

HERBAL PLANTS (Continued from the Meat and animal products section)
Please click on the page number to go directly to the table

<i>Ageratum conyzoides</i> Linn. _____	121
luko-lukong kabayo or kolokong kabayo, Billy goat weed or Goat weed (English) _____	121
<i>Alstonia scholaris</i> (Linn.) R. Br. _____	122
dirita, Milky pine or White cheese wood (English) _____	122
<i>Blumea balsamifera</i> _____	123
sambong, Ngai camphor plant or Blumea camphor (English) _____	123
<i>Centella asiatica</i> Linn. _____	124
takip-kohol, Indian hydrocotyle (English) _____	124
<i>Cymbopogon citratus</i> (DC.) Stapf (<i>Andropogon citratus</i> DC.) _____	125
tanglad, Lemon grass (English) _____	125
<i>Ficus pseudopalma</i> Blanco Family Moraceae _____	126
niyog-niyogan, Palm-like fig (English) _____	126
<i>Helianthus annuus</i> _____	127
mirasol, Sunflower (English) _____	127
<i>Heliotropium indicum</i> Linn. _____	128
malakudkuran, Indian turnsole or Erysipela plant or Indian heliotrope (English) _____	128
<i>Lagerstroemia speciosa</i> Linn. Pers. _____	129
banaba, Banaba (English) _____	129
<i>Mollugo oppositifolia</i> Linn. _____	130
papait, Sarsalida (English) _____	130
<i>Peperomia pellucida</i> Linn. _____	131
kulasiman, Ulasiman-bato (English) _____	131
<i>Piper betle</i> Linn. _____	132
samat or ikmo, Betel or Betel leaf pepper (English) _____	132
<i>Vitex negundo</i> _____	133
dangla/langndi, Five-leaf chaste tree (English) _____	133
<i>Unknown</i> _____	134
bukas-bukas _____	134
<i>Unknown</i> _____	135
katuod _____	135
<i>Unknown</i> _____	136

mabayan	136
<i>Unknown</i>	<i>137</i>
mulawin	137
<i>Unknown</i>	<i>138</i>
oregano, Oregano (English)	138

COMMUNITY FOOD SYSTEM DATA TABLE # 121**Food category:** Herbal Plants**Scientific identification:***Ageratum conyzoides* Linn.**Local name & other common names:**

luko-lukong kabayo or kolokong kabayo, Billy goat weed or Goat weed (English)

Part(s) used: Leaves**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, gathered.**Home harvested or purchased:** n/a**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Used by the lowlanders to treat cough, colds and diarrhea.
- Used by the Aetas to treat diarrhea.

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 122**Food category:** Herbal Plants**Scientific identification:***Alstonia scholaris* (Linn.) R. Br.**Local name & other common names:**

dirita, Milky pine or White cheese wood (English)

Part(s) used: Bark**Preparation:** Leaves are boiled.

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Wild, gathered.

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Juice of boiled bark is used to treat malaria.

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 123

Food category: Herbal Plants

Scientific identification:

Blumea balsamifera

Local name & other common names:

sambong, Ngai camphor plant or Blumea camphor (English)

Part(s) used: Leaves

Preparation: Boiled and leaves are pounded to extract juice.



Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home-harvested

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- Used to treat diarrhea and abdominal pains.

Source of nutrient data: Not analyzed.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 124**Food category:** Herbal Plants**Scientific identification:***Centella asiatica* Linn.**Local name & other common names:**

takip-kohol, Indian hydrocotyle (English)

Part(s) used: Leaves**Preparation:** Boiled then juice is extracted.

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home-harvested**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Used to treat diarrhea and abdominal pains.

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 125**Food category:** Herbal Plants**Scientific identification:***Cymbopogon citratus* (DC.) Stapf (*Andropogon citratus* DC.)**Local name & other common names:**

tanglad, Lemon grass (English)

Part(s) used: Leaves**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)	
	Herb: Fresh	Herb: Boiled
Energy, Kcal	75*	22*
Protein, g	1.4	1.4
Fat, g	1.4	1.4
Carbohydrate, g	14.2	1.0
Calcium, mg	162	146
Iron, mg	5.4	4.6
Retinol, µg	-	-
Beta-carotene, µg	2 4205	22 135
Vitamin A, RE-µg	4 034	3 689
Vitamin A, RAE-µg	2 017	1 845
Riboflavin, mg	0.12	0.08
Niacin, mg	0.5	0.4
Ascorbic acid, mg	24.0	13.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Wild, gathered.

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Used by the lowlanders to treat skin complaint.

Source of nutrient data: The data is sourced from ref # 1 (page # 134).

* The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 126**Food category:** Herbal Plants**Scientific identification:***Ficus pseudopalma* Blanco Family Moraceae**Local name & other common names:**

niyog-niyogan, Palm-like fig (English)

Part(s) used: Leaves**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)	
	Plant: Raw	Plant: Boiled
Energy, Kcal	42*	19*
Protein, g	3.9	3.4
Fat, g	0.7	0.6
Carbohydrate, g	5.1	0
Calcium, mg	167	158
Iron, mg	1.2	1.0
Retinol, µg	-	-
Beta-carotene, µg	4 670	4 615
Vitamin A, RE-µg	778	769
Vitamin A, RAE-µg	389	385
Riboflavin, mg	0.29	0.28
Niacin, mg	1.1	1.1
Ascorbic acid, mg	42.0	32.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, gathered**Home harvested or purchased:** n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Used by the lowlanders as a purgative.

Source of nutrient data: The data is sourced from ref # 1 (page # 128). * The energy value was calculated.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 127**Food category:** Herbal Plants**Scientific identification:***Helianthus annuus***Local name & other common names:**

mirasol, Sunflower (English)

Part(s) used: Leaves**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered from the forest.

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Used by the lowlanders to treat “pilay” (muscle aches or cramps).

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 128**Food category:** Herbal Plants**Scientific identification:***Heliotropium indicum* Linn.**Local name & other common names:**

malakudkuran, Indian turnsole or Erysipela plant or Indian heliotrope (English)

Part(s) used: Leaves**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Used by the lowlanders to treat diarrhea.

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 129**Food category:** Herbal Plants**Scientific identification:***Lagerstroemia speciosa* Linn. Pers.**Local name & other common names:**

banaba, Banaba (English)

Part(s) used: Leaves**Preparation:** Boiled then juice is extracted and drunk.

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, gathered.
Home harvested or purchased: Home-harvested
Seasonality of use: Year-round availability but more abundant during the rainy season (Aug-Nov).
Importance value to the community by age/gender: Unknown
Source of nutrient data: Not analyzed.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High								*	*	*	*	
Medium												
Low	*	*	*	*	*	*	*					*
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 130**Food category:** Herbal Plants**Scientific identification:***Mollugo oppositifolia* Linn.**Local name & other common names:**

papait, Sarsalida (English)

Part(s) used: Topes**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Herb: Fresh
Energy, Kcal	48*
Protein, g	3.8
Fat, g	0.4
Carbohydrate, g	7.2
Calcium, mg	137
Iron, mg	10.4
Retinol, µg	-
Beta-carotene, µg	1 860
Vitamin A, RE-µg	310
Vitamin A, RAE-µg	155
Riboflavin, mg	0.17
Niacin, mg	0.7
Ascorbic acid, mg	36.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Wild, gathered.

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:** Unknown**Source of nutrient data:** The data is sourced from ref # 1 (page # 130). * The energy value was calculated.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 131**Food category:** Herbal Plants**Scientific identification:***Peperomia pellucida* Linn.**Local name & other common names:**

kulasiman, Ulasiman-bato (English)

Part(s) used: Leaves**Preparation:** Broiled

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Wild, gathered.

Home harvested or purchased: n/a**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Used to treat arthritis.

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 132**Food category:** Herbal Plants**Scientific identification:***Piper betle* Linn.**Local name & other common names:**

samat or ikmo, Betel or Betel leaf pepper (English)

Part(s) used: Leaves**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, gathered.**Home harvested or purchased:** Home-harvested**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Used by the lowlanders as a poultice for “maga” (inflammation).

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 133**Food category:** Herbal Plants**Scientific identification:***Vitex negundo***Local name & other common names:**

dangla/langndi, Five-leaf chaste tree (English)

Part(s) used: Leaves**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Wild, gathered.

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Used buy the lowlanders to treat fever and “pasma” (shakes).

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 134**Food category:** Herbal Plants**Scientific identification:**

Unknown

Local name & other common names:

bukas-bukas

Part(s) used: Leaves**Preparation:** Undetermined

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Wild, gathered.

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Used by the lowlanders to treat skin ailment "Buni".

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 135**Food category:** Herbal Plants**Scientific identification:***Unknown***Local name & other common names:**

katuod

Part(s) used: Leaves**Preparation:** Boiled then juice is extracted.

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, gathered.**Home harvested or purchased:** n/a**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Used by the Aetas to treat diarrhea.

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 136**Food category:** Herbal Plants**Scientific identification:***Unknown***Local name & other common names:**

mabayan

Part(s) used: Flower**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, gathered.**Home harvested or purchased:** n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:** Unknown**Source of nutrient data:** Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 137**Food category:** Herbal Plants**Scientific identification:***Unknown***Local name & other common names:**

mulawin

Part(s) used: Leaves**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, gathered.**Home harvested or purchased:** n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Used by the lowlanders to treat diarrhea.

Source of nutrient data: Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 138

Food category: Herbal Plants**Scientific identification:***Unknown***Local name & other common names:**

oregano, Oregano (English)

Part(s) used: Leaves**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home-harvested**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:** Unknown**Source of nutrient data:** Not analyzed.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

[Click here to return to the table of contents](#)