Chapter I

INTRODUCTION

A. Background of the Study

Plants had been used for medicinal purposes long before recorded history. For example, ancient Chinese and Egyptian papyrus writings describe medicinal plant uses. Indigenous cultures such as African and Native American used herbs in their healing rituals, while others developed traditional medical systems in which herbal therapies were used systematically. Scientists found that people in different parts of the globe tended to use the same or similar plants for the same purposes.

In the early 19th century, when methods of chemical analysis first became available, scientists began extracting and modifying the active ingredients from plants. Later, chemists began making their own version of plant compounds, beginning the transition from raw herbs to synthetic pharmaceuticals. Over time, the use of herbal medicines declined in favor of pharmaceuticals.

Long before the introduction of modern medicines and Western curative methods, herbal medicines had been widely used in the Philippines.

The use of medicinal plants or herbs has been gaining popularity this past few years in the Philippines and worldwide as more clinical proof emerges that validates many of the age-old alternative medicines used by Filipino folks that has been passed on. The curative effects of the herbs were tested by traditional healers on their patient. The knowledge and skills on the curative application of any given herbal medicine has been handed down from generation to generation.
Whenever a culture attempts to assimilate alien ideas, social stresses are bound to occur, especially when such ideas threaten the dominion of major economic and political interests. Mistakes are likely to arise while attempting to implement these ideas. In the case of Chinese herbal knowledge, its use by people unfamiliar with its rules and protocols invariably leads to mishaps; either the herbs or formulas fail to work as expected, or worse, side effects may result whenever herbs are used in contraindicated conditions. In the political and economic realms, government regulators unfamiliar with the unique characteristics of traditional Chinese medicine may impose restrictions upon Chinese herbal practice that inhibit its effective application and suffocate its future development within our culture.

The effectiveness of modern herbal practice suggests that we begin our search by understanding the complete meaning of herbalism. Herbs are grown and collected from all over the world. There is nothing magical about an herb; effective medicinal herbs can be found everywhere that plants grow.

There is indeed a necessity in making life better by introducing natural herbal dietary supplements in the country. Within the past decade, herbal medicine has gained increasing importance, with both medical and economic implications. In developing countries particularly, as much as 80 percent of the indigenous population still depends on traditional systems of medicine and medicinal plants for healthcare. Widespread use of herbal medicines has raised questions about their quality, safety, and efficacy. As part of dealing with immense strategy, extensive task of reviewing the country’s scientific literature of commonly used herbal medicines have conducted to promote global harmonization of herbal health care.
B. Statement of the Problem

This study aims to answer the following questions:

1. What is Herbalism and what are the different types of herbal medicine systems?
2. What are some herbal medicines approved by the Department of Health and Do hospitals and clinics in Cavite prescribe the use of the said DOH approved herbal medicines?
3. What are some issues and challenges in the use of herbal medicine in the Philippines?

C. Significance of the Study

Bachelor of Science in Nursing 1-5. This research paper would be able to help students of BSN 1-5 since it deals primarily with guiding principles about herbal medicines. The researchers believe that through the proper amplification of herbalism, students will develop and coordinate skills training courses for various forms of traditional and alternative health care modalities.

College Students of Medical Courses. Students in college who are taking up courses in line with medicine would benefit from this study because necessary and proper integration of herbal medicine systems will be of immense help for their future. Moreover, the researchers hope that in giving solutions to certain issues about herbs, future physicians, nurses, pharmacists, physical therapists, and other professional health workers, as well as scientists, research managers and extension workers will organize and develop continuing training programs in the field of herbalism health care.
**Cavite Community.** People of Cavite would benefit from this research paper because they would be able to make use with the formulation of standards, guidelines and codes of ethical practice appropriate for the use of herbal medicines as well as in the manufacture, quality control and marketing of different natural and organic products approved by the Department of Health in the Philippines.

**Future Researchers.** This study is essential for future researches to make similar studies since there still seems to be a need to improve the quality and delivery of herbal services to the Filipino people. The researchers do believe that through utilizing this paper as a source of data, scientific researches would be encouraged to develop more herbalism systems that yearn for direct impact on public health care. There might be an improvement with the promotion of healthy living for preventing diseases, thereby uplifting the health care industry.

**D. Scope and Delimitation**

This study focuses on the basic guidelines about herbalism. Herbal medicines that are used for the treatment or prevention of diseases, disorders, and the promotion of good health have been considered.

We have chosen the more commonly used medicinal plants and herbs as an alternative medicine that have undergone clinical test and have been proven to have therapeutic value. Apart from collecting and classifying information on medicinal plants, this study will also discuss the advantages and disadvantages of taking up herbal medicines. This study hopes to prove that formula mixtures of herbal medicines are truly effective in curing diseases. This research paper
E. Materials and Methods

This research paper employs a descriptive method since the researchers aim to discuss the curative effects of herbal medicines. This method is defined as “a process of gathering, analyzing, classifying, and tabulating about prevailing conditions, trends, processes... and then making adequate and accurate interpretation about such data...” (Calderon and Sanchez, 1995). The descriptive method is thoroughly appropriate for this study.

Books, and newspaper articles from internet sources were used as reference materials in relevance to the study. Furthermore, surveys and interviews to student nurses as well as registered nurses were also conducted to provide a different perspective that will strengthen the findings of this study.

F. Definition of Terms

**Herbal medicines.** Finished, labeled, medicinal products that contain as active ingredient/s serial or underground part/s of plant or other materials or combination thereof, whether in the crude state or as plant preparations. (http://www.stuartxchange.org/TAMA.html)

**Manufacture.** Any and all operations involved in the production, including preparation, propagation, processing, formulating, filling, packing, repacking, altering, ornamenting, finishing,
or otherwise changing the container, wrapper, or labeling of a consumer product in the
furtherance of the distribution of the same from the original place of manufacture to the person
who makes the final delivery or sale to the ultimate consumer. (http://www.stuartxchange.org/TAMA.html)

**Natural product.** Those foods that grow spontaneously in nature whether or not they are tended
by man. It also refers to foods that have been prepared from grains, vegetables, fruits, nuts,
meats, fish, eggs, honey, raw milk, and the like, without the use or addition of additives,
preservatives, artificial colors and flavors, or manufactured chemicals of any sort after harvest or
slaughter. (http://www.stuartxchange.org/TAMA.html)

**Traditional and alternative health care.** The sum total of knowledge, skills and practices on
health care, other than those embodied in biomedicine, used in the prevention, diagnosis and
elimination of physical or mental disorder. (http://www.stuartxchange.org/TAMA.html)

**Traditional medicine.** The sum total of knowledge, skills, and practice on health care, not
necessarily explicable in the context of modern, scientific philosophical framework, but
recognized by the people to help maintain and improve their health towards the wholeness of
their being, the community and society, and their interrelations based on culture, history,
heritage, and consciousness. (http://www.stuartxchange.org/TAMA.html)
Chapter II

DISCUSSION

What is herbalism and what are the different types of herbal medicine systems?

Definition of Herbalism

Herbalism is a reputable profession and has been for many thousand years, it actually laid the groundwork base for modern medicine, botany, pharmacy, aromatherapy and chemistry, unfortunately the attraction with technology and other reasons, and it was relegated to an experimental and partially wonderful art.

Herbalism is both an art and a science, which has always varied well with other treatments. Thriving today using whole plants to treat whole people and it is as significant now as in the secluded past, and perhaps will be more applicable in the future now that has been re-discovered. (http://www.infoherb.com/Herbal_medicine.html)

The Types of Herbalism

There are three types of herbal medicine systems. These are Chinese Herbalism, Ayurveda and Western Herbalism.

Chinese Herbalism is one of the main components of traditional Chinese medicine (TCM) or Oriental medicine (OM). In traditional Chinese medicine, herbs are use in alternative with other technique like acupuncture or massage. Chinese medicine is a holistic medical system, which it looks at treating a patient as a whole person, looking at the mental and spiritual health,
as well as the physical health of the individual. Illness is seen as a disharmony or imbalance among aspects of the individual.

These medicine originated in the region of Eastern Asia that today includes China, Tibet, Vietnam, Korea and Japan. Tribal shamans and holy men who lived as hermits in the mountains of China as early as 3500 B.C. practiced what was called the “Way of Long Life”. This regimen included a diet based on herbs and other plants; kung-fu exercises; and special breathing techniques that were thought to improve vitality and life expectation.

Traditional Chinese medicines are standardized and Chinese herbs are safer for self-treatment. This puts the individual, not the physician in charge of the individual’s health; this is the essential objective of Chinese herbalism.

Ayurveda was derived from the two Sanskrit words - Ayus, or “life” and Veda, or “knowledge”. Ayurveda has been translated as “the knowledge of life” and as “the science of life”. It has been suggested but one modern writer that a more appropriate translation would be “the knowledge of life span”. (http://www.naturalhealthschool.com/17_1.html)

According to Ayurvedic philosophy, “Health is dependent upon one’s ability to live in harmony with one’s self and with the external universe. Traditionally, as much attention was given to illnesses of the mind as to the illnesses of the body.”

According to Ayurveda, “Life is a combination of the senses, mind, body and soul.” This system believes that human beings and nature should be in perfect synchronization and that diseases occur when there is an imbalance between body’s three humors, the vata or nerve energy; pitta or catabolic fire energy; and kapha or anabolic nutritive energy. Restoration of this primary balance with the help of innate products is the main goal of this medicinal branch. (http://www.naturalhealthschool.com/17_1.html)
Western herbalism is a form of the healing arts that draws from herbal traditions of Europe and the Americas and that emphasizes the study and use of European and Native Americans herbs in the management and prevention of illness. Western herbalism is based on physicians and herbalists clinical experience and traditional knowledge of medicinal plants remedies preserved by oral tradition and in written records over thousands of years. Western herbalism like much older system of traditional Chinese medicine relies the synergistic and restorative properties of the plant to treat symptoms and disease and maintain health. (http://www.enotes.com/alternative-medicine-encyclopedia/herbalism-western)

This type has evolved along with western civilization. It is consequently describe here in terms of the communal cultural history form Greeks to the present day. Hippocrates categorized all foods and herbs by the qualities of hot, cold, dry or damp and this related to the four elements water, earth, fire and air.

What are some herbal medicines approved by the Department of Health and Do hospitals and clinics in Cavite prescribe the use of the said DOH approved herbal medicines?

The Philippines' Department of Health (DOH) is the principal health agency in the Philippines. It is the executive department of the Philippine Government responsible for ensuring access to basic public health services to all Filipinos through the provision of quality health care and the regulation of providers of health goods and services.

This is the list of the ten medicinal plants that DOH through its Traditional Health Program have endorsed. All of these ten herbs have been thoroughly tested and have been clinically proven to have medicinal value in the relief and treatment of various ailments.
1. **Akapulko** (*Cassia alata*) - also known as “bayabas-bayabasan” and “ringworm bush” in English, this herbal medicine is used to treat ringworms and skin fungal infections

2. **Ampalaya** (*Momordica charantia*) - known as “bitter gourd” or “bitter melon” in English, it is most known as a treatment of diabetes and for non-insulin dependent patients

3. **Bawang** (*Allium sativum*) - popularly known as “garlic”, it mainly reduces cholesterol in the blood and hence, helps control blood pressure

4. **Bayabas** (*Psidium guajava*) – “guava” in English. It is primarily used as an antiseptic, to disinfect wounds. Also, it can be used as a mouth wash to treat tooth decay and gum infection

5. **Lagundi** (*Vitex negundo*) - known in English as the “5-leaved chaste tree”. It's main use is for the relief of coughs and asthma

6. **Niyog-niyogan** (*Quisqualis indica L.*) - is a vine known as “Chinese honey suckle”. It is effective in the elimination of intestinal worms, particularly the Ascaris and Trichina. Only the dried matured seeds are medicinal.

7. **Sambong** (*Blumea balsamifera*) - English name: Blumea camphora. A diuretic that helps in the excretion of urinary stones. It can also be used as an edema.

8. **Tsaang Gubat** (*Ehretia microphylla Lam.*) - Prepared like tea, this herbal medicine is effective in treating intestinal motility and also used as a mouth wash since the leaves of this shrub has high fluoride content.

9. **Ulasimang Bato** (*Peperomia pellucida*) - also known as “pansit-pansitan”. It is effective in fighting arthritis and gout. The leaves can be eaten fresh as salad or like tea.
10. **Yerba Buena** (*Clinopodium douglasii*) - commonly known as Peppermint, this vine is used as an analgesic to relieve body aches and pain. It can be taken internally as a decoction or externally by pounding the leaves and applied directly on the afflicted area.

According to Mrs. Zaidee A. Loyola, a nurse in Velazco Hospital, Silang, Cavite, despite the fact that herbal medicines have slower effectivity rate, many medical doctors are now recognizing the validity of these approved DOH herbal medicines and recommending it as an alternative to preventive care.

Ninety percent (9 out of 10 student nurses) agreed that medical doctors are now recommending the DOH approved herbal medicines to cure diseases while ten percent (1 out of 10 student nurses) said that he do not believe in it. Nowadays, doctors have arrived to introduce new concepts almost at every corner of our country. Of course, modern medicine is a wonder compared to the use of herbs. After all, there is still no herbal medicine comparable to antibiotics, vaccines, anti-inflammation, and symptomatic drugs. As modern drugs were
Increasingly available at much cheaper prices, the popularity of herbal medicines declines considerably and faces extinction.

Sixty percent of the respondents (6 out of 10 student nurses) believe that herbal medicines are much better than the genetic or even branded medicines. Forty percent (4 out of 10 student nurses) still prefer to use the branded medicines.

For most herbs, the specific ingredient that causes a healing effect is not known. Whole herbs contain many ingredients, and it is likely that they work together to produce the desired medicinal effect. Many factors affect how effective an herb will be. For example, the type of environment in which a plant grew will affect its components, as will how and when it was harvested and processed.

They informed us that it is better to prepare the intake of herbal medicines if we use whole plants rather than extracting single components from them. Whole plant extracts have many components. These components work together to produce healing effects and also to lessen
the chances of side effects from any one component. Several herbs are often used together to enhance effectiveness.

Seventy percent (7 out of 10 student nurses) think that the accessibility of the herbal medicines satisfy the demand in the Philippines while thirty percent (3 out of 10 student nurses) think likewise.

In point of fact, there are also herbs available in most stores which come in several different forms like teas, syrups, oils, liquid extracts, tinctures, and dry extracts. Teas are simply dried herbs left to soak for a few minutes in boiling water. Syrups, made from concentrated extracts and added to sweet-tasting preparations, are frequently used for sore throats and coughs. Oils are extracted from plants and often used as rubs for massage, either alone or as part of an ointment or cream. Tinctures and liquid extracts are solvents that contain the active ingredients of the herbs. A dry extract is the most concentrated form of an herbal product and is sold as a tablet, capsule, or lozenge.
Again, seventy percent (7 out of 10 student nurses) believe that it is still better to consult the doctor if allergic reactions occur when taking herbal medicines. Thirty percent (3 out of 10 student nurses) said that herbal medicines do not actually develop any allergic reaction.

It is said that before, the curative effects of the herbs were tested by traditional healers on their patient on trial and error basis. The knowledge and skills on the curative application of any herbal medicine has been handed down from generation to generation. Through generations of selective process, the herbs that were known to be effective were kept alive while the ineffective one were soon forgotten.
Eighty percent (8 out of 10 student nurses) said that nurses nowadays are recommending the use of herbal medicines as an alternative to preventive care. Twenty percent (2 out of 10 student nurses) believe that nurses should not recommend the use of herbal medicines.

However, the rural folks and the poor continued to rely on herbal medicines available in abundance. Herbal medicines have become legacy of the past and the number of users is fast dwindling. But the big problem is that villagers who are unable to obtain services from government hospitals resort to drugs without prescriptions or proper advice. Keep in mind that herbal preparations are best taken under the guidance of a trained professional. Be sure to consult with a doctor or an herbalist before self-treating. Many herbs are considered safer than conventional medications, but because they are unregulated, herbal products are often mislabeled and may contain undeclared additives and adulterants. Self-prescribing herbal products will increase risk, so it is important to consult a doctor or an herbalist before taking herbal medicines.
**What are some issues and challenges in the use of herbal medicine in the Philippines?**

According to Miriam Torrecampo, writer of People’s Tonight, we should be aware in taking herbal or other medicine to avoid kidney ailments. Important kidney experts said that chemical composition in herbal products like slimming tea and analgesics such as Ibuprofen and Mefenamic Acid, if taken rashly, could add and in the end destroy the liver and kidney in a period of two to six years up to eight years. Dr. Josephine Valdez, nephrologists from the UP-PGH, has advice that popular juices or mixtures that claim healing contents could cause illness instead of making a person well. She said that Cranberry juice, for one, which is known to cure urinary tract infections, has high oxalate contents that could develop more stones in kidney.

Anna Liza Villas of Manila Bulletin, said that the Bureau of Food and Drugs (BFAD) advised the public to stop buying unsure herbal medicine products sold in malls as it prepares to form a team to confiscate them. Also she said that there was an identified suspect named Ismael Rivera alias Dr. Ismael River, 35, single, a citizen of General Tinio, Nueva Ecija. He was arrested in the act of illegal practice of medicine and unlawful statement of authority inside his clinic located his house. One of the victims claimed that Rivera issued a prescription for a medicine when he consulted the suspect. When the suspected victim sought a second opinion from another doctor, he realized that he was given a wrong medicine in the prescription.

Also, according to Jenny Maongdo of Manila Bulletin, Bureau of Food and Drugs said that we must be aware of buying imported products. Consumers must not buy unregistered imported products like diet pills or herbal and Chinese medicines sold almost anywhere. The June 7 Health Advisory added that the Department of Health-Bureau of Food and Drugs hereby repeats its advice to the public to be suspicious of unregistered processed food, cosmetic,
medical device products. Currently, no organization or government body regulates the manufacture or certifies the labeling of herbal preparations. This means there is no assurance that the amount of the herb contained in the bottle, or even from dose to dose, is the same as what is stated on the label. In addition, according to the advisory, in Republic Act 3720 or the Food, Drugs and devices and Cosmetics Act as well as Republic Act 7394 or the Consumer Act of the Philippines, the transfer of any drug or device which is not registered with BFAD is strictly prohibited. But City Councilor Arsenio Pacaña, in a resolution, said that the failure of the BFAD to set up a standard is the main reason why several herbal products and medicines are now out in the market, promising instant cure and remedy to illnesses that range from simple colds to cancer. He also states that while there are herbal products that are registered and legal, others are fake and pose danger to one’s health.

On the other hand, Manila Mayor Lito Atienza ordered the policy that will attack the “merchants of death” who are into the sale of herbs and pills being used for abortion. Next day, sidewalk vendors were arrested. Merchants broke their promised. Congressman Biron said that the most important reason is to protect consumers and patients from misuse and abuse of OTC medicines which offer therapeutic value. Because of the promise of cure, patients tend to self-manage and hence result in late diagnosis and accurate treatment of their illness. Dr. Luis Limchiu Jr., of the UP-PGH, said that herbal medicine could relate with other medicines that one is taking; and since it is not regulated it could be mislabeled (by manufacturers); it could be carrying contaminants; and contains active ingredients that could be toxic.

While Ilo-Ilo Rep. Fernejel Biron warned against the improper use of non-prescription drugs without professional guidance from physician, doctors note that there are lots of promising herbal medicines that are capable of curing. But still keep in mind that herbal preparations are
best taken under the guidance of a trained professional. Be sure to consult with a doctor or an herbalist before self-treating.

The alertness and understanding about herbal medicine is a must. There are lots of counterfeit herbal medicines. Some of them are low-priced so the tendency of the people is to buy it because it’s practical. But not all cheap herbal medicines are authentic so be careful. Real herbal medicines are pretty obvious effective. A lot of articles are written concerning on herbal medicines so as a consumer, be aware and discover the better ones.
Chapter III

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

This paper seeks to determine the effectiveness of herbal medicines or if it is more prescribed than other medicines. It also determines what herbalism is, the three types of herbalism, ten herbal medicines approved by DOH and its effectiveness, and issues about herbal medicines in the Philippines.

The research design used in this study is descriptive method because it focused in the present condition. Information from reliable sources such as books, newspapers, internet, interviews, and surveys were used to answer research questions. The research findings are the following:

1. Herbalism is both an art and a science, which has always varied well with other treatments. Thriving today using whole plants to treat whole people and it is as significant now as in the secluded past, and perhaps will be more applicable in the future now that has been re-discovered.

2. There are ten herbal medicines approved by the Department of Health and despite the fact that herbs have slow effectivity rate, many medical doctors nowadays are recognizing the validity of these approved DOH herbal medicines and recommending it as an alternative to preventive care.

3. Currently, no organization or government body regulates the manufacture or certifies the labeling of herbal preparations. This means there is no assurance that the amount of the
herb contained in the bottle, or even from dose to dose, is the same as what is stated on the label. However, it is still important to ask companies that are making standardized herbal products the basis for their product's guarantee. It is still important to consult a doctor or an expert in herbal medicine for the recommended doses of any herbal products.

CONCLUSIONS

Based on the findings of this study, the following conclusions are drawn:

1. Herbalism is a reputable profession and has been for many thousand years, it actually laid the groundwork base for modern medicine, botany, pharmacy, aromatherapy and chemistry, unfortunately the attraction with technology and other reasons, and it was relegated to an experimental and partially wonderful art. There are types of herbalism and these are Chinese Herbalism, Western Herbalism, Ayurveda.

2. There are ten herbal medicines approved by DOH. These are Akapulko (Cassia alata), Ampalaya (Momordica charantia), Bawang (Allium sativum), Bayabas (Psidium guajava), Lagundi (Vitex negundo), Niyog-nyogan (Quisqualis indica L.), Sambong (Blumea balsamifera), Tsaang Gubat (Ehretia microphylla Lam.), Ulasimang Bato (Peperomia pellucida), Yerba Buena (Clinopodium douglasii)

3. There are many issues regarding herbal medicine. One of them is the awareness in taking herbal or other medicine to avoid kidney ailments and stop buying unsure herbal medicine products sold in malls. The most important reason is to protect consumers and patients from misuse and abuse of OTC medicines which offer therapeutic value.
RECOMMENDATIONS

1. The researchers recommend that this study should be further studied for better results. Be patient enough to conduct interviews with nurses since they are really busy in the hospitals. Future researchers should try to know herbal medicine’s effectiveness rate to humans with sickness.

2. Balance the time in researching and in other academic subjects. Don’t give up and never stop answering the objectives to come up with a successful research.
REFERENCES


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