



**SURVEY ON MEDICINAL PLANTS USED BY THE
LOCALS OF DISTRICT FOUR IN LAGUNA**

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ABSTRACT

The study surveyed the various medicinal plants used by locals of District four in Laguna, the parts of the plants used and their mode of preparation. Forty residents from each of the 16 municipalities, with a total of 640 respondents in the whole District four, were personally interviewed about the medicinal plants they use to treat common ailments, the parts of plants used and their mode of preparation. Fifty plant species were recorded to have medicinal use, out of which 7 were collected. The answers from the survey were tallied and ranked from highest to lowest. The 10 most mentioned plants by the locals of District four were *Allium sativum*, *Moringa oleifera*, *Origanum vulgare*, *Vitex negundo*, *Blumea balsamifera*, *Momordica charantia*, *Psidium guajava*, *Zingiber officinale*, *Peperomia pellucida*, and *Plectranthus scutellarioides*. Leaves, stems and fruits are the most commonly used parts of the plants. These parts of the plants were mostly prepared by decoction, compresses, and oil infusion to treat the most common ailments, namely, cold, cough, fever, diarrhea, and high blood pressure. The trend towards the use of medicinal plants has brought the focus towards the more popular medicinal plants, which are indigenous to the country, more particularly in herbal medicine. Even with the popularization of common local medicinal plants, there is still a significant number of other species that can be examined for efficacy against diseases. The lack of literature in medicinal plants found in specific regions also inhibits the possible use of other plant aside from the more popular ones.



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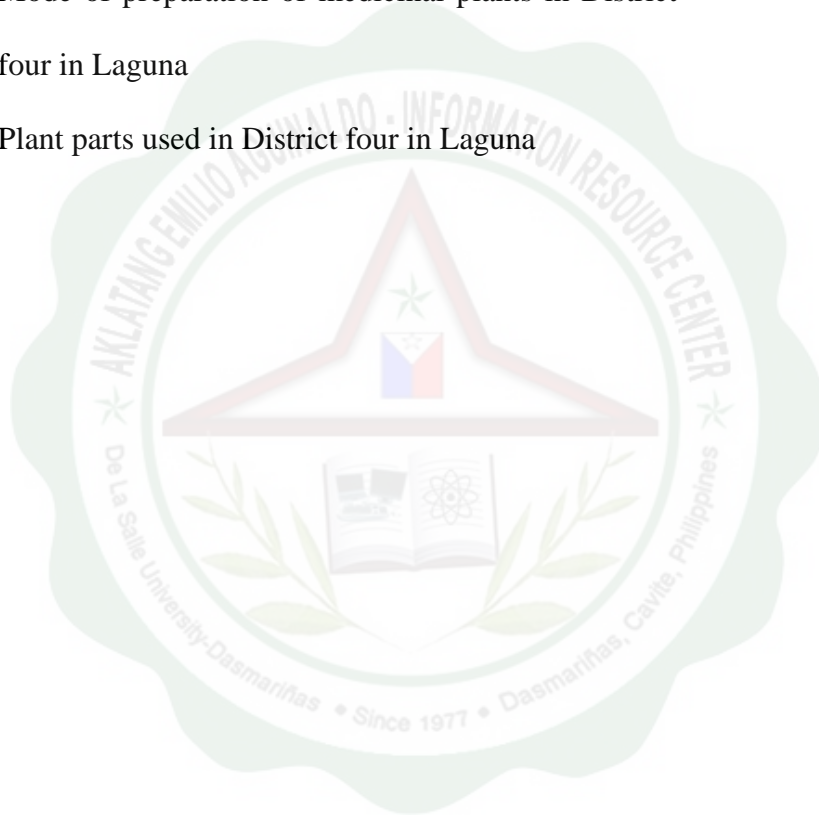
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