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**Supplementary Table 1.** List of documented plant species used by Butuanon ethnolinguistic community.

Sr. No.	Family Name	Scientific Name	Common/ Local Name	Growth Habit	Plant Part Used	Preparation and Application	Ailments
1	Acanthaceae	<i>Andrographis paniculata</i> Nees	Creat or King of Bitters (Engl.) Marevelosa (Bis.)	herbaceous	leaves	Drink the decoction until healed.	gas pain, stomachache, diabetes
2	Amaryllidaceae	<i>Allium cepa</i> L.	Onion-bulb (Engl.) Sibuyas Bombay (Bis.)	herbaceous	bulb	Slice, pound, and apply directly to the affected parts.	beriberi, gas pain
3		<i>Allium fistulosum</i> L.	Spring onion (Engl.) Sibuya Dahon (Bis.)	herbaceous	leaves	Heat the leaves over a low flame, add a little salt, and apply to the fracture.  Apply same material to whole body/back/chest every night until healed.	fracture  fever, cough
4		<i>Allium odorum</i> L.	Chinese- Chives (Engl.), Ganda (Bis)	herbaceous	leaves	Heat over low flame, squeeze and massage scalp, body or back, and chest.	hair loss, fever, cough

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5		<i>Allium sativum</i> L.	Garlic (Engl.) Ahos (Bis.)	herbaceous	bulb (Clove)	Boil and drink the decoction until healed  Crush and rub  Put the crushed garlic on the decayed tooth.	goiter, stomachache; hypertension, cough,  dog and snake bites  toothache
6		<i>Allium</i> sp.	Sibujing (Bis.)	herbaceous	leaves	Wrap with banana leaves, heat over low fire, add a little salt, and then rub it on the body or the fracture every night for three days.  Boil and drink the decoction.	fracture  fever
7	Anacardiaceae	<i>Mangifera indica</i> L.	Mango (Engl.) Mangga (Bis.)	tree	leaves or shoot, roots	Drink the decoction of 21 pieces of leaves until the blood pressure normalizes.  Drink the decoction of mango leaves with leaves of <i>mansanitas, star</i>	hypertension  vomiting

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						<i>apple, guava, and suha.</i>	
						Drink the decoction of mango roots with the roots of star apple, and <i>mansanitas</i>	diarrhoea
8	Annonaceae	<i>Annona squamosa</i> L.	Sugar Apple (Engl.) Atis (Tag., Bis.)	tree	leaves	Drink the decoction frequently until healed.	fever, dry cough,
						Put the fresh leaves on the affected area.	dislocated bone
9		<i>Annona muricata</i> L.	Soursop (Engl.), Rababa (Bis.)	tree	leaves	Drink the decoction frequently until healed.	hypertension, fever, diabetes, arthritis, kidney disease, diarrhoea, stomachache
10		<i>Cananga odorata</i> Hook. F. & Thomson	Perfume Tree (Engl.) Alangilan/ Ilang-ilang (Tag., Bis.)	tree	flowers, roots	Boil and use the decoction to clean the affected area.	cold sores

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11	Apiceae	<i>Centella asiatica</i> (L.) Urb.	Spadeleaf (Engl.) Yahong-yahong (Bis.)	herbaceous	leaves	Drink the decoction daily until healed.	diabetes, hypertension
12	Apocynaceae	<i>Plumeria acuminata</i> Air.	Temple or Graveyard Flower (Engl.) Kalatsusi (Bis.)	tree	bark, flower	Drink the decoction frequently until healed.	anemia
13	Araceae	<i>Colocasia esculenta</i> L. Schott	Taro (Engl.) Gabi (Bis.)	herbaceous	leaf stalk or petiole	Peel, scrape, and directly apply as a poultice.	wounds/cuts
14		<i>Homalomena philippinensis</i> Schoot.	Queen of Hearts, Shade Plant (Engl.) Pusaw (Bis.)	herbaceous	rhizome, leaves	Scrape the rhizome and apply it directly to the bites.  Place the fresh leaves on the lower part of the abdomen.	snake bite, antibacterial  menstrual disorder
15	Arecaceae	<i>Areca catechu</i> L.	Betle Palm (Engl.) Bunga (Bis.), Mam-on (But.)	tree	fruit	Eat the fruit directly and swallow only the extract.	dysentery, antibacterial
16		<i>Cocos nucifera</i> L.	Coconut (Engl.) Lubi (Bis.)	tree	coconut water	Drink the water frequently until healed.	UTI, kidney stones, gall stones
17		<i>Corypha elata</i> L.	Talipot Palm (Engl.) Buli (Bis.)	tree	leaf stalk	Heat the stalk over low flame, twist, and use the juice for	wounds

Sr. No.	Family Name	Scientific Name	Common/ Local Name	Growth Habit	Plant Part Used	Preparation and Application	Ailments
						cleaning the wounds.	
18		<i>Nypa fruticans</i> Wurbm.	Nipah or Mangrove Palm (Engl.), Nipa (Tag., Bis.), Tuhog (But.)	tree	leaf stalk	Peel the stalk and twist it to extract the fluid, and apply the extract directly to the wounds or cuts.	cuts/wounds, bleeding
19	Asphodelaceae	<i>Aloe vera</i> (L.) Burm.f.	Aloes (Engl.), Sabila (Bis.)	herbaceous	leaves	Crush and extract the sticky fluid and use it as shampoo. Apply directly to the scalp/head during bath.	hair regrowth, dandruff,
						Apply the sticky fluid on the burned skin	burned skin, sunburn
20	Asteraceae	<i>Ageratum conyzoides</i> L.	Billy Goat Weed (Engl.), Gapas-gapas (Bis.)	herbaceous	roots and flower	Drink the decoction.	anemia
21		<i>Artemisia vulgaris</i> L.	Mugwort (Engl.) Hilbas (Bis.)	herbaceous	leaves	Boil the leaves with two glasses of water until it reduces into 1/2 glass. Drink the decoction frequently until healed.	diabetes, arthritis, relapse, gas pains, fever

Sr. No.	Family Name	Scientific Name	Common/ Local Name	Growth Habit	Plant Part Used	Preparation and Application	Ailments
						Steam bath the decocted leaves and put 4-5 leaves on the forehead until relieved.	stress reliever
22		<i>Blumea balsamifera</i> (L.) DC.	Nagi Camphor (Engl.) Sambong (Tag.) Gabon (Bis.)	herbaceous	leaves	Drink the decoction twice a day.	fever, cough, stomach pains, stroke, diuretic, UTI
						Suppose suffering from being over-worked, use the hot water for a steam bath, or wrap the leaves with banana leaves, heat them and rub them on the body.	stress reliever
23		<i>Chromolaena odorata</i> (L.) King & Robinson	Siam Weeds (Engl.) Hagonoy (Bis.)	herbaceous	roots, leaves	Heat the leaves, squeeze, and drink the juice.	cough, fever
						Pound the leaves and apply them to the wound as a poultice.	wounds (antibacterial),
						Boil the roots and leaves, and drink the decoction to treat diabetes.	diabetes

Sr. No.	Family Name	Scientific Name	Common/ Local Name	Growth Habit	Plant Part Used	Preparation and Application	Ailments
24		<i>Mikania micrantha</i> (L.) Kunth ex H.B.K.	Bittervine or Chinese Creeper (Engl.), Mote-Mote (Bis.)	vine	leaves	Pound, squeeze and apply directly to the wounds or cuts.	blood clotting (cuts/wounds)
25		<i>Pseudelephantopus spicatus</i> (Juss. ex Aubl.) C.F. Baker	Dog's tongue (Engl.) kokog Banug (Bis.)	herbaceous	root	Boil until half of the water is left (ituson) and drink the decoction as needed.	stomachache, diarrhoea (loss bowel movement) & vomiting, relapse "bughat."
26	Basellaceae	<i>Basella rubra</i> L.	Malabar Spinach (Engl.) Alugbati (Bis.)	herbaceous	leaves, stem	Squeeze the leaves and apply the juice directly to the affected parts.  Eat this vegetable regularly.	bruises, burned skin, anemia  anemia
27	Bignoniaceae	<i>Crescentia cujete</i> L.	Calabash or Gourd Tree or Miracle Fruit (Engl.)	tree	juice	Extract and simmer, and drink when cools until healed.	arthritis, diabetes, headache, kidney infection
28		<i>Dolichandrone spathacea</i> (L. f.) K. Schum.	Mangrove Trumpet Tree (Engl.), Tiwi (But.)	tree	bark	Drink the decoction.	amoeba, fever
29	Bixaceae	<i>Bixa Orellana</i> L.	Anato or Lipstick tree (Engl.) Atsuete (Bis.)	tree	leaves, roots	Drink the decoction.	dysmenorrhea, myoma

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30	Boraginaceae	<i>Carmona retusa</i> (Vahl) Masam.	Philippine Tea Tree (Engl.) Tsaang-gubat (Tag.)	shrub	leaves	Drink one glass of the decoction daily.	Fever, Cough, Muscle pain, Urinary Tract Infection (UTI)
31	Brassicaceae	<i>Raphanus sativus</i> L.	Radish (Engl.)	herbaceous	root	Slice thinly, soak in lukewarm water and drink the infusion 2x/day.	Beri-beri stomachache
32	Burseraceae	<i>Canarium ovatum</i> Engl.	Pili Nut (Tag., Bis.)	tree	sap	Use the sticky sap or dried sap for smoke bath.	bad spell
33		<i>Canarium sp.</i>	Dabu-dabu (Bis., But.)	tree	leaves	Drink the decoction twice a day until healed.	urinary tract infection (UTI), kidney stones
34	Cactaceae	<i>Hylocereus undatus</i> (Haw.) Britton & Rose	Strawberry Pear or Dragon Fruit (Engl.)	herbaceous	fruit	Slice and eat the fruit.	UTI, diabetes hypertension
35	Caricaceae	<i>Carica papaya</i> L.	Pawpaw or Melon Tree (Engl.), Papaya (Tag.) Kapayas-laki (Bis.)	herbaceous	leaves	Steam the leaves, squeeze, and drink the extract every 4 hours until healed.	dengue



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36	Chrysobalanaceae	<i>Atuna racemose</i> Raf.	Tabon-tabon (Tag., Bis.)	tree	fruit	Slice, scrape the content, and use it as a poultice.	wounds/cuts
37	Combretaceae	<i>Terminalia catappa</i> L.	Tropical Almond Tree (Engl.), Talisay (Tag., Bis.)	tree	leaves	Drink the decoction frequently until healed.  Place the fresh leaves on the head.	kidney disease and stones  headache
38	Convolvulaceae	<i>Ipomoea batatas</i> (L.) Lam.	Sweet potato (Engl.) Kamote (Tag., Bis.)	vine	young shoot	Drink at least two glasses of decoction per day until healed.  Use the scraped bark as a balm twice a day until healed.  Place the leaves on the left and side of the head.  Steam bath or drink the decoction until healed.	anemia, breast cancer, myoma,  fever  headache  stroke, relapse
39	Costaceae	<i>Chamaecostus cuspidatus</i>	Insulin Plant (Engl.)	herbaceous	leaves	Wash, chew, and swallow the	diabetes

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		C.D.Specht & D.W.Stev.				extract only. Boil the leaves into 1 1/2 glass of water and drink the decoction two times a day until healed.	
40	Crassulaceae	<i>Kalanchoe pinnata</i> (Lam.) Pers.	Canterbury Bells (Engl.), Hanlilika (Bis.)	herbaceous	leaves	Pound the leaves softly and apply as a poultice to the affected area.	toothache, burned skin, headache,
41	Cucurbitaceae	<i>Momordica charantia</i> L.	Bitter Melon or Bitter gourd (Engl.), Ampalaya (Tag.), Paliya (Bis.)	vine	fruit	Broil the fruit and eat or make a juice and drink directly.	kidney stones anemia
42	Cyperaceae	<i>Cyperus kyllingia</i> Endl.	Whitehead Spike Sedge (Engl.) Anuang (Tag.) Busikad (Bis.)	herbaceous	whole plant	Boil the entire plant or soak the flowers with water. Drink the decoction/ infusion frequently until healed.	child teething, measles, bloated stomach, hemorrhoids, hypertension
43		<i>Scleria scrobiculata</i> Nees & Meyen	Nutrush (Engl.), Daat (Tag., Bis.)	herbaceous	roots	Drink the decoction until healed.	food poisoning, relapse

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44	Euphorbiaceae	<i>Euphorbia hirta</i> L.	Asthma weed (Engl.), Tawa-Tawa (Bis.)	herbaceous	whole plant	Wash and soak into one glass of hot water, then frequently drink the concoction until healed.  Drink the decoction of the whole plant regularly until healed.	severe or high fever  dengue
45		<i>Jatropha curcas</i> L.	Physic Nut (Engl.), Tuba-tuba (Bis.), Kasla (But.)	shrub	leaves, bark	Place the leaves to the left and right sides of the head. Replace with fresh leaves, if needed.  Place the clean leaves to the fractured area 3x per day until healed.  Scrape the bark, wrap with banana leaves, heat, squeeze and drink the fluid.  Steam bath the decoction until healed.	headache  fracture  fever  stroke and relapse

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46		<i>Jatropha podagrica</i> Hook.	Buddha Belly Plant (Engl.), Ginseng (Bis.)	herbaceous	roots	Boil the root of ginseng with the bark of lumboy, <i>bahai</i> , <i>guyabano</i> , <i>pad-pad</i> , <i>pisaw-pisaw</i> , and cogon. Drink the decoction frequently until healed.	diabetes, arthritis, kidney problem
47		<i>Macaranga tanarius</i> (L.) Mull.	Parasol Leaf Tree (Engl.), Binunga (Tag., Bis.)	tree	sap from bark Leaves	Scrape, squeeze and drink the extract directly.  Place the fresh leaves on the forehead of the ill person.	fever, diarrhoea,  fever
48		<i>Manihot esculenta</i> Crantz.	Cassava (Engl.), Kamoteng Kahoy	shrub	root (tuber)	Peel, scrape, and put directly on the affected area as a poultice.	breast cancer
49		<i>Melanolepis multiglandulosa</i> (Reinw. ex Blume) Rchb. & Zoll.	Alim (Tag., Bis.)	shrub	leaves, roots	Drink the decoction frequently until healed. Also, use the decoction for washing the body.	hemorrhage, relapse, goiter

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50	Fabaceae (Leguminosae)	<i>Arachis pintoi</i> Krapov. & W.C. Greg.	Pintoï Peanut (Engl.) mani-mani (Bis.)	herbaceous	roots	Drink the decoction.	appendicitis
51		<i>Clitoria ternatea</i> L.	Blue ternate (Engl.)	vine	flowers	Soak 4-5 flowers in a glass of water within 12 to 24 hours, and frequently drink the water until healed.	UTI, cough, diabetes, dysmenorrhea diabetes
52		<i>Derris elliptica</i> (Wall.) Benth.	Tuna or Poison Vine (Engl.) Tubli (Bis.)	vine	leaves	Pound and apply it directly as a poultice. For myoma, boil the leaves and drink the decoction.	wounds
53		<i>Inocarpus fagifer</i> (Parkinson) Fosberg.	Polynesian Chestnut (Engl.), Kayam (Bis., But.,)	tree	leaves	Drink two glasses of decoction per day until healed.	constipation
54		<i>Gliciridia sepium</i> (Jacq.) Walp.	Mother of Cocoa (Engl.) Madre de cacao (Bis.)		tree	Scrape the bark and apply directly to the infected part.	dermatitis (antifungal, antibacterial)
55		<i>Leucaena leucocephala</i> (Lam.) de Wit	White Lead Tree, White Tamarind (Engl.), Ipil-ipil (Tag.), Biyateles (Bis.)	tree	seeds	Eat the juvenile or mature seeds directly every morning for three days.	deworming

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56		<i>Mimosa pudica</i> L.	Touch-me-not (Engl.), Makahiya (Tag.), Hibi-Hibi (Bis.), Kupo-kupo (But.)	herbaceous	roots	Drink the decoction frequently until healed. Contradiction: Cause infertility to women.	swollen skin, kidney disease
57		<i>Ormosia calavensis</i> Azaola ex Blanco	Bahai (Tag., Bis.)	tree	bark	Drink the decoction until healed.	goiter, arthritis, diabetes, kidney diseases, food poisoning
58		<i>Phanera integrifolia</i> Roxb.) Benth.	Flame Vine Bauhinia (Engl.) Alibangbang (Bis.)	vine	roots, stem, leaves	Broil the leaves, then smoke bath.  Extract and drink juice from the stem.  Boil the leaves and roots, then drink the decoction.  Pound the leaves and apply as a poultice.	Bad spell  cough  boost appetite  boils
59		<i>Pterocarpus indicus</i> Willd.	Philippine Mahogany (Engl.), Narra (Tag., Bis.)	tree	bark, leaves	Drink the decoction frequently until healed.	leukemia

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						Crush the leaves, extract the juice, and apply directly to the affected area.	skin diseases (dandruff, warts, fungal infection, herpes, insect bites, scabies, tinea infection, and others)
60		<i>Senna alata</i> (L.) Roxb.	Akapulko (Tag.), Asunting (Bis.)	shrub	roots, leaves	Drink the decoction until well.	diarrhoea
61	Guttiferae (Clusiaceae)	<i>Garcinia binucao</i> (Blanco) Choisy	Batuan Fruit (Engl.), Binukaw or Batuan or Batwan (Tag., Bis.)	tree	leaves	Drink the decoction frequently.	hypertension, appetite booster
62		<i>Cratoxylon sumatranum</i> Jack (Blume)	Ulingon (Bis.)	tree	leaves	Clean the leaves and place them on the forehead and the left and right sides of the head.	headache, colds, "pasmò"
63	Lamiaceae	<i>Coleus amboinicus</i> Lour.	Soup Mint (Engl.), Oregano (Tag.), Kalabo (Bis.)	herbaceous	leaves	Get seven leaves and put them into the cooked rice for 5 minutes. Squeeze and drink the extract 3x daily or soak them into a glass of hot water, and then drink the infusion frequently until healed.	cough, fever, gas pain

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64		<i>Coleus blumei</i> Benth.	Painted Nettle (Engl.) Mayana (Bis.), Saumaya (But.)	herbaceous	leaves	Heat over low flame and apply on the abdomen frequently until healed, and drink its decoction.	dysmenorrhea, antibacterial, blood coagulant
65		<i>Gmelina arborea</i> Roxb. Ex Sm.	Beechwood (Engl.), Yamani (Bis.)	tree	root, bark	Drink the decoction until well.	gas pain
66		<i>Hyptis capitata</i> Jacq.	Knobweed (Engl.), Botonesan (Tag.), Sawan-Sawan (Bis.)	herbaceous	leaves or shoot	Drink the decoction frequently until healed. Once healed, boil the leaves, add water to them to reach a lukewarm state before bathing the child.  Apply the crushed leaves on the cuts.	dry cough, fever, wounds/cuts  cuts/wounds
67		<i>Ocimum basilicum</i> L.	Sweet Basil (Engl.), Albahaka (Bis.)	herbaceous	leaves	Drink the decoction frequently until healed.  Wrap with banana leaves, then broil and	gonorrhoea, gas pain  swelling



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						use as a salve when lukewarm.	
68		<i>Ocimum</i> sp.	Sangig (Bis.)	herbaceous	seed, roots, leaves	Drink the decoction of roots and leaves.  Put the seed directly into the eye(s).	flatulence, gas pain, UTI  cataract
69		<i>Orthosiphon aristatus</i> (Blume) Miq.	Cat's Whisker (Engl.), Balbas Pusa (Tag.)	herbaceous	leaves	Drink the decoction frequently until healed.	kidney infection
70		<i>Premna odorata</i> Blanco	Fragrant Premna (Engl.), Adgau/ Agdaw (Bis.)	tree	leaves, flowers, bark	Boil the leaves and the bark, or soak the leaves with a glass of water. Drink the decoction/infusion until healed.	beriberi, diarrhoea, tuberculosis, cough
71		<i>Vitex negundo</i> L.	Lagundi (Tag., Bis.)	tree	leaves	Drink the decoction frequently until healed.	cough
72	Lauraceae	<i>Persea americana</i> Mill.	Avocado (Engl.), Abokado (Bis.)	tree	leaves	Soak in warm water for 24 hours and drink the infusion frequently until healed.	UTI, kidney stones, diarrhoea, gas pain

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73		<i>Cinnamomum mercadoi</i> S. Vidal	Cinnamon (Engl.), Kalingag (Tag., Bis.)	tree	bark	Cut the bark into thin parts, then soak it into a bottle of wine. The longer it is soaked, the more effective it is. Drink one tablespoon twice a day	UTI, diabetes, arthritis, kidney stone, relapse
74	Lecythidaceae	<i>Barringtonia racemosa</i> (L.) Spreng	Freshwater mangrove (Engl.), Putat (Tag.), Sakoo (But.)	tree	bark	Drink one glass of the decoction per day until healed.	antibacterial, diarrhoea, stomachache
75	Lygodiaceae	<i>Lygodium circinnatum</i> (Burm.fil.) Sw.	Red Finger Fern (Engl.), Nito (Tag., Bis.)	vine	roots	Soak the roots of <i>nito</i> with <i>daat</i> , and <i>alingatong</i> into a bottle of oil. Mix 1-tsp. of oil with a glass of hot water and drink.	food poisoning
76	Lythraceae	<i>Sonneratia alba</i> Sm.	Mangrove Apple (Engl.), Pagatpat (Bis.)	tree	fruit	Eat 1-2 fruits directly	diarrhoea
77		<i>Lagerstroemia speciosa</i> (L.) Pers.	Queen's Crape Myrtle (Engl.) Banaba (Tag., Bis.)	tree	leaves	Drink the decoction regularly as a tea until healed.  Put the fresh leaves on the	UTI, cough, diabetes  headache

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						head until the pain is relieved.	
78	Malvaceae	<i>Abelmoschus esculentus</i> (L.) Moench	Lady's Finger (Engl.), Okra (Tag., Bis.)	herbaceous	leaves	Pound and apply directly as a poultice.	Cuts/wounds
79		<i>Corchorus olitorius</i> L.	Jew's Mallow (Engl.), Saluyot (Ilk., Bis.)	herbaceous	seeds	Eat the seeds like tablets until normal blood pressure is attained.	hypertension
80		<i>Heritiera littoralis</i> Aiton.	Mangrove Dungon (Engl.) Dungon (Bis.)	tree	bark	Drink the decoction until healed.	diarrhoea
81		<i>Hibiscus rosa-sinensis</i> L.	Gumamela (Tag., Bis.)	shrub	flower	Drink the decoction until healed.	diarrhoea, boost the immune system
82		<i>Kleinhovia hospita</i> L.	Guest Tree (Engl.), Bitan-ag (Bsi.)	tree	leaves	Scrape, squeeze and drink the extract.	fever
83		<i>Theobroma cacao</i> L.	Cacao (Engl.) Kakaw (Bis.)	tree	leaves, fruit (inner side)	Scrape the inside part of the fruit covering and apply as a poultice on the boil/cuts/wounds.	cuts/wound, boils

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84		<i>Urena lobata</i> L.	Caesarweed or Congo Jute (Engl.), Dawpang (Bis.)	shrub	leaves	Boil the leaves and use it to steam bath for treating nettle rash. Strike the leaves on the person's whole body for treating spell and nettle rash.	nettle rash, spell ( <i>buyagan</i> ),
						Pound and apply directly as a poultice.	wounds
85	Meliaceae	<i>Swietenia macrophylla</i> King	Big-Leaf Mahogany (Engl.),	tree	seed	Drink the decoction after every meal until healed.	relapse, fever
86		<i>Xylocarpus granatum</i> J. Koenig	Cannonball Mangrove (Engl.), Tabigi (Bis.)	tree	bark	Boil and drink the decoction until healed	dry cough, antibacterial
87	Menispermaceae	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f.& Thoms.	Heart-Leaved Moonseed (Engl.), Makabuhay (Tag.), Panyawan (Bis.)	tree	leaves	Boil the leaves. Steam bath and drink the decoction until healed.	relapse, stroke, fever, relapse
88		<i>Arcangelisia flava</i> (L.) Merr.	Yellow-Fruit Moonseed (Engl.), Alibutra (Bis.)	herbaceous	leaves	Drink the decoction until relieved.	UTI

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89	Moraceae	<i>Artocarpus blancoi</i> (Elm) Merr.	Antipolo (Tag.), Antipoo (Bis., But.)	tree	leaves	Boil the leaves and drink the decoction frequently until healed.	menstrual disorder, dysmenorrhea
90		<i>Ficus benjamina</i> L.	Fig (Engl.) Balete (Bis.)	tree	root	Boil the root and use the decoction to extract the coconut milk. Cook until oil is produced, add three drops of oil in 1 cup of hot water, and drink.	poisoned
91		<i>Ficus septica</i> Burm.fil.	White Veined Fig (Engl.), Lagnob (Bis.)	tree	bark	Cover the affected part with fresh bark.	sprain, dislocated bone
					stem, leaves	Extract the white sap from the leaves or stem and apply directly to the infected area.	warts, antibacterial,
92	Moringaceae	<i>Moringa oleifera</i> Lam.	Horseradish Tree (Engl.) Malunggay (Tag.), Kamunggay (Bis.)	shrub	bark, leaves	Scrape the bark or pound the leaves and apply directly to the affected area.	toothache, wound, toothache
					roots	Drink the decoction until healed.	diabetes, hypertension, UTI

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93	Muntingiaceae	<i>Muntingia calabura</i> L.	Jamaican Cherry (Engl.) Mansanitas (Bis.)	tree	leaves	Make a decoction and frequently drink until healed.	diarrhoea, hypertension
					fruits	Eat the fruit directly to cure diabetes.	diabetes
94	Musaceae	<i>Musa sapientum</i> L.	Banana (Engl.) Saging (Tag., Bis.)	herbaceous	leaves	Boil dried leaves with five glasses of water and drink the decoction frequently until healed.	vomiting with blood, excessive vaginal discharge on menopausal women
						Boil dried leaves with guava leaves, and drink until healed.	diarrhoea
95	Myristicaceae	<i>Myristica philippensis</i> Lam.	Bangasin (Tag.), Duguan (Bis., But.)	tree	bark	Drink the decoction until healed, or eat and chew the bark and swallow the juice only.	hypertension, diabetes, asthma, indigestion, immune booster, cough
96	Myrtaceae	<i>Psidium guajava</i> L.	Guava (Engl.), Bayabas (Tag. Bis.)	tree	leaves	Drink the decoction until healed.	vomit with blood, diarrhoea, fever,

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						Pound and directly apply as a poultice.	Cuts/wounds
97		<i>Syzygium cumini</i> (L.) Skeels	Black Plum (Engl.), Duhat (Tag.), Lumboy (Bis.)	tree	bark	Make and drink a decoction of lumboy bark with the bark of bahai, leaves of rabana, ginseng, mangosteen, and whole plant of pad-pad, pisaw-pisaw, and cogon until the water used become half in volume.	diabetes, arthritis
98		<i>Syzygium aqueum</i> (Burm. F.) Alston	Watery Rose Apple (Engl.), Tambis (Bis.)	tree	leaves	Mix the leaves to any soup and drink.	boost appetite
99	Oxalidaceae	<i>Averrhoa bilimbi</i> L.	Cucumber Tree (Engl.), Kamias (Tag.), Iba (Bis.)	tree	fruit	Collect the fruits and eat after washing.	cough with blood, stress reliever, back pain, UTI
100		<i>Averrhoa carambola</i> L.	Starfruit (Engl.) Balingbing (Bis.)	tree	leaves	Boil 7-10 leaves and drink the decoction regularly until healed.	UTI
101	Pandanaceae	<i>Pandanus amaryllifolius</i> Roxb.	Fragrant Pandan (Engl.), Pandan (Tag., Bis.)	herbaceous	leaves, roots	Drink the decoction	kidney infection, UTI

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102		<i>Pandanus tectorius</i> Parkinson ex Du Roi.	Fragrant Screw Pine (Engl.), Romblon (Tag., Bis.)	herbaceous	roots	Get the root that does not touch the ground and that faces eastward. Slice into 21 parts, boil until half of the water is left, and drink when cool. Boil the roots twice.	kidney dysfunction
103	Phyllanthaceae	<i>Antidesma bunius</i> (L.) Spreng.	Currant Tree (Engl.), Bignay (Tag.) Bugnay (Bis.)	tree	bark, leaves	Drink the decoction until well.	heart diseases, weight loss, lower cholesterol level, constipation
104		<i>Phyllanthus amarus</i> Schum. & Thonn.	Carry-Me-Seed (Engl.), Talikod (Bis.)	herbaceous	whole plant	Drink the decoction twice daily until healed	diabetes, dyspepsia, UTI canker sore,
105	Piperaceae	<i>Piper betle</i> L.	Betel Pepper (Engl.), Buyo (Tag., Bis.)	vine	leaves	Drink the decoction frequently until healed.  Make a liniment from buyo leaves and ginger rhizome extracts and apply it to the body.	stroke, fever, toothache  hypertension



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106		<i>Piper interruptum</i> Opiz.	Pepper (Engl.) Lunas Nga Bagon (Bis.)	vine	vine stem	Cut the stem into small pieces and soak in a bottle of wine. Drink the tincture and apply it on bites.	snake bites, dog bite, appetite booster, headache, diabetes, hypertension, anemia
107		<i>Piper nigrum</i> L.	Black Pepper (Engl.) Paminta (Bis.)	vine	leaves	Drink decoction frequently until healed.	gas pain; snakebite, antibacterial
108		<i>Peperomia pellucida</i> (L.) Kunth	Ulasimang-Bato or Pansit-pansitan (Tag.), Sinaw-sinaw (Bis.)	herbaceous	leaves	Soak the leaves into lukewarm water for 24 hours. Drink the infusion frequently until healed.	UTI, kidney stones
109	Poaceae	<i>Bambusa vulgaris</i> L.	Bamboo (Engl.) Kawayan (Bis.)	shrub	young shoot	Chop the young shoots, boil for five minutes, and then drink the decoction twice a day until the blood pressure normalizes.	hypertension
110		<i>Eleusine indica</i> (L.) Gaertn.	(Goosegrass (Engl.) Bila-Bila / Paragis (Tag.), Bila-Bila (Bis.)	herbaceous	leaves	Drink the decoction as regular water until healed.	cancer, myoma, ovarian cyst, indigestion
111		<i>Saccharum spontaneum</i> L.	Wild Sugarcane or Fodder Cane (Engl.), Bugang (Bis.)	herbaceous	roots, pith,	Drink the decoction as regular water until healed.	diabetes, hypertension

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					newly grown shoot	Collect and wash a newly grown, small, pointed shoot. Crush the shoot and apply the juice to the child's gum. Repeat the process until the tooth/teeth erupted.	child teething
112		<i>Imperata cylindrica</i> (L.) P.Beauv.	Cogon (Engl.)	herbaceous	roots	Drink the decoction frequently until healed.	hypertension
1123		<i>Paspalum</i> sp.	Dila-dila (Bis.)	herbaceous	leaves	Drink the decoction until well.	fever, stomachache, diarrhoea
114		<i>Cymbopogon citratus</i> (DC.) Stapf	Lemon Grass (Engl.), Tanglad (Tag., Bis.), Sai (But.)	herbaceous	leaves	Boil five leaves and drink 1 cup of the decoction after a meal. For relapse, steam bath the decoction.	fever, stroke, relapse
115	Pteridaceae	<i>Acrostichum aureum</i> L.	Leather Fern (Engl.), Palaypay (Tag.), Piyay (But.)	herbaceous	roots	Scrape the smooth parts of the primary roots and apply them directly as a poultice.	boils or swelling, antibacterial

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116	Rubiaceae	<i>Morinda citrifolia</i> L.	Indian Mulberry (Engl.), Noni or Apatot (Tag., Bis.)	tree	leaves	Drink the decoction until healed.	indigestion, diarrhoea, dysmenorrhea, anemia, diabetes
117		<i>Nauclea orientalis</i> (L.) L.	Yellow cheesewood (Engl.), Kabak (Bis.), Bangkal (Tag.)	tree	bark	Drink the decoction frequently until healed.	fever, cough, muscle pain, irregular menstrual cycle
					leaves	Put the leaves on the belly/stomach to cure gas pain.	Flatulence, gas pain
118	Rutaceae	<i>Citrus maxima</i> (Burm. f.) Merr.	Pomelo (Engl.) Baongon (Bis.)	tree	leaves,	Drink the decoction frequently until healed.	diarrhoea
119		<i>Citrus microcarpa</i> Bunge	Kalamansi (Tag.), Lemonsito (Bis.)	shrub	fruit juice	Squeeze the fruit and mix the juice with a glass of water. Drink every morning before meal.	cough, indigestion, antibacterial
120		<i>Lunasia</i> sp.	Lunas Nga Kahoy	tree	stem, roots, leaves	Chop, air-dry, and immerse in coconut oil or any edible oil. The infusion (oil) can be used for external and internal purposes. Apply as an ointment to the wounds. Use as a liniment	anemia, the venomous bite of animals, loss of appetite, headache, stomach pains, skin disease, intestinal colic, fever, diarrhoea, cancer

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						to other body parts three times a day until healed.	
121	Sapotaceae	<i>Chrysophyllum cainito</i> (L.)	Star Apple (Engl.), Kaimito (Bis.)	tree	leaves	Drink the decoction frequently until healed.	diarrhoea, vomiting
122	Solanaceae	<i>Capsicum frutescens</i> L.	Hot Pepper (Engl.), Sili Tag., Bis.)	shrub	roots	Drink the decoction regularly until well.	hemorrhoids
					fruits	Intake 3 ripe fruits as a capsule.	diabetes, hypertension
123		<i>Solanum torvum</i> Sw.	Devil's Fig or Turkey Berry (Engl.), Tandang-Aso (Tag.), Talong-talong Bis.)	shrub	shoot, fruit	Boil the shoot into two glasses of water until half of it evaporates and gargle the water three times a day until healed. In a spoon, cook the seed with coconut oil, cover it with a coconut shell, then inhale and exhale the smoke/steam.	toothache

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124	Thymelaeaceae	<i>Aquilaria cumingiana</i> (Decne.) Ridl.	Agarwood (Engl.) Lapnisan (Tag., Bis.)	tree	leaves and stem	Drink one glass of the decoction daily until healed.	UTI, boost the immune system, leukemia
125	Umbelliferae	<i>Angelica keiskei</i> Koidz.	Ashitaba du Japon, Asitaba (Bis.)	herbaceous	young shoot	Soak three young shoots in a glass of hot water and drink the infusion frequently until healed.	hypertension, UTI
126	Urticaceae	<i>Laportea meyeniana</i> Warb.	Lipa (Tag.), Alingatong (Bis.), Sagay (But.)	tree	roots	Chop, air-dry, and soak in a bottle of wine. The longer it is stored, the better. Drink 2-3 spoons after a meal.	cleansing, kidney diseases, and dysfunction, colon cancer, diabetes
127		<i>Leucosyke capitellata</i> Wedd.	(Tooth Scrubber (Engl.) Anagase (Bis.)	tree	leaves	Drink the decoction frequently until healed.	kidney dysfunctions
128	Verbenaceae	<i>Lantana camara</i> L.	Large Leaf Lantana (Engl.), Kantutay, Baho-Baho (Bis.)	shrub	leaves	Pound the leaves and apply directly as a poultice on the infected part.	Antibacterial (e.g., wound)
129		<i>Stachytarpheta jamaicensis</i> (L.) Vahl	Jamaica vervain (Engl.), Kandi-kandilaan (Tag., Bis.)	herbaceous	flower	Drink the decoction after every meal until healed.	relapse

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130		<i>Tectona grandis</i> L. f.	Philippine Teak (Engl.), Hadyati, Hadyalati (Bis., But.)	tree	leaves	Pound, extract the juice and apply directly on the wound and infected part.	wound, antibacterial, antifungal
131	Zingiberaceae	<i>Curcuma longa</i> L.	Turmeric (Engl.), Luyang-Dilaw (Tag.), Duwaw (Bis.)	herbaceous	rhizome	Grate the rhizome, wrap it with banana leaves, heat over a low flame, add a small amount of salt and coconut oil. Rub or use it to massage the body.  Drink the decoction twice a day until healed.	stroke, fever  diabetes, cough
132		<i>Zingiber officinale</i> Roscoe	Ginger (Eng.) Luy-a (Bis.)	herbaceous	rhizome	Drink the decoction frequently until healed	cough