ABSTRACT

Agtas-respondents from Kabihug tribe of the three barangay in Labo, Camarines Norte, namely Exciban, Guisican and Lugui were given questionnaires, interviewed , and underwent focus group discussion on this study to determine their ethnic traditions and beliefs with regard their use of herbal and traditional medicines. The use of leaf extract and decoction and traditional massage as forms of traditional medicine rank first among the respondents. The practices of their ancestors and the culture of their tribal community influence the Agtas of the three barangay on their use of traditional and herbal medicines to meet their health needs. The respondents strongly believe on the efficacy of traditional and herbal medicines for the treatment of their ailments and maintenance or promotion of health. Agtas from the three different barangay used herbal medicines that are readily available in their area because they can easily be planted and cultivated and are used for the preservation of their culture and treating ailments.