practices are passed down from generation to generation and become a part of family tradition.

Herbs practiced by *albularyos* have proven to have medical benefits which supports the credibility of its use.



NOTABLE MOMENTS

1992 The Department of Health of the Philippines published a list of the 10 scientifically validated Filipino medicinal plants (R.A. No. 8423 – Phil. Institute of Traditional and Alternative Health Care)

1997 The Institute for Traditional and Alternative Health Care (PITAHC) was established with the mission “to improve the quality and delivery of health care services to the Filipino

people through the development of traditional and alternative health care and its integration into the national health care delivery system.”

2015 The Department of Science and Technology (DOST) created the ‘*Albularyo*’ Certification Program to promote the research and development of traditional herbs for the purpose of healing. DOST and PITAHC granted existing *albularyos* with official recognition as alternative healthcare providers.

Relearning and Preserving

Today, wellness surrounds us in forms of vitamin supplements, clean eating ads and juice trends. At the same time, we are surrounded by junk food marketing and processed foods. Both industries use branding and overused, friendly verbiage to lure consumers. Modern diets and the commercialization of wellness create a conflicting environment for consumers to make healthier choices for themselves.

What is the role of traditional healing and home remedies in the future?

Filipino Remedies is a resource designed to share traditional Filipino remedies as a re-

Filipino
HOME REMEDIES

sponse to mainstream health trends and the commercialization of food. It is vital to remember the cultural importance and health benefits of traditional healing and home remedies. The goal of this project suggests a return to natural processes and remedies which allow people to be more intentional about their consumption of food and health choices.



Further Reading

The written content in this newspaper is summarized, paraphrased or directly quoted from their respective sources. The following links were referenced and used during the research of this project.

Please visit filipinoremedies.com for the full list of sources.



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Notes

These home remedies are not intended to replace professional medical advice but serve as an alternative resource.

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