



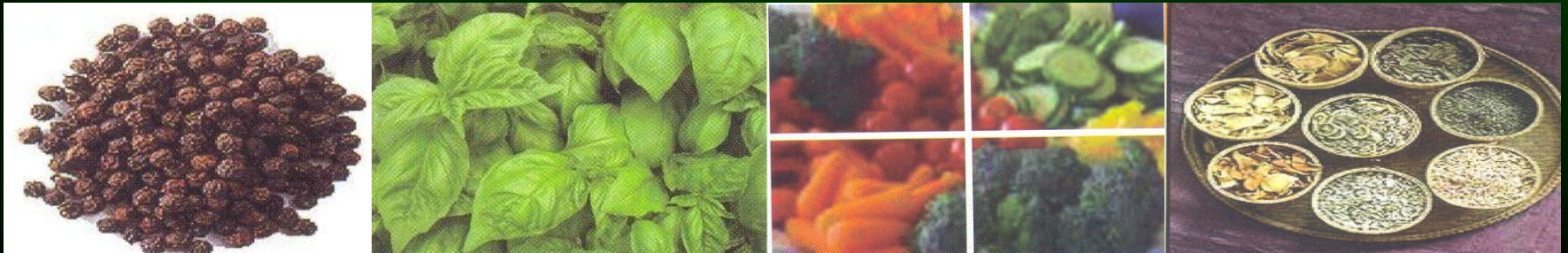
CHANGING FACE OF HERBAL PLANT

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Herbal plant... What is it? Its Changing Face?

- A plant that has a fleshy stem and without a permanent woody tissue as distinguished from shrubs and trees.
- Through the years it has changed to various faces:
 - Food as seasoning/spices
 - Medicine
 - Anti-pollution
 - Personal care/massage



Herbal medicine... What is it?

“Botanical medicine”..... “Phytomedicine”

- ❑ Refers to use of any plant's leaves, stems, roots, bark, flowers, seeds, berries for medical purpose
- ❑ Herbs were viewed for its therapeutic value, long before the discovery and availability of modern synthetic drugs
- ❑ In the 80's, it was viewed as food supplement (preventive nutrition), functional/processed food containing ingredients that aids specific bodily function, as antioxidant

Herbal medicine... What is it?

- ❑ “Nutraceutical” (1989), substances in food or part of food providing medical or health benefits.
- ❑ Today, it is popularly viewed for beauty... cosmetics, as the oil for perfume, papaya and calamansi in soap, etc., lately BIOFUEL (tubang bakod – *Jatropha curcas*)



History of herbal medicine

National

- The use of plant as medicine is long engrained in our culture, in particular by the “herbolarios”, for reasons of availability and affordability.

Global

- Hippocrates, father of medicine, practiced medical use of plant in ancient Greece. Dioscorides, Greek doctor established the first collection of the medicinal plant, in the first century A.D.;

History of herbal medicine

Global...

- ❑ Middle Ages, herbal medicine was mixed with magic, superstition and empirical observations. Indigenous cultures (e.g. African and native Americans) used herbs in their healing ritual;
- ❑ Ancient Chinese and Egyptians papyrus writings describe medicinal plants used;
- ❑ Early 19th century, scientist began extracting/modifying the biologically active ingredients from the plants;

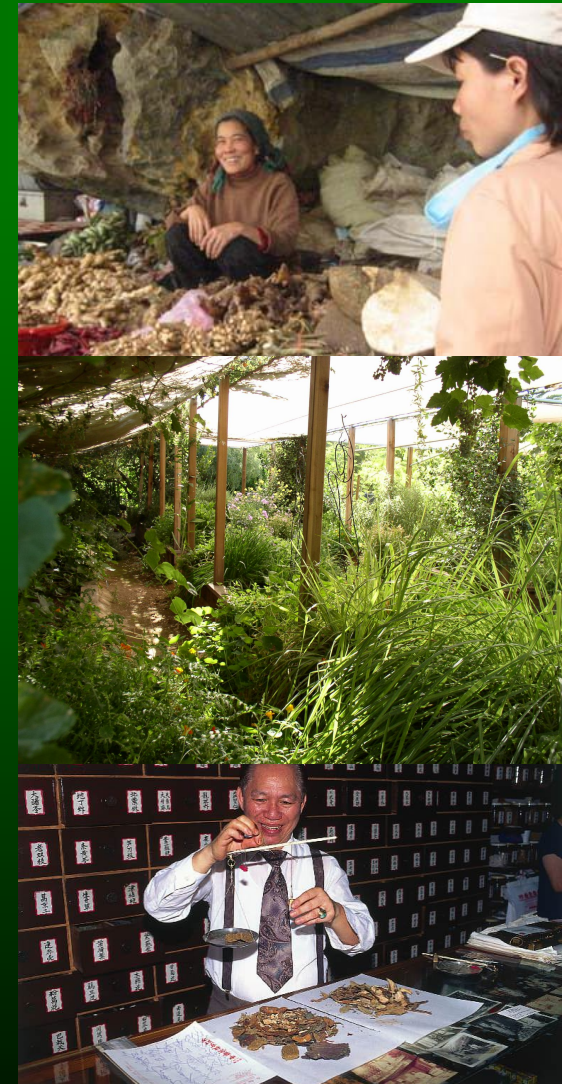
History of herbal medicine

Global...

- ❑ WHO estimated 80% of people worldwide rely on herbal medicine; and
- ❑ Globally, scientist tend to use the same/similar plant(s) for the same therapeutic purpose(s).

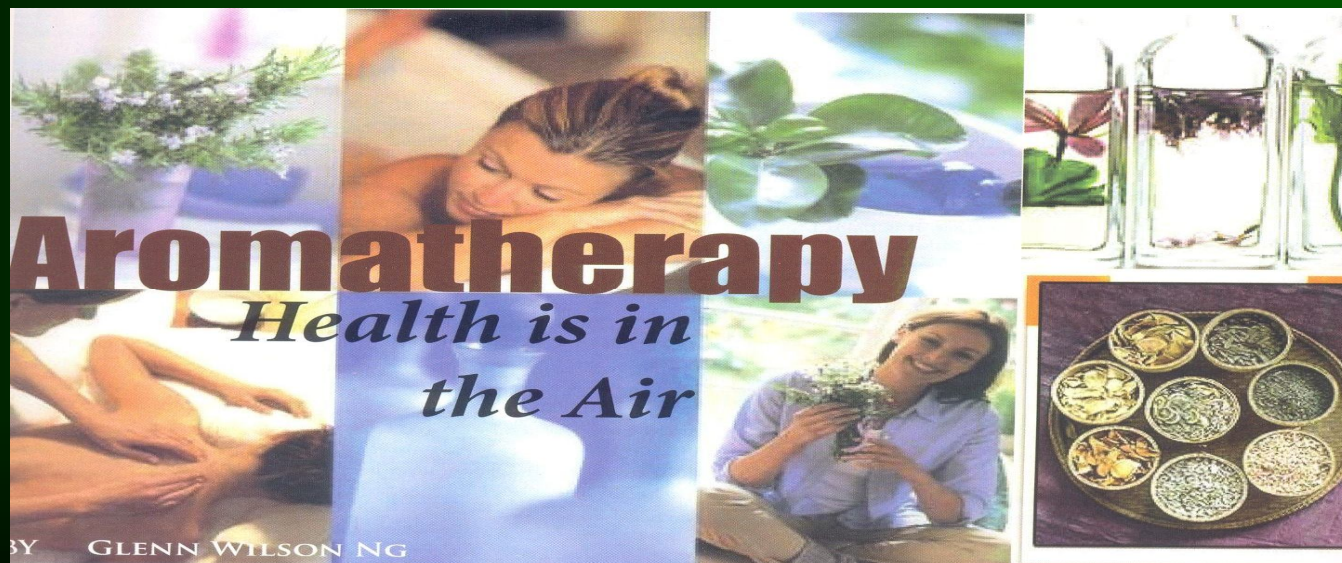
Herbal medicine... How is it used?

- ❑ Herbalists use the whole plant, rather than extracting single components from it;
- ❑ Whole plant extracts contain many components, and they work together to produce therapeutic effect(s) and lessen the chances of side effects from any one component; and
- ❑ Several herbs are often used together to enhance synergistic action, effectiveness and reduce toxicity.



Herbal medicine... Aromatherapy

Our world today is rapidly plunging into oblivion as pollution, thus taking toll on every inhabitant on earth; endangering the health of individual. Clean air is needed in living a healthy life and AROMATHERAPY is one of the most accessible and in-demand solution.



Herbal medicine... How is it practiced?

1. Traditional/household...direct use of plant materials, by decoction and application.
2. Small scale production...for localized market by simple drying and packaging.
3. Medium scale production...controlled process of drying, extracting, tableting or suspension.
4. Large scale production...basic quality assurance process.

Some factors affecting effectiveness of herbs

- ✓ Climate
- ✓ Soil quality
- ✓ Species/variety of plant
- ✓ How and when harvested and processed
- ✓ Storage



Uses of ten (10) validated medicinal plants

PLANT (SC. NAME)	MEDICINAL USE
Acapulco (<i>Cassia alata</i>)	Antifungal
Ampalaya (<i>Momordica charantia</i> L.)	Lowering sugar and anti-diabetes
Garlic (<i>Allium sativum</i>)	Anti-cholesterol
Lagundi (<i>Vitex negundo</i> L.)	Cough and asthma
Niyug-niyugan (<i>Quisqualis indica</i>)	Anti-helminthic
Sambong (<i>Blumea balsamifera</i> L.)	Anti-urolithiasis (kidney stones), “manas”
Tsaang – gubat (<i>Carmona cetusa</i>) (<i>Ehretia microphylla</i> Lam.)**	Mouth wash Stomach ache
Ulasmang-bato (<i>Peperomia pellucida</i>)	Lower “uric acid” in the blood
Yerba Buena (<i>Mentha arvensis</i>)	Analgesic/antipyretic

*Source: RISE (Research Information Series on Ecosystem), ERDB, DENR, College, Laguna

**Source: PITAHC

Who use herbal medicine?

- ❑ World Health Organization (WHO) estimated 80% of people world wide rely on herbal medicine.
- ❑ Estimate of U\$ 4B spent for herbal medicine in 1998.
- ❑ New England Journal of Medicine reported 70% took herbal medicine (well-educated and higher than average income) but reluctant to reveal using complementary/alternative medicine to their physician.
- ❑ Herbal medicine contain combination of chemicals each with specific action, and many capable of eliciting physiological response with conventional drugs. Consult doctor before taking any herbal products.

How are herbal medicine sold in stores

Herbs available in stores come in different forms:

- ❑ Teas
 - ❑ Syrup
 - ❑ Oils
 - ❑ Liquid extracts
 - ❑ Tinctures
 - ❑ Dry extracts (pills or capsules)
-
- ✓ Teas are dried herbs, syrups are concentrated extract of sweet-tasting preparation;
 - ✓ Oils are extracts used as rub for massage or as ointment/cream; and
 - ✓ Tinctures and liquid extract are solvents containing the active ingredients.

Who are the experts of herbal medicine?

- ❑ Herbalist
- ❑ Naturopathic physicians
- ❑ Practitioners of Traditional Chinese Medicine

Naturopathic physicians

- ❑ Believe that the body is continually striving for balance and that natural therapies can be used to support this process; and
- ❑ Trained in four-year postgraduate institutions that combine courses in conventional medical sciences, with clinical training in herbal medicine, homeopathy, nutrition and lifestyle counseling.

Visit to herbalist

- ❑ Treatment goal of herbalist is often broad rather than stopping a single complaint;
- ❑ Herbalist aim to correct imbalance, resolve pattern of dysfunction, and treat underlying cause of complaint; and
- ❑ Session with a herbalist normally consist of physical examination and asking about medical history/general well-being, sleeping pattern, appetite, digestion and elimination. How often you exercise, and you do to relax.

What is the future of herbal medicine?

- ❑ In the US, herbal medicine is still classified as dietary supplements and forbids manufacturers to claim that their product are able to treat or prevent specific ailment;
- ❑ In Germany, herbs are classified as drug and are regulated. The German Commission E an expert medical panel, actively researchers its safety and effectiveness;

What is the future of herbal medicine?

- ❑ The Philippine government recognizes using plants for health care, and a law was passed in Congress creating the Philippine Institute of Traditional and Alternative Medicine Care (PITAHC), under the Department of Health.
- ❑ Research is needed to process plant materials into medicine that are safe for human use and the Institute of Herbal Medicine, University of the Philippines was established in 2007, as an initial step to this direction.

THANK YOU!!!