

HERBAL-BASED TRADITIONAL MEDICINAL KNOWLEDGE OF ATI INHABITANTS IN THE ANCESTRAL DOMAIN AT BAROTAC VIEJO, ILOILO

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Abstract

Ati people are regarded as experts in herbal-based traditional medicine practices. Their lives are devoted primarily to collecting and processing plants for medicines for illnesses, not only for self-consumption but also for selling. The communities in which they live are abundant with plants which they utilize for the purpose. This study surveyed the indigenous information in treating illnesses in the Ati Community, their methods of preparation. The primary health care problems of the inhabitants were also determined. Eight (8) permanent plots (10m x 10m) were established. Two (2) informants or elderly medicine women from the Ati tribe were asked to walk into the plots and identify all plant species used as medicines in their community. Information on the plant parts' uses and methods of use were recorded. Eleven (11) plants species were recorded and identified to treat twenty (ailments). Leaves, aerial parts, and roots were the most common parts used as medicine. Formulations were fresh juice, paste, decoction with boiled water, semisolid, oil, and semisolid preparation.

Keywords: Herbal-Based Traditional Medicinal Knowledge, Ati Inhabitants, Ancestral Domain, and Barotac Viejo

1. INTRODUCTION

Traditional medicinal knowledge has gained much attention recently due to the rejuvenation of faith in the traditional system of medicine. This traditional system of medicine refers to medicinal plants that have therapeutic properties and qualities that are very useful in treating various illnesses and joint conditions. An excellent example of these medicinal plants is the "Malunggay," which is widely used by people, especially those in rural areas, to treat wounds and cuts.

Ati people are regarded as experts in the practices related to the utilization of different herbal-based medicinal plants. The communities where they live are abundant with plants of any kind, which they used for different purposes. Most of them devoted their lives to collecting and processing plants to make medicine to treat various illnesses. They can share these own-made medicines with their community, and also, they exercise entrepreneurship.

This present study focused on the indigenous information and knowledge of herbal-based traditional medicine in treating illnesses in the Ati community based on the belief that herbal medicines are still widely used even in the present generation.

2. OBJECTIVES

This study aimed to determine the Herbal-based Traditional Medicinal Knowledge of Ati inhabitants in the Ancestral Domain at Barotac Viejo, Iloilo. Specifically, it aimed to achieve the following objectives:

1. to determine the plants used to cure illnesses in Ati inhabitants of the Ancestral domain of Barotac Viejo;
2. to determine the methods of preparation used by Ati inhabitants of the Ancestral domain of Barotac Viejo; and
3. to determine the primary health care problems and conditions of Ati inhabitants of the Ancestral domain of Barotac Viejo.

3. METHODOLOGY

This study employed descriptive research which determined the herbal-based medicinal knowledge of "Ati" inhabitants at Barotac Viejo, Iloilo. This design was also used to describe the plants being used to cure illnesses, the preparation, and the primary health care problems and conditions of Ati inhabitants at Barotac Viejo, Iloilo.

This study was conducted at Nagpana, Barotac Viejo, Iloilo, where Ati-tribe inhabitants are found.

Eight (8) permanent plots (10 m x 10 m) were established. Two (2) informants or elderly medicine women from the Ati-tribe were recruited via purposive sampling to walk around the plots. While having the interview, the informants were asked to identify all plant species used as medicines in their community, name the plant parts used, and the preparation method they give. All information was recorded in real-time.

4. RESULTS AND DISCUSSION

The data for this descriptive research was obtained through an interview with the Ati inhabitants of Nagapana, Barotac Viejo, Iloilo.

Table 1 shows the lists of different herbal plants commonly used, the parts being used, the method of preparation, and the symptoms and conditions cured.

There are eleven (11) plants that were recorded and identified. The parts commonly used in the preparation are the leaves followed by the roots and rhizome, and the least used is the stem. Decoction, semisolid preparation with oil, heating, pounding, compressing, and whipping are included in the preparation method. Herbal plants cure twenty (20) ailments or conditions. These are cough, headache, sprain, kidney failure, fevers, cuts, wounds, "hangin-hangin" (trapped air bubbles), relapse or "bughat," bloated stomach, asthma, toothache, arthritis, itching, cramps, sore throat, stomach pain reliever, bruises, "sinda," and evil spirits; unexplainable maladies.

Table 1 Herbal-based Traditional Medicinal Knowledge of Ati inhabitants in Ancestral Domain at Barotac Viejo, Iloilo

Herbal Plant	Parts being used	Method of preparation	Symptoms/Conditions cured
Oregano (Oreganum Vulgare)	Leaves	Dilute the leaves	Cough, Asthma, Sore throat
Papunya (Coeus blumei)	Leaves	Crush and extracts juice	Headache, sprain and cough, wounds
Malawmaw	Leaves	Heat and apply as a poultice to legs	Cramps
Albion (Blumea balsamefira)	Leaves, roots	Decoct leaves and roots, a poultice of fresh leaves	Fevers, wounds and cuts, stomach pain reliever
Alberta (Arcangelisia Flava)	Roots, Stem	Decoction of plants on the affected area	(Trapped air bubbles), itching
Migos (Osmaxylon linear)	Roots	Decocts the roots; mix extracts with whiskey liniment	Relapse "bughat," kidney failure
Tibongyan	Leaves	Pound the leaves	Cough
Yerba Buena (Mentha spicata)	Leaves	Decoction (boil leaves then strain)	Arthritis, toothaches, headaches
Bunlao (Justicia gendarussa)	Leaves	Compress herbal on the head	Headache, Relapse, "bughat," bruises
Kalawao (Curcuma longa)	Rhizome	Apply, Pounds rhizome and compress	Bloated stomach, "sinda"
Manual (Manungala pendula)	Stem	Whip to children	Evil spirits; unexplainable maladies

5. CONCLUSIONS

Given the findings, the following conclusions were drawn:

1. In the Ancestral domain, there were eleven (11) plants identified and recorded.

2. Leaves and roots/rhizomes are the commonly used parts of the herbal plants
3. The most common symptoms/conditions cured by herbal plants are headache, cough, wound, and "bughat."

6. RECOMMENDATIONS

Based on the result of this study, the following recommendations are made:

1. Every household should plant common herbal plants in their surroundings.
2. Ati inhabitants of Nagapana, Barotac Viejo should be provided additional knowledge on the symptoms or conditions cured by herbal plants. Additional knowledge on the correct methods of preparation is also necessary to be taught in every Ati inhabitant.
3. Health-related agencies/organizations of the local government and private units/sectors must educate Ati inhabitants on the proper utilization of common herbal plants to treat different ailments and conditions.

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