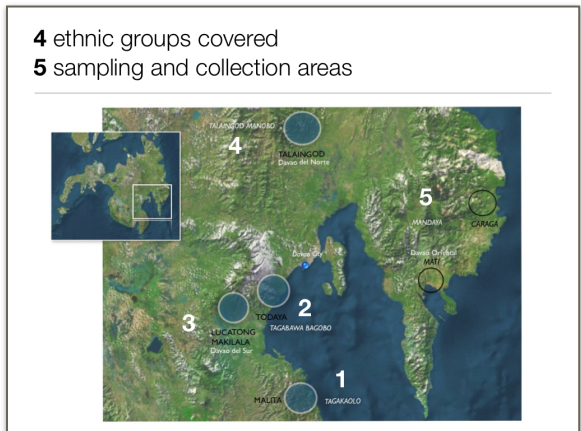


PRESENTATION SLIDES IN THE 7TH PHILIPPINE NATIONAL HEALTH RESEARCH SYSTEM WEEK.
 7-9 August 2013, Plaza del Norte Hotel and Convention Center, Laoag City, Ilocos Norte.
 MJ Paluga, KJ Millondaga, J Cabero, AM Ragragio



Ethnopharmacology and Indigenous Peoples
DAVAO REGION HIGHLIGHTS OF THE STUDY
 Plants, Illnesses, Locations, Knowledges



4 ethnic groups covered
 5 sampling and collection areas

Our questions about **'illnesses'** sometimes lead to discussions by informants about **'care of the body'**, **'defense against malevolent spirits'** and then also of practices **'for making one beautiful'**

OUR LIST, THEREFORE, INCLUDES NOT ONLY AFFLICTIONS BUT ALSO CONCERNS ABOUT PHYSICAL WELL-BEING IN GENERAL AND ATTITUDES RELATING TO THE 'SPIRITS'

Areas and plant-names documented and collected

- More documented plants than actually collected

AREAS AND PLANTS				
Areas	Number of plants documented	Number of plant samples	Top 5 plants used in varied afflictions	Present in more than one area
(1) Malita (Tagakaolo)	144	47	Taginosa, Kamugna, Kisol	Kamugna, Tagamaing
(2) Todaya (Tagabava Bagobo [east of Mt. Apo])	54	57	Tagamaing, Kamugna, Sibsol, Rame, Dawa-dawa	
(3) Bulatukan, Lucatong (Tagabava Bagobo [south of Mt. Apo])	72	21	Tagamaing, Kanila kapuy (Kansoteng kahoy), Kalatas, Uli-uli	
(4) Talangod (Talangod/Pantaron Manobo)	108	106	Bayabas, Orasan, Mandalingan, Iso, Banag	
(5) Mati (Mandaya)	32	27		
Total	410	258		

Areas and concerns of well-being and afflictions

- Average documented well-being concerns per area: 38

AREAS AND PHYSICAL CONCERNS AND WELL-BEING (AFFLICTIONS)			
Areas	Number of documented physical concerns and well-being (afflictions and other concerns)	Physical concerns with highest range of multiple cures (Top 5-7)	Common across areas
(1) Malita (Tagakaolo)	31	post-natal care (bleeding, cleaning the uterus, gas pains, and general body health); diarrhea, UTI, post-partum relapse, fever, wounds, cough	(Present in all areas) Relapse (post-partum relapse); Fever; Diarrhea; Watery Stool; Cough; (Postnatal health care)
(2) Todaya (Tagabava Bagobo [east of Mt. Apo])	34	fever, stomach ache, cough, watery stool, post-partum relapse	
(3) Bulatukan, Lucatong (Tagabava Bagobo [south of Mt. Apo])	46	post-partum relapse, fever, watery stool, cough, high blood	
(4) Talangod (Talangod/Pantaron Manobo)	39	muscle, diarrhea, stomach ache, post-partum relapse, body pain, post-natal health care	



Some plant-names are mentioned many times in many illness-cures

A FEW ARE SPECIALLY MENTIONED IN FOLKLORIC CONTEXTS AND HAVE ATTACHED STORIES OR SPIRIT-ASSOCIATIONS IN THEIR NAMES

KISOR/KISOL (Bagobo-Tagabawa), dusol (Tagalog)
Kaempferia galanga L.

KAMOGNA (Bagobo-Tagabawa), lubigan (Tagalog)
Acorus gramineus Aiton

TAGAMAING (Bagobo-Tagabawa), gabon (Bisaya),
Blumea sp.

MT. APO
 Todaya, Davao del Sur
 Tagabava Bagobo



KAMOGNA, KISOR, TAGAMAING

Example of a plant that appear as part of a concoction and also as stand-alone cure

• TAGAMAING

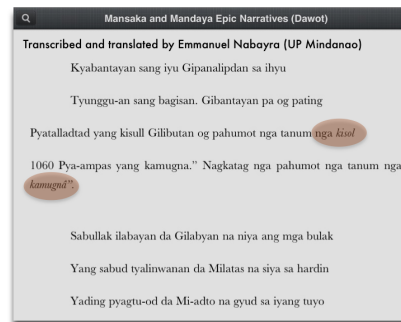
Plants-people used	Areas and afflictions	Areas/plants
Todaya	dawa-dawa (Bagobo); cardava; luy-a + dawa sa gila (Bakob) bakid (Bagobo); kasamaro (Bagobo)	1 Fever Kalintura ()
5	mangalbas (Bagobo); buo (Bagobo); mandalagong (Bagobo); tubua (Bagobo)	2 Stomach ache ()
4	lagundi (Bagobo); kuaqo; nagdong	3 Cough ()
3	kanding-kanding; dawa-dawa + dukake + sambo + bayabas + mangalbas (Bagobo); mangalbas + kasamaro (Bagobo); galon (Bakay) + bayabas + bayabas + ul-ul; othobe + bayabas + dawa-kalumpaga; dawa; manaba; nutong kalitua (Bagobo); kapeyas; kasamaro	4 Watery stool Pangindus ()
3		5 Pregnancy relapse ()

Example of a plant used in curing several illnesses

• KAMUGNA

Plants-people used	Areas and afflictions	Areas/plants
Todaya	dawa-dawa (Bagobo); cardava; luy-a + dawa sa gila (Bakob) bakid (Bagobo); kasamaro (Bagobo)	1 Fever Kalintura ()
5	mangalbas (Bagobo); buo (Bagobo); mandalagong (Bagobo); tubua (Bagobo)	2 Stomach ache ()
4	lagundi (Bagobo); kuaqo; nagdong	3 Cough ()
3	kanding-kanding; dawa-dawa + dukake + sambo + bayabas + mangalbas (Bagobo); mangalbas + kasamaro (Bagobo); galon (Bakay) + bayabas + bayabas + ul-ul; othobe + bayabas + dawa-kalumpaga; dawa; manaba; nutong kalitua (Bagobo); kapeyas; kasamaro	4 Watery stool Pangindus ()
3		5 Pregnancy relapse ()
2	kasabe (Bagobo); kapeyas; kasamaro (Bagobo); bakul (Bagobo)	6 Colds ()
2	lagundi (Bagobo); buk-kuk (Bagobo)	7 Kidney problems ()
2	Ulog; Inundan	8 Mouth sore Lusa (Bakob) (Bagobo)
1	kasamaro (Bagobo)	9 Stomachache due to "bad air" Humpak tangin (Bakob) (Bagobo)
1	kasamaro (Bagobo)	10 Headache due to "bad air" Humpak tangin (Bakob) (Bagobo)

Kamugna and kisol are plant-names mentioned also in Mandaya epic narratives



How the community can make use of the project

KEY VILLAGE INDIVIDUALS—CHIEFTAINS, HEALERS, RELIGIOUS HEADS—PARTICIPATED AND GUIDED US IN THE WHOLE CONDUCT OF THE RESEARCH

Area/Ethnicity	Important area features	Health Needs	Can research help? In what way?
Malita (Tagakaolo)	Areas visited have high literacy rate	Health materials for the community	Protection of key medicinal plants
Todaya (Tagabawa)		Guidebook on useful plants for illnesses	Advocacy and teaching materials for their school
Makilala (Tagabawa)	Has Brgy. Health Clinic, midwife; near the town, access to market; limited sources of herbal, plant		Data will help NGOs working in the community
Lokatong (Tagabawa)		Technical needs in establishing their herbarium; materials for herbarium	
Talaingod (Manobo)	Far from the central town	Hygiene, basic health training	Scientific plant identification; capsule and syrup making, ointment
Mati (Mandaya)		Kamunaa museum (Atty. Al Aquino); scientific plant identification	

It is important to underline the **evolving nature** of the research

KEY INDIVIDUALS IN THE COMMUNITIES ARE CONTINUING PARTNERS (OF UNIVERSITY-BASED RESEARCHERS) IN DOING SUSTAINED DOCUMENTATION, PROCESSING, AND APPROPRIATION FOR **VARIED USES BY THE PEOPLE** OF THE GROWING DATA

An observed disjoint in folks' knowledge and behaviour might just be overtaken by the **development of new attitudes** if there is a continuing shared activity between villagers and academe-based researchers

IF FOLKS DO **HAVE LIVING KNOWLEDGE AND ACCESS** TO USABLE PLANT SOURCES (LIKE THE MANOBOS LIVING NEAR THE PANTARON RANGE), WHY ARE THEY **STILL ATTRACTED** (PERHAPS EVEN CONSIDERING AS MORE EFFECTIVE) **TO USING NON-INDIGENOUS, COMMERCIALIZED MEDICINES?**

Thank You

DAGHANG SALAMAT