Medicinal Plants: Philippines’ Natural Living Treasures

• Around 1,500 medicinal plants from more than 13,500 plant species in the Philippines of which more than 3,500 are considered indigenous

• Only 120 medicinal plants (12.5%) have been scientifically validated for safety and efficacy

• Only 10 medicinal plants have been promoted by DOH since 1993 and PITAHC (Philippine Institute for Traditional and Alternative Health Care) since 1997
The Philippine Herbal Market 1

• Estimated at PhP 1.2 Billion annually (compared to PhP 138 Billion in sales in 2013 of synthetic drugs. IMS data.)
• There are now 7 brand names of Lagundi (Vitex negundo) in the market: 2 brand names of Sambong (Blumea balsamifera) and 3 brand names of Ampalaya (Momordica charantia)
• Other commercial products are sold as nutritional supplements or tea beverages.

The Philippine Herbal Market 2

• Other Philippine medicinal plants currently sold at the retail market are:
  Malunggay (Moringa oleifera)
  Virgin Coconut Oil (Cocos nucifera)
  Banaba (Lagerstroemia speciosa)
  Luya (Zingeber officianale)
  Turmeric/Luyang dilaw (Curcuma longa)
  Mangosteen (Garcinia mangostana)
and others are tea blends of various medicinal plants under different brand names.
The Philippine Herbal Market - 3

• For perfumery and fragrance: Ylang-ylang (Cananga odorata), Patchouli (Pogostemon kablin) and Citronella (Andropogon citratus)
• For branded, commercial flavors and spices: black pepper, siling labuyo, ginger, garlic, onions
• Personal and body care products e.g. soap, shampoo, lotion from medicinal plants Gugo, Aloe vera, Papaya (Carica papaya), guava (Psidium guajava), Citronella, Lauat, Virgin Coconut Oil

The Philippine Herbal Market – Policy Framework

• The Traditional and Alternative Medicine Act (TAMA) of 1997 that created the PITAHC (Philippine Institute for Traditional and Alternative Health Care)
• FDA Administrative Orders on Herbal Medicines as Drugs, as Traditional Medicines and as Folk Medicines
• Research and Development Support from PCHRD-DOST and the Philippine National Health Research System (PNHRS)
8 Global Uses of Medicinal Plants

- Phytomedicines and phytochemicals
- Nutraceuticals
- Personal Care Products and Cosmetics
- Spa Health and Spa Medicine
- Culinary: Flavors and spices
- Fragrance and perfumer
- Bio-pesticides
- Veterinary Medicines

8 Global Uses of Siling Labuyo
(Capsicum frustecens)

- Phytomedicines and phytochemicals
- Nutraceuticals
- Personal Care Products
- Spa Health n Medicine
- Culinary Spice n Flavor
- Fragrance n Perfume
- Biopesticides
- Veterinary medicines
- Capsaicin as analgesic n anti-inflammatory drug
- Leaves as Multi-vitamins
- As a shampoo and lotion
- Oil extract as massage oil
- World renown “hot”spice
- Volatile oils as fragrance
- Anti-ants and cockroaches
- Anti-inflammatory medicine
15 Most Marketable Medicinal Plants

1. Lagundi (Vitex negundo)
2. Sambong (Blumea balsamifera)
3. Ampalaya (Momordica charantia)
4. Herba buena (Mentha cordifolia)
5. Ylang-ylang (Cananga odorata)
6. Malunggay (Moringa oleifera)
7. Balbas pusa (Orthosiphon aristatus)
8. Banaba (Lagerstroema speciosa)
9. Takip-Kohol (Centella asiatica)
10. Saluyot (Corchorus olitorius)
11. Pansit-pansitan (Peperomia pellucida)
12. Akapulko (Cassia alata)
13. Coconut Oil (Cocos nucifera)
14. Sabila (Aloe vera)
15. Tanglad (Andropogon citratus)

Lagundi
Vitex negundo

Lagundi – excellent for asthma, cough, upper and lower respiratory tract infections

- Considered replacement of the synthetic drug dextrometorphan, an anti-tussive in the public health system
- Being promoted by the Dept of Health
- Registered under BFAD as medicine
- There are 7 brands of Lagundi in the market today.
Sambong
Blumea balsamifera

- **Sambong – a very efficient dissolver of kidney stones**
- **A good diuretic and anti-edema; can be used as an anti-hypertensive**
- Encouraging results from double-blind, placebo-controlled, randomized studies
- Promoted by the National Kidney and Transplant Institute (NKTI) and DOH
- Registered with the BFAD as a medicine

Ampalaya
Momordica charantia

*Ampalaya – excellent for diabetes because it* enhances insulin secretion by the islets of Langerhans
- Reduces glycogenesis in liver tissue
- Enhances peripheral glucose utilization
- Increases serum protein levels
- Restores the altered histological architecture of the islets of Langerhans
  (Fernandes et al, 2007)
Pansit-pansitan
Peperomia pellucida

- *Pansit-pansitan clinically proven to be good for gout and arthritis*
- It has been found to have anti-inflammatory and analgesic activity
- LD50 studies show very low toxicity for both animals and humans. (de Fátima Arrigoni-Blank, 2004)

YERBA BUENA
Mentha cordifolia

Yerba buena is a very good analgesic; Excellent for headaches and body pains without the side effects on the kidney and liver compared to synthetic analgesics. Considered as a drug after human clinical trials
Malunggay
Moringa oleifera

- Malunggay is the best vegetable in the world. It contains all the vitamins, minerals, most amino acids and anti-oxidants that we need everyday.
- Malunggay studies show chemopreventive potential against cancer
- Contains the anti-oxidant enzyme, glutathione (Bharali et al, 2003)

Balbas-pusa
Orthosiphon aristatus

- *Balbas pusa leaves are well known for its anti-hypertensive qualities* due to its high percentage of potassium and a bitter alkaloid, orthosiphonin plus methylpariochromene A (MRC
- Vasodilating action, decrease in cardiac output, and diuretic action when given to stroke-prone hypertensive rats (Matsubara et al, 1999, Ohashi et al, 2000)
SILING LABUYO
Capsicum frutescens

- A very good analgesic, anti-inflammatory, anti-cancer
- Siling labuyo contains a powerful phyto-chemical - capsaicin
- Stimulates the sexual appetite
- Traditionally used for toothache, arthritis, and rheumatism

Luyang Dilaw
Curcuma longa
contains curcumin and curcuminoid
well known for its anti-cancer properties
The W.H.O. acknowledges it as a gastro-intestinal protective herb
Luyang dilaw is a very good anti-inflammatory agent
Its melts gall bladder stones; treats fatty liver; lowers bad cholesterol and triglycerides

The best spice in the world!
Takip-Kohol (*Centella asiatica*)

*The W.H.O. recognizes its brain and nervous system protective powers;
*Takip kohol is a memory enhancer for both children and adults.
*It is effective as an anti-dementia and anti-Alzheimers;
*Potentially good for Parkinson’s Disease and ALS amyotrophic lateral sclerosis.

Banaba (*Lagerstroemia speciosa*)

*Banaba is well known for its anti-cholesterol properties and its use for urinary tract infection;
*Japan imports banaba leaves from the Philippines and markets it as an anti-diabetic and as a slimming herb due to its anti-cholesterol properties.
Coconut
(Cocos nucifera)
The Best Oil in the World

* Coconut oil contains lauric acid which is anti-bacterial, anti-viral and anti-fungal.
* Coconut oil is the best frying oil since it does not create any free radicals when heated;
* Virgin coconut oil is a very good skin moisturizer
* VCO lowers bad cholesterol and increases good cholesterol

Ginger Liniment

Preparation
1. Grate ginger and combine with coconut oil in a small, nonmetallic saucepan.
2. Cover and simmer over low heat for 20 to 30 minutes.
3. Remove from heat and steep for another hour.
4. Strain oil to remove bits of ginger.

To use, gently massage the oil into affected area twice a day until symptoms disappears.
My Most Common Herbal Medicines Formulations 1

For cough and colds: salabat with calamansi and honey; dahon o hilaw ng bunga ng sampalok
For diabetes: ABCD – Ampalaya, Banaba, Camote and Duhat
For anti cholesterol and gall stones: luyang dilaw, banaba and garlic
For diarrhea: ABC – leaves of the avocado, bayabas and caimito

My Most Common Herbal Medicines Formulations 2

• Anti-asthma – lagundi, young shoots of mango leaves, ginger
• Urinary Tract Infection – sambong, buko juice, pandan, buhok ng mais and tanglad
• Anti-hypertensive – balbas pusa, sambong, tanglad, pandan
My Most Common Herbal Medicines Formulations 3

For heart diseases and kidney failure: KKMSS, shoots of kamote, kolitis, malunggay, sili and saluyot plus total abstinence from animal flesh

For fever: alagaw, tanglad, yerba buena

For hyperacidity: luyang dilaw, cabbage juice, aloe vera juice and okra

For liver diseases: sampa-sampalukan, luyang dilaw, labanos, takip kohol

My Most Common Herbal Medicines Formulations 4

• For dementia and Alzeimer’s Disease:
  • virgin coconut oil – one tablespoon 3xa day
  • turmeric or luyang dilaw – 3 middle finger-sized pieces, boil in 6 glasses over low flame for 15 minutes. Divide remaining decoction into 3 doses. Drink 3x a day. Can be combined with honey and calamansi.
  • Takip kohol (Centella asiatica) 7 fresh leaves eaten raw or as a salad, 3x a day.
MEDICINAL FRUITS & VEGETABLES

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10 Challenges to MAP

1. Invest in the continuous research of Philippine Medicinal Plants (PMP)
2. Explore opportunities to export raw materials and finished goods (global market)
3. Work on improving the quality of the plantations (certifications)
4. Ensure that there is no shortage of supply
5. Identify idle plots of land that can be used for planting more PMP
10 Challenges to MAP

6. Invest in world-class manufacturing and processing facilities (packaging, spray drying, extracting, powdering, blending, tablet and capsule making)
7. Focus on innovating and creating new, unique, and relevant products that use PMP
8. Create a campaign that will highlight and promote the benefits PMP
9. Develop a training program for starting-up, managing, and governing businesses that involve PMP
10. Integrate the use of PMP in your everyday life

Maraming Salamat Po!
Thank You Very Much!

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