



Republic of the Philippines
Department of Education

Cordillera Administrative Region
Schools Division of Tabuk City
Office of the Schools Division Superintendent

January 31, 2022

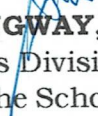
Division Memorandum

No. 42, 2022

To: OSDS, CID and SGOD
All School Heads
All Teaching and Non-Teaching Personnel

REITERATION OF THE ESTABLISHMENT OF SCHOOL HERBAL GARDENS

1. Relative to RA 8423 also known as the Traditional and Alternative Medicine Act (TAMA) of 1997 and Pursuant to DepEd Order No. 43 s. 2011 "Strengthening the School Health and Nutrition Programs for the Achievement of the Education for All (EFA) and Millennium Development Goals (MDGs), all schools elementary and secondary are enjoined to establish their own **Herbal Gardens** to have available traditional and alternative medicine in school that will bring back the availability of natural medicine in school setting thereby helping the school children obtain quality health care services through a natural, safe, effective, and cost-effective approach.
2. Herbal plants to be planted in school herbal gardens are those approved by the Department of Health and other known medicinal plants.
3. Attached is a copy of the list of DOH approved herbal plants with their uses and preparations for your reference with the monitoring tool.
4. Immediate dissemination and compliance to this memorandum is desired.


IRENE S. ANGWAY, PhD, CESO VI
Assistant Schools Division Superintendent
Officer-in-Charge, Office of the Schools Division Superintendent



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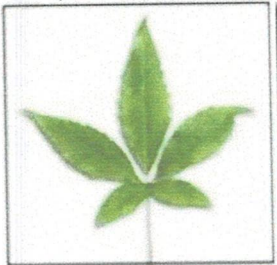


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10 Herbal Medicines approved by DOH

1.) Lagundi (*Vitex negundo* L.)



Common names: Dangla (Ilokano); five-leaved chaste tree, horseshoe vitex

Indication/Uses: Leaves and flowering tops decoction, syrup, tablets and capsules for coughs, colds, fever and asthma.

Parts used: Leaves and flowering tops

Special precautions: Make sure to have the five-leaved varieties, as there are other varieties of lagundi.

Preparation for Asthma, Cough & Fever

Decoction (the process of boiling the leaves or other parts of a fruit/plant in a couple of glasses of water for 15 minutes) is the most convenient way to use

this as a medication.

This plant can also be pounded using a pestle and mortar and can be applied to affected areas where there is pain, or soreness.

For wounds, the decoction can be used as an alternative to hydrogen peroxide for wound dressing.

Headache - Crush leaves may be applied on the forehead

Rheumatism, sprain, contusions, insect bites - Pound the leaves and apply on affected area

2.) Ulasimang-bato (*Peperonia pellucida*)



Common names: Ulasimang-bato, pansit-pansitan (Tagalog); olasiman-ihalas (Cebu, Bisaya); tangon-tangon (Bikol); peperonia (English)

Indications: Infusion, decoction or salad for gout and rheumatic pains; pounded plant warm poultice for boils and abscesses

Parts used: aerial plant parts

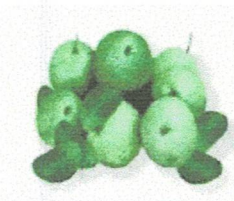
Special precautions: Avoid using with other pain relievers, diuretics

➤ **Preparation for lowering uric acid (rheumatism and gout)**

One a half cup leaves are boiled in two glass of water over low fire. Do not cover pot.

➤ Divide into 3 parts and drink one part 3 times a day

3. Guava (*Psidium guajava* L.)



Common names: Guava, bayabas (Tagalog); guyabas (Iloko); Guava (English).

Indications: anti-diarrheal and antiseptic

Parts used: Leaves, fruits

Special precautions: Eating too much guava fruit may cause constipation

➤ **Preparation for washing wounds**

Wash the leaves with running water before boiling it for at least 15 minutes. Wait until the decoction cools down into lukewarm temperature before rinsing the wound

with it. Be careful not to use it while it is still hot as it may cause burn.

➤ **Preparation for Diarrhea** - May be taken 3-4 times a day.

➤ **Preparation as gargle and for toothache** – Warm decoction is used for gargle. Freshly pounded leaves are used for toothache. Boil chopped leaves for 15 minutes at low fire. Do not cover and then let it cool and strain.

4.) Bawang (*Alium sativum* L.)



Common names: Ajos (Bisaya); garlic

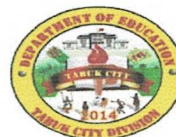
Indications: Fresh cloves, capsules for lowering blood cholesterol levels; antiseptic.

Parts used: Leaves and bulbs (cloves)

Special precautions: Avoid taking with medicines for lowering blood sugar, and medicines for thinning blood. Dosage must not exceed 6-8 cooked cloves a day. Stomach ulcer may develop if garlic is eaten raw



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Uses & Preparation:

- **Hypertension** – Maybe fried, roasted, soaked in vinegar for 30 minutes, or blanched in boiled water for 15 minutes. Take 2 pieces 3 times a day after meals.
- **Toothache**– Pound a small piece and apply to affected area

5.) Yerba Buena (*Clinopodium douglasii*)



Common name: Peppermint

Indications and preparations: for pain, cough, colds, nausea, dizziness, and pruritus

Parts utilized: leaves, sap of plant

Uses & Preparation:

- **Pain (headache, stomachache)** – Boil chopped leaves in 2 glasses of water for 15 minutes. Divide decoction into 2 parts, drink one part every 3 hours.
- **Rheumatism, arthritis and headache** – Crush the fresh leaves and squeeze sap. Massage sap on painful parts with eucalyptus
- **Cough & Cold** – Soak 10 fresh leaves in a glass of hot water, drink as tea. (expectorant)
- **Swollen gums** – Steep 6 g. of fresh plant in a glass of boiling water for 30 minutes. Use as a gargle solution
- **Toothache** – Cut fresh plant and squeeze sap. Soak a piece of cotton in the sap and insert this in aching tooth cavity
- **Gas pain**– Soak a handful of leaves in a glass of boiling water. Drink infusion.
- **Nausea & Fainting**– Crush leaves and apply at nostrils of patients
- **Insect bites**– Crush leaves and apply juice on affected area or pound leaves until like a paste, rub on affected area.
- **Pruritis**– Boil plant alone or with eucalyptus in water. Use decoction as a wash on affected area.

6.) Sambong (*Blumea balsamifera* L. DC)



Common names: Sambong (Tagalog); lakad-bulan (Bikol); Ngai camphor (English)

Indications: Diuretic in hypertension; dissolves kidney stones

Parts used: Leaves and flowering tops

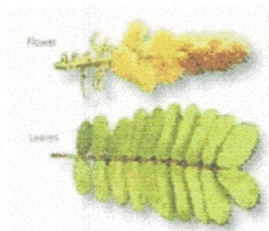
Special precautions: Avoid using with other diuretics. When taking diuretics, eat at least one banana a day.

Anti-edema, diuretic, anti-urolithiasis

Diarrhea

- Boil chopped leaves in a glass of water for 15 minutes until one glassful remains.
- Divide decoction into 3 parts, drink one part 3 times a day.
- Chopped leaves and boil in a glass of water for 15 minutes.
- Drink one part every 3 hours.

7.) Akapulko (*Cassia alata* L.)



Common names: Katanda (Tagalog); andadasi (Ilokano); palochina (Bisaya); ringworm bush, seven golden candlesticks, bayabas-bayabasan

Parts used: Leaves

Preparation:

Anti-fungal (tinea flava, ringworm, athlete's foot and scabies)

- Fresh, matured leaves are pounded.
- Apply soap to the affected area 1-2 times a day.



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8.) Niyog- Niyogan (Quisqualis Indica L.)



Common names: Tartaraok (Tagalog); balitadham (Bisaya); Rangoon creeper, Chinese honeysuckle, liane vermifuge.

Parts used: Fruits

Special precautions: Follow recommended dosage. Overdose causes hiccups.

Preparation for Anti-helminthic

- The seeds are taken 2 hours after supper.
- If no worms are expelled, the dose may be repeated after one week. (Caution: Not to be given to children below 4 years old)

9.) Tsaang Gubat (Carmona retusa (Vahl) Masam.)



Common names: Putputai (Bikol); alangit (Bisaya); forest tea, wild tea.

Indications: pills, leaf decoction for gastroenteritis; as gargle to prevent cavities

Parts used: Leaves

Preparation For diarrhea

- Boil chopped leaves into 2 glasses of water for 15 minutes.
- Divide decoction into 4 parts.
- Drink 1 part every 3 hours

Stomachache

- Boil chopped leaves in 1 glass of water for 15 minutes.
- Cool and strain.

10.) Ampalaya (Momordica charantia (L.) DC)



Common names: Ampalaya (Tagalog); paria (Ilokano); palia (Bisaya); bitter gourd, bitter cucumber, bitter melon (English)

Indications: lowers blood sugar levels

Parts used: Young leaves

Special precautions: Blood sugar levels should be monitored regularly. The native variety with small bitter fruit is recommended

➤ **Preparation for Diabetes Mellitus (Mild non-insulin dependent)**

Chop leaves then boil in a glass of water for 15 minutes. Do not cover.

- Cool and strain.
- Take 1/3 cup 3 times a day after meals.

Reminders on the Use of Herbal Medicine

1. Avoid the use of insecticide as these may leave poison on plants.
2. In the preparation of herbal medicine, use a clay pot and remove cover while boiling at low heat.
3. Use only part of the plant being advocated.
4. Follow accurate dose of suggested preparation.
5. Use only one kind of herbal plant for each type of symptoms or sickness.
6. Stop giving the herbal medication in case untoward reaction such as allergy occurs.
7. If signs and symptoms are not relieved after 2 to 3 doses of herbal medication, consult a doctor.

Sources: Cuevas, Francis *Public Health Nursing in the Philippines. 10th Edition 2007*



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MONITORING TOOL

School: _____

Date: _____

District: _____

Herbal Plants	Availability		Labelled with uses		Remarks
	Yes	No	Yes	No	
1. Lagundi					
2. Ulasimang Bato					
3. Guava					
4. Bawang					
5. Yerba Buena					
6. Sambong					
7. Akapulko					
8. Niyog-niyogan					
9. Tsaang Gubat					
10. Ampalaya					
Others:					

Comments/Suggestions:

School Head/OIC

Signature over Printed Name

Monitored by:

Signature over Printed Name

Signature over Printed Name