

INSTITUTE FOR FOUNDATIONAL LEARNING, INC.
San Isidro Cabuyao, Laguna 4025 Philippines

HOME REMEDIES USING HERBAL MEDICINE

MANUAL

Compiled by:
Mary Arlene M. Dumlao
IFL Medical Coordinator

CONTENTS

	Page
• BEFORE YOU EVER DO ANYTHING.....	1
• ABOUT HERBAL PLANTS.....	3
• IDENTIFICATION.....	4
• HARVEST	4
• POST - HARVEST HANDLING	4
• PREPARATION	5
• COMMON AILMENTS AND THEIR TREATMENTS	6
• HYDROTHERAPY PROCEDURES.....	17
• MEDICINAL PLANTS	30
• THE BIBLE ON HERBS	39
• NATURE - GOD'S PHYSICIAN	40

BEFORE YOU EVER DO ANYTHING . . .

For each ailment listed in this manual, there are several water and herbal treatments suggested to cure or alleviate suffering from it. Everything listed in water treatment should generally be done for the patient, except where only one of two procedures is suggested.

The procedures for the water treatments are not listed under the ailment. Instead, all the water treatment procedures mentioned in the manual are grouped together in a special section on pages 15 - 26.

For example, a steam inhalation is suggested under water treatments for cough on page 7 . However, the procedure for steam inhalation is not given there. Instead, the reader is referred to page 25 where the specific procedures for doing a steam inhalation are listed.

For treatments requiring the use of plants, the following general instructions apply:

1. Use only one plant medicine at a time. In treating the ailment, use only one plant medicine - the one available to you - where some are suggested in this manual.
2. Use only stainless or earthen cooking utensils. Where the treatment calls for boiling any medicinal plant - leaves, flowers, or barks - don't boil in an aluminum utensil. Aluminum reacts chemically with medicinal elements in plants.
3. Don't cover cooking utensil when boiling. This is done to release toxins, if there are any.
4. boil for one day supply only. Any decoction's effectivity is good for only 8-12 hours after boiling.
5. Take decoction either hot or cold. Strain decoction before taking it.
6. Wash thoroughly any leaves, barks, flowers and roots with water before boiling or using it as poultice.
7. do not use or boil two or more different herbal plants together, unless instructed to do so.

8. follow instructions carefully, especially the measurements and the dosage.
9. Some individuals are sensitive and allergic to certain leaves and plants. If symptoms of allergy are observed during and after the treatment, *STOP* the treatment immediately, and wash with water thoroughly (for skin applications). Symptoms of allergy are: Increased itching and swelling, nausea and vomiting, dizziness, and headache. Consult a physician immediately if symptoms persist.
10. Individuals known to be allergic to some plants are not encouraged to use the herbal medications. They may still use the water treatments.
11. Follow the procedures on water treatments carefully. These treatments and medications are for simple illnesses only with no known complications. After 3 to 4 days of treatments and medications with no curative effects, and with symptoms getting worse, *STOP* the treatment and consult a physician for further medical management.

The instructions under each suggested medicinal plant treatments are preceded either by a blind (•) or (□). The blind circle portion tells you how to prepare a plant medicine, and the square portion tells you how to use it.

HOME REMEDIES USING HERBAL MEDICINES



Akapulko



Bitter Gourd



Aloe Vera



Garlic



Guava



Ginger



Oregano



Sambong



Tsaang Gubat



Yerba Buena



Lagundi



Gumamela



Kaymito



Neem



Pandan



Kamias



Katakataka



Okra

About Herbal Plants:

Herbal medicine is the use of leaves, barks, roots and flowers of plants for the treatment or prevention of ailments or the promotion of good health.

Many of these herbs also proved to have health benefits in addition to their curative value

There has been a strong emphasis from the Department of Health about the use of herbal plants for the following reasons:

1. Medicinal plants have scientific basis for their use.
2. Medicinal plants offer alternative for costly synthetic drugs
3. Medicinal plants are accessible and available around as our country is blessed with favorable climate and soil.

IDENTIFICATION:

Be sure that you have the right kind of plant which you intend to use. There are names that refer to more than one kind of plant.

HARVEST:

1. Know the right time to collect the medicinal plant materials. The leaves are best collected when the plant is about to bloom. Flowers are collected after they have matured completely.
2. Majority of the plant materials are best collected during the dry season.

POST- HARVEST HANDLING:

1. Sort out and select the harvested medicinal plant materials removing the dirt and other foreign substances.
2. If washing is necessary, do it as quickly as possible after harvesting.
3. Dry the plant materials under the shade. If the plant material is succulent, cut it into small pieces.
4. Keep the dried plant materials in plastic brown colored bottle containers. Cover tightly and keep in a cool, dry place away from sunlight. Charcoal may be placed inside the bottle. This would absorb the moisture.
5. Properly label the container with the name of the plant and the date it was collected.
6. Well - dried and well - stored plant materials can be used up to 6 months after collection.
7. Discard the plant materials if there are molds or other signs that show they are rotten.

PREPARATION:

1. Observe cleanliness in the preparation of medicinal plant materials.
2. In the absence of the weighing scale, use the tablespoon to determine the amount.
3. Choose only one kind of plant material needed. Chop the plant material first. One tablespoon means one heaping scoop of the plant material.
4. Decoctions are prepared by boiling the plant materials in a given amount of water for 5 to 15 minutes. Use only freshly prepared decoctions. Begin timing when the water starts to boil. Use only stainless or earthenware pots and take the cover off. This is to release toxins, if there are any. Don't use an aluminum pot, because it reacts chemically with medicinal elements in plants.
5. Boil for one day supply only. Any decoction's effectivity is good for only 8-12 hours after boiling.
6. Take decoction either hot or cold. Strain decoction before taking it.
7. Follow instructions carefully, especially the measurements and the dosage.

REMEMBER:

1. Use only one plant medicine at a time, the one available to you.
2. Some individuals are sensitive and allergic to certain leaves and plants. STOP the treatment immediately, should any untoward reaction or side effect occur.
3. These treatments and medications are for simple illnesses only with no known complications. After 3 or 4 administrations, with no signs of improvement and with symptoms getting worse, STOP the treatment and consult a physician for further medical management

COMMON AILMENTS AND THEIR TREATMENTS

ABSCESSSES AND BOILS

An abscess is the center of pus collected with a tissue. A boil is a furuncle. Boils and abscesses are characterized by pain, heat and swelling.

Water Treatments

1. Hot compress for 30 minutes, 2 times a day until the abscess or boil has ripened. Please see page 21 for procedure.
2. Hot sitz bath for 30 minutes, 2 times a day if abscess or boil is on or around the rectal and perineal area. Please see page 23 for procedure.

Herbal Medications

- ☆ **GUMAMELA** leaves and flower buds poultice
 - Chop 5 leaves and 2 flowers buds.
 - Apply directly on abscess or boil as poultice, 2 times a day.
- ☆ **SAMBONG** leaves poultice
 - Chop 5 fresh leaves.
 - Apply directly as poultice on abscess or boil, 2 times a day.



Asthma is a disease of bronchial tubes or airways. Symptoms are feeling of tightness in the chest, shortness of breath, wheezing and coughing.

Water Treatments

1. Fomentation on the chest, 2 times a day. Please see page 20 for procedure.
2. Steam inhalation, 2 times a day. Please see page 27 for procedure.
3. Breathing exercises for 10-15 minutes when there is no attack of asthma, 4 times a day.

Breathing Exercises

Position: Sit relaxed on a chair, with the back supported by a pillow.

Breathe in through the nose. Then purse the lips and pretend you are blowing through a straw. Blow out twice as long as you breathe in. Gradually increase the time of blowing. Relax after blowing and take 3-4 normal breaths before you start the pursed breathing again. These can be done in the morning, upon waking up, and in the evening before retiring. These may be performed also when short of breath while doing other exercises and activities.

Herbal Medications

☆ **KALATSUTSI**

- Roll 2 dried leaves
- Use as cigarette, one in the morning and one in the evening.

☆ **KULITIS** leaves and flowers

- Boil 5 chopped young stems with flowers and leaves in 5 glasses of water for 10 minutes.
- Dosage:
 - Adults: 1 cup, 4 times a day.
 - Children: $\frac{1}{2}$ cup, 4 times a day.
 - Babies: 2 tsps, 4 times a day.

Note: this treatment is specially good for excessive mucus discharge.

BLEEDING WOUND

A wound is a cut or break in the skin and flesh resulting from injury.

First Aid

Get a piece of clean cloth and apply pressure directly over the wound for 10 minutes. If the bleeding does not stop after 10 minutes of manual pressure, reinforce the cloth with a thicker piece of material and apply more pressure over the wound. Bandage snugly but not too tight. Let the patient lie down and bring him immediately to the nearest hospital or clinic if the wound is big and will need suturing. Observe for numbness and discoloration of the toes or fingers. If there is numbness and discoloration of the toes and fingers, the bandage is too tight. Loosen but don't remove it.

Herbal Medications for Mild Bleeding

☆ YOUNG BANANA LEAVES

- Pound young leaves until soft and juicy.
- drop the juice over the wound. Apply with pressure the pounded leaves over the wound. Bandage snugly but not too tight. If bleeding does not stop after 15 minutes, bring the patient to the nearest hospital or clinic for proper treatment.

☆ MAYANA LEAVES

- Wash the young leaves. Crush and extract the juice form the leaves.
- Drop a few drops of the juice directly on the wound. Apply the crushed leaves as poultice. Bandage snugly but not too tightly to interfere with circulation.



Productive cough due to congestions and bronchitis.

Water Treatments

1. Fomentation on the chest and back. Please see page 20 for procedure.
2. Steam inhalation. Please see page 27 for procedure.

Herbal Medications

☆ LAGUNDI LEAVES (Decoction)

- Boil 4 tablespoons of chopped dried leaves or 6 tablespoons of chopped fresh leaves in 2 glasses of water for 15 mi
- Dosage:
 - Adults: $\frac{1}{2}$ cup 3 times a day
 - Children: (Babies) 1 teaspoon, 3 times a day
 - (2- 6 yrs) 2tablespoons, 3 times a day
 - (7-12 yrs) $\frac{1}{4}$ cup, 3 times a day

☆ OREGANO LEAVES (Decoction)

- Boil 1 cup of chopped fresh leaves in 2 glasses of water for 15 minutes.
- Dosage:
 - Adults: $\frac{1}{2}$ cup, 3 times a day
 - Children: (Babies) 1 teaspoon, 3 times a day
 - (2- 6 yrs) 2 tablespoons, 3 times a day
 - (7-12 yrs) $\frac{1}{4}$ cup, 3 times a day

LAGUNDI SYRUP:

Ingredients:

- Lagundi Decoction
- Molasses or mascovado sugar

Procedure:

- Mix 1 part of decoction to 1 part of molasses or mascovado sugar.
- Boil in low heat, using an earthen or a stainless pot. Stir until the syrup is thickened.
- Cool and put the syrup in a clean dark medicine bottle.

Suggested Intake:

Adults: 2 tablespoons, 3 times a day

Children (Babies) 1 teaspoon, 3 times a day

(6-12 yrs) 2 teaspoons, 3 times a day

(7-12 yrs) 1 tablespoon, 3 times a day

MANGO LEAVES TEA

(With pandan leaves or food flavor of choice)

- Prepare 7 medium size of mid mature mango leaves and 1 or 2 pandan leaves.
- Take off the stem (buko) of the mango leaf.
- Boil the mango and the pandan leaves together for 10 minutes, using a medium size of pot (earthen or stainless).
- If pandan is not available, mix with 2-3 drops of food flavor of your choice while boiling.
- Cool and strain.
- As a tea drink, take 6-8 glasses a day.



Diarrhea is a common symptom of gastrointestinal disease, characterized by increased frequency and fluid consistency of the stool.

How to Control

1. Withhold food and liquid if possible, for 4 hours. Sips of 7-up or buko juice may be taken every 30 minutes. Take small amounts at a time, but frequently.
2. For nursing babies: Replace milk with rice water or buko juice for feedings. Withhold all solids and other liquids except the rice water or buko juice.
3. If uncontrolled within one day, consult the physician.

Herbal Medications

☆ **GUAVA** leaves

- Boil the leaves in 2 glasses of water for 15 minutes. Cool and strain.
- Amount of chopped leaves needed:

If dried, Adults: 6 tablespoons	If fresh, Adults: 8 tablespoons
7-12 yrs: 3 tablespoons	7-12 yrs: 4 tablespoons
2-6 yrs: 1 $\frac{1}{2}$ tablespoons	2-6 yrs: 2 tablespoons

Divide the decoction into 4 parts. Take 1 part every 2 or 3 hours.

☆ **KAYMITO** leaves

- Boil 1 cup chopped leaves in 2 glasses of water for 15 minutes.
- Dosage:

Adults: 1 cup, 3 times a day and after every loose bowel movement.

Children: (Babies) 1 tablespoon, 3 times a day and after every loose bowel movement.

(7-12 yrs) $\frac{1}{2}$ cup, 3 times a day and after every loose bowel movement

(2-6 yrs) $\frac{1}{4}$ cup, 3 times a day and after every loose bowel movement.

☆ **SAMBONG** leaves

- Boil the leaves as like tea and drink 3 or more times a day.



A fever occurs when there is an elevation of the body temperature.

Water Treatments

1. Fever sponge bath. Give hot water sponge bath if the patient has high fever and his arms and legs are cold. Give cold water sponge bath if skin is dry and hot. Give warm water sponge bath if there is fever with a generalized hot skin. Give a fever sponge bath three times a day, or more, if needed. Please see page 18 for procedure.
2. Bed rest with continuous cold compress on the forehead. Please see page 17 for continuous cold compress procedure.
3. Hot foot bath. If the fever is due to head congestion and flu, give a hot foot bath in the morning and in the evening, after supper. Please see page 22 for procedure.

Herbal Medications for Fever Due to Viral Infections

☆ VINEGAR

- Put 2 tablespoons of vinegar in a basin of cold water.
- Use this for making vinegar compress on the forehead if ice is not available.

☆ KAMIAS leaves

- Boil 3 cups of chopped fresh leaves in 1 gallon of water for 15 minutes. Strain.
- Use this decoction for cold or hot sponge bath.

Internal Medications

Use one of the following herbal medications to help lower the fever.

☆ LAGUNDI leaves

- Boil 4 tablespoons of chopped dried leaves or 6 tablespoons of fresh chopped leaves in 2 glasses of water for 15 minutes.
- Dosage:
Adults: 1 cup, every 4 hours
Children: (Babies) 1 tablespoon, every 4 hours
(7-12 yrs) $\frac{1}{2}$ cup, every 4 hours

☆ OKRA seeds

- Roast dried seeds and grind or pound fine. Boil $\frac{1}{2}$ cup of the ground seeds in 2 glasses of water for 15 minutes. Cool and strain.
- Dosage:
Adults: 1 cup, 3 times a day, every after meals
Children (Babies) 1 tablespoon, 3 times a day
(2-6 yrs) $\frac{1}{4}$ cup, 3 times a day, every after meals
(7-12 yrs) $\frac{1}{2}$ cup, 3 times a day, every after meals

☆ SAMBONG leaves (colds & fever)

- Boil the leaves as like tea and drink 3 or more times a day.
The leaves can also be crushed or pounded and mixed with coconut oil.

FLATULENCE OR GAS PAIN

A flatulence is the presence of excessive gas in the stomach and in the intestinal tract.

Water Treatment

1. Fomentation on the abdomen, 2 times a day. Please see page 20 for the procedure.
2. Turpentine stupes, 2 times a day. Please see page 28 for the procedure.
3. Heating compress on the abdomen overnight. Please see page 21 for the procedure.
4. Rectal tube insertion for severe gas pain, especially for babies.

Herbal Medication

☆YERBA BUENA leaves

- Boil one tablespoon of dried leaves or 5 chopped fresh leaves in 1 glass of water for 5 minutes.
- Dosage:
- Adults: 1 glass, every 4 hours
 - Children: (Babies) 1 tbsp, every 4 hours
 - (2-6 yrs) $\frac{1}{2}$ cup, every 4 hours
 - (7-12 yrs) 1 cup, every 4 hours

SKIN ITCHINESS AND ALLERGY

An allergy is a condition of acquired specific alteration which may be caused by sensitization and reexposure to an allergen. Skin itchiness may be due to contact with allergen.

Water Treatments

1. Starch bath. You may use kamoteng kahoy flour for this. Please see page 26 for procedure.
2. Gawgaw or starch powder. Use as powder after the bath or at bedtime.

Herbal Medication

☆ **KALACHUCHI** sap from leaves and trunk

- Extract the sap or juice from the leaves and trunk. Mix with coconut oil.
 - Rub the mixture on the affected skin, 2 times a day.

FOR FUNGAL INFECTION OF THE SKIN

(Tinea infections, insect bites, ringworms, eczema, scabies and itchiness)

☆ **AKAPULKO** leaves

- **For external use:** pound the leaves of the Akapulko plant, squeeze the juice and apply on affected areas.
- **Ointment:**
 - Ingredients:**
 - Chopped leaves.....1 medicine cup
 - Vaselina Blanca.....1 medicine cup

Materials: chopping board, knife, small size frying pan, ladle, tongue depressor, ointment container, clean cloth or gauze pads (strainer).

Preparation: Melt the Vaselina Blanca in a frying pan. Fry the chopped leaves until crispy. Strain through a clean cloth or gauze pad into an ointment container. Have it settled until it is formed into an ointment. Apply on the affected part 2 or 3 times daily. Keep clean during the entire procedure.

☆ **NEEM** leaves

- **Ointment: same as Akapulko**

SORE THROAT

A sore throat is a congestion or inflammation in the throat due to tonsillitis, pharyngitis or laryngitis.

Water Treatments

1. Hot salt gargle, 3 times a day. Before breakfast, before lunch, and at bedtime. Please see page 25 for procedure.
2. Heating throat compress at bedtime. Leave in on until morning. Repeat procedure if the patient stays home in the morning. Please see page 21 for procedure.
3. Steam inhalation, 2 times a day. In the morning, before breakfast, and before bedtime after the hot salt gargle. Please see page 27 for procedure.
4. If possible, rest the voice until the swelling or inflammation subsides.

Herbal Medications

☆ **LUYA** or ginger lozenges

- Wash and peel a small piece of ginger.
- Chew slowly for a few minutes. Swallow the juice. Or, keep a small piece in the mouth, chewing it little by little.

☆ **ALOE VERA** leaves

- Wash the leaf and cut in $\frac{1}{2}$ inch sizes.
- Keep in the mouth all day, swallowing the juice. Take another piece when there is no more juice.

☆ **GARLIC** lozenges

- Wash one piece and peel.
- Keep in the mouth for some time, chewing it slow. Swallow juice.

TOOHACHE

A toothache is any pain in or about a tooth.

Water Treatments

- Brush teeth every after meals. Massage gums with clean fingers after brushing.
- Apply ice pack or ice compress for swollen gums and cheeks for 30 minutes, 3 times a day. Please see page 24 for procedure.

Herbal Medications

☆ GARLIC fillings

- Crush a fresh clove of garlic. Put crushed clove on the aching tooth as filling. Renew the fillings, 2 times a day.

☆ GUAVA tops

- Get 2 or 3 fresh guava tops. Chew the tops for a few minutes over the aching tooth. Do not swallow the tops.

☆ KATAKA-TAKA leaves

- Crush young kataka-taka leaves.
- Apply directly on swollen face.

☆ YERBA BUENA leaves

- Pound fresh leaves and extract the juice. Moisten a small piece of clean cotton with the juice.
- Place moist cotton inside the cavity as filling. Note: These medications are only temporary relief of toothache due to cavities. See the dentist for proper treatment.

GINGIVITIS

☆ GUAVA leaves

Boil 5 tablespoons of the chopped leaves in 2 glasses of water for 15 minutes. Use the decoction as mouthwash. Use this 3 times a day to reduce swelling of the gums.

☆ YERBA BUENA leaves

- To make an infusion, soak 2 tablespoons of chopped leaves in 1 glass of hot water for 30 minutes. Use the infusion as mouthwash 3 times a day.

HYDROTHERAPY PROCEDURES

COLD COMPRESS

Definition:

A cloth wrung from cold or ice water which may be applied to any part of the body surface.

Effects:

1. Relieves pain due to edema or trauma.
2. Prevents and relieves head congestion.
3. Slows heart rate if applied over the heart.
4. Constricts blood vessels, decreasing local blood flow.
5. Decreases tendency to bleed due to vaso-constriction.
6. Lowers body temperature when applied over at least $\frac{1}{4}$ body surface, or when applied on the forehead or nape.
7. Stops nosebleed when applied on the nasal area.

Things Needed:

1. Washcloth or face towel or any clean piece of cloth. The size should be proportionate to the area to be treated. For convulsions use bath towels.
2. A basin of ice water, $\frac{2}{3}$ full.
3. One bath towel.

Procedure:

1. Wring compress cloth from ice water. Be sure it does not drip.
2. Apply snugly on the area to be treated.
3. Change or renew compress every 2-3 minutes.
4. Treatment time: for decongestion - 20-30 minutes; for fever - continuously, or as long as there is fever.
5. After the end of the treatment, dry body part thoroughly with the towel and avoid chilling.

FEVER SPONGE BATH

Definition:

A sponge bath given to a person with fever.

Effects:

- Reduces fever or lowers body temperature.
- Sedative effects.

Things Needed:

- Basin of water - temperature as indicated.
- Sheet or blanket to cover patient.
- Two bath towels.
- One face towel or washcloth.
- Ice cubes as indicated.

1. **Hot Sponge Bath** is given to patients with very high fever, but whose skin of the legs and arms are cold. Water for sponge bath should be as hot as can be tolerated. The sponge bath should be done fast and with friction to encourage blood to the surface. The sponge may be repeated after 1 or 2 hours if the fever persists.

Procedure:

- Make the patient comfortable. Remove clothing and cover with a sheet or blanket. Close windows to avoid drafts.
- Protect the bed with the towels as each part is being sponged. Put one bath towel across the chest and sponge the face, ears, and neck. Dry the areas that had been sponged with the towel across the chest.
- Sponge one part at a time in the following order: arms, chest, abdomen, legs, feet and back. For the arm and leg, spread the towel under the whole length of the arm or leg while it is being sponged. Rub skin briefly with the face towel to draw blood on the surface. Dry each part after the sponge to avoid chilling. Be sure the patient is dry before replacing clothing and covers. Hot drinks (kalamansi juice) may be offered to encourage perspiration.

2. **Cold Sponge Bath** is used in cases where the skin is dry and hot. Cold water is used for sponge bath but in case where skin is burning hot, ice cubes may be put in the water. Avoid chilling the patient.

A cold compress on the forehead or armpits may be placed while the sponge is being done. Chilling with shivering will cause the temperature to rise. Sponge may be repeated or prolonged until the desired effects are obtained, or until the fever goes down.

Procedure:

- Remove clothing and cover patient with sheet or blanket. Place cold compress on the forehead and armpits. Renew compress as often as you can.
- Sponge a part at a time, in the same order as the hot sponge bath. Friction is used to bring blood to the surface and to increase the rate of circulation to hasten the cooling process. The skin may be left slightly moist, fan lightly with the towel till skin is dry. Evaporation lowers body temperature. Hot lemonade may be given.

3. **Tepid Sponge Bath** is given to restless and tens patient with fever. It has a sedative effect, relaxing the patient. Water temperature is 94-98°F, or comfortably warm if tested with the elbow. This time there should be no friction or rubbing on the skin. Sponge and dry skin very gently with very little rubbing. Prolong the treatment for relaxing effect and to allow more evaporation.

Procedure:

- Remove clothing and cover patient with sheet or blanket. Room should be quiet and dim. No glaring lights.
- Sponge one part at a time, in the same manner as the hot sponge bath. Dry patient well with very gentle rub.

4. **Saline Sponge Bath** is given to patient who is inactive and sleeps most of the time. Saline or salt bath has a mild tonic or stimulating effect. It makes the patient active. Water temperature should be 96-100°F or a little bit warmer than the tepid sponge. One half (1/2) cup of salt is added to a basin of water. Sponge with friction and repeat till desired effect is obtained.

Procedure:

- Sponge in the same manner as the cold sponge bath.

FOMENTATION

Definition:

A local application of moist heat by means of cloth wrung from boiling water or from steam tank.

Effects:

- Increases blood flow to the area.
- Relaxes muscles.
- Sedative effect, if applied on the spine.
- Relieves pain.
- Relaxes spasm or cramps.
- Relieves congestions.
- Produces sweating.

Things Needed:

- At least 5 bath towels.
- A small basin of ice water.
- One washcloth or ace towel for compress.
- One blanket or sheet to cover the patient.
- One kettle or "kaserola" for boiling water.

Procedure:

1. Remove patient's clothing and cover with sheet or blanket.
2. have basin of ice water and compress at bedside of the patient.
3. Close windows near patient's bed to avoid drafts.
4. Cover area to be treated with one bath towel.
5. Wring out one bath towel from boiling water.
6. Spread the dry towel on the table and wrap the hot towel.
7. Apply the hot towel to the body area to be treated, over the dry towel.
8. Apply cold compress to the patient's head. Change it 3 times during the application of each fomentation.
9. Give 3 changes of hot fomentation, drying the treated area quickly between applications. Change fomentation every 5 minutes or till it gets warm or cool. Don't wait till towel gets cold before removing it.
10. have hot towel ready before used hot towel is removed from the treated area.
11. After the last fomentation, rub the area quickly with cold compress wrung from the ice water.
12. Dry thoroughly and give sponge or warm bath if desired.
13. Let patient rest after the treatment.

Precautions:

1. Protect sensitive parts of the body like bony areas, only warm fomentation is recommended.
2. In case of sever pain, have fomentations as hot as could be tolerated without burning patient.
3. If fomentation is unbearably hot, rub areas with the hand under the hot towel or double the towel insulator.
4. Avoid chilling patient. If patient's feet are cold wrap the feet with hot fomentations taking precautions not to burn the heels and toes.
5. Take precautions with diabetic and unconscious patients. Children and elderly patients are sensitive to heat. They have poor sensation and are easily burned. Give only warm fomentations.

HOT COMPRESS

Definition:

The application of heat to a small area with hot gauze or hot compress cloth.

Effects:

1. Increases circulation locally.
2. Relieves pain.
3. Relieves congestion.

Things Needed:

1. A basin of hot water (104°F), or as hot as can be tolerated.
2. Gauze or compress cloth (face towel) or any clean piece of cloth.
3. Solution as per order. May use boiled guava leaves in case of infected wound.
4. Old newspaper for used dressings.
5. Baby oil or cream (use only for eye compress).

Procedure:

1. Boil water or guava leaves if compress is for infected wound.
2. Apply baby oil on the forehead and eyelids if compress is to be applied on the eyes.
3. Wring compress from hot water or hot solution. Partially twist the compress cloth holding it on both ends. Dip the compress into the hot water or solution and twist it tightly, pulling the two ends apart, thus squeezing the water out.
4. Apply compress directly on the area to be treated without pressure.
5. Compress must be changed frequently at least every 3 minutes. In case of infected wound, discard the used compress cloth or gauze. Use it only once. Do not dip the used compress the second time.
6. Continue compress for 15 - 20 minutes, renewing it every 3 minutes. Keep the water or solution hot at all times during the treatment.
7. At the end of treatment, remove hot compress and dry treated area.
8. Apply medication or ointment as ordered by physician in cases of infected wound, boils and ulcers.
9. Apply sterile dressing and keep dry.

Precaution:

Do not apply hot compress when there is tendency to bleed.

HOT FOOT BATH

Definition:

A local immersion bath covering the feet, ankles, and legs.

Effects:

1. Relieves head, chest, and pelvic congestions by the drawing of blood from those areas to the legs and feet.
2. Stops nosebleed.
3. Relieves pain and spasms of the feet and legs.
4. Induces sweating in case of fever - lowers body temperature.
4. Relieves menstrual cramps by relaxing the uterine spasm.
5. Relieves headache.
6. Relaxes the whole day.

Things needed:

1. One kerosene can or plastic pail.
2. One small basin.
3. One large 'kaserola' or kettle of boiling water.
4. Chair or stool.
5. Compress cloth or face towel.
6. Pitcher or dipper (tabo).
7. Old newspaper, if done in bed.
8. Bath towel.
9. One blanket.

Procedure:

1. Close windows and doors. If done in the bathroom, the patient should be seated on a chair. If the patient is too weak to sit, patient may lie down and be treated in bed.
2. Remove clothing of patient, and drape with blanket.
3. Assist patient's feet into the pail or basin of water. Water is ankle deep to start with. Temperature should be as hot as can be tolerated.
4. Apply cold compress to the forehead or on the nape if compress is small.
5. Add hot water. In adding hot water to the foot tub, push the patient's feet to one side and place your hand between the feet and the stream of water. Increase the water temperature to patient's heat tolerance.
6. Continue adding hot water for 20-30 minutes, renewing cold compress every 2-3 minutes. Don't let the water cool off.
7. At the end of the treatment lift feet from the water and pour cold water over them.
8. Give hot and cold shower if patient is strong. Give warm sponge bath if done in bed.
9. Dry patient and keep him comfortable. Let patient rest till he stops perspiring.

HOT SITZ BATH

Definition:

A partial immersion bath covering the pelvic and anal areas.

Effects:

1. Relieves pain after rectal operation.
2. Hastens healing and cleaning of the operated area.
3. Relieves cramps and spasms in pelvic region and urinary bladder.
4. Stimulates pelvic circulation.
5. Relaxes urinary bladder.

Things Needed:

1. One large basin --- deep enough for a person to sit in.
2. One smaller basin for the foot bath.
3. One small basin with ice or cold water and compress.
4. one towel, long enough to go around the head.
5. A sheet or blanket for wrapping around the body.
6. One bath towel.
7. One large kettle of boiling water.
8. One chair or stool.

Procedure:

1. Boil water in large kettle.
2. Put the large basin on the chair or on the floor, with small amount of hot water, hot enough for patient to sit in it.
3. Remove clothing, underwears, and dressings if there are any. Drape with sheet or blanket.
4. Assist the patient to sit in the basin, placing the feet in the smaller basin of hot water.
5. Apply cold compress on the forehead and gradually add hot water to the sitz basin and the foot basin, increasing the water temperature to patient's tolerance. Stir the water with the hand as you add the hot water. Be careful not to pour hot water on patient's buttocks and feet.
6. Renew cold compress to the head as often as you can. Continue adding hot water for from 20 to 30 minutes.
7. At the end of the treatment, pour cold water to the sitz bath basin. Raise the feet and pour cold water to the feet and dry well.
8. Assist the patient out of the basin. And give warm shower or sponge bath.
9. Let patient rest and keep warm after treatment.

ICE PACK

Definition:

A local application of ice over a body segment.

Effects:

1. Relieves pain.
2. prevents or lessens black and blue discoloration due to capillary bleeding.
3. stops bleeding especially if applied with pressure.
4. Prevents and reduces swelling.
5. decreases blood flow to the area.
6. constricts blood vessels, therefore decreases tendency to bleeding.

Things Needed:

1. Two bath towels.
2. Two safety pins.
3. Finely crushed ice - amount depends on the size of area to be treated.
4. a piece of flannel cloth or a baby blanket.
5. a piece of plastic.

Procedure:

1. Spread the finely crushed ice on the bath towel, forming a layer about 1 inch thick. Adjust the surface area as needed for the affected part. Wrap the ice and secure it with safety pins.
2. Wrap the area or joint with the flannel cloth or towel and place the ice pack, following the contour of the area.
3. Never apply an ice pack directly on the skin. Cover the packed ice with plastic and secure carefully to prevent the bed from getting wet.
4. Treatment time; 30 minutes to 1 hour. If there is a burning sensation during the ice pack application, the ice pack is not well insulated. Add insulator or add towel or flannel cloth.
5. To end treatment, remove the pack, dry the area and observe reaction. Treatment may be repeated after 2 hours in acute injuries to relieve pain and swelling.
6. Cover or bandage area to avoid chilling, especially in acute sprain ankles.

SALT GARGLE

Definition:

Letting hot salt solution roll in the throat for a few seconds.

Effects:

1. Relieves throat congestions.
2. Relaxes throat muscles.
3. Reduces inflammation.
4. Relieves throat itchiness.
5. Relieves sore throat.

Things Needed:

1. Two glasses of hot water.
2. One teaspoonful of salt --- $\frac{1}{2}$ tsp salt per glass of water.
3. One teaspoon.

Procedure:

1. Add $\frac{1}{2}$ teaspoon of salt into a glass of hot water. Temperature should be as hot as can be tolerated for drinking. Stir with teaspoon till salt is melted.
2. Salt gargle should be done in the bathroom sink.
3. Sip enough water and let it roll freely in the throat for a few seconds before spewing the water out into the sink.
4. Continue the procedure of throat gargle till all the 2 glasses of salt solution is consumed.
5. If sore throat is severe with harsh voice, salt gargle may be repeated every two hours when awake.
6. Throat gargle is best done after meals.
7. For best result, don't drink cold drinks until sore throat is healed.

STARCH BATH

Definition:

An immersion bath in starchy water for a soothing effect.

Effects:

1. Relieves skin irritation.
2. Soothes burning and itching sensations.
3. Tendency to dry skin.

Things Needed:

1. Bath tub. For babies, big basin may be used.
2. Big drum or plastic water container for adults, big enough to soak the whole body.
3. Two glasses of starch or "gawgaw" for adult; $\frac{1}{2}$ glass for babies and children.
4. One bath towel.
5. Face towel.

Procedure:

1. Fill up the tub $\frac{2}{3}$ full with warm water. Eater should be deep enough to immerse the affected areas. Use bath tub if whole body is affected.
2. Melt the starch in cold water in a small basin. Mix well the melted starch into the tub of water.
3. Undress the patient and assist him into the tub.
4. With the face towel, bathe the parts not immersed. Wet the head or hair if the scalp is affected. Immerse patient for 20 minutes, but do not rub him with the towel.
5. After 20 minutes, drain the water and pat dry the patient with the dry towel. Don't give shower or rinse the starch. Don't use soap even for washing hands, unless a specific soap is ordered by the physician.
6. Keep patient warm and avoid chilling.
7. Give daily bath or twice a day, depending upon the patient's condition.

STEAM INHALATION

Definition:

Inhalation of warm, moist air into the mucous membranes and respiratory tract.

Effects:

1. Relieves inflammation and congestions of the mucous membranes of the upper respiratory tract.
2. Relieves irritation (throat tickle) by moistening the air.
3. Loosens secretions and stimulates expectoration.
4. Relieves spasmodic breathing.
5. Relaxes muscles and thus relieves coughing.
6. Prevents excessive dryness of the mucous membranes.

Things Needed:

1. Boiling water in a kettle with a spout. An empty juice can may serve the purpose.
2. Hot plate or gas stove using charcoal (uling).
3. Vicks Vaporub ointment or tincture of Benzoin or Camphor oil for good smelling sensation.
4. 4. Old newspaper.
5. Umbrella.
6. Sheets.
7. Paper bag.

Procedure:

1. Fill up kettle with water just below the level of the spout, and bring the water to boiling point. Add 1 tsp of medication (Vicks or Benzoin) into the boiling water.
2. Carry the stove and the kettle with caution near the bedside of the patient, if the patient is unable to stand or sit on the chair.
3. If a croup tent is indicated, open an umbrella over the head of the patient and cover it with a sheet to form a tent.
4. With the newspaper make a cylindrical tube to direct the steam into the tent away from the patient's face.
5. If the patient is able to sit on the chair, he may sit near the stove in the kitchen. With the cylindrical tube of paper the steam is directed into the patient's face for inhalation.
6. Treatment time; 30 minutes to 1 hour, morning and evening, as tolerated.

Precautions:

1. Avoid all risks of burning.
2. Avoid drafts during time of treatment. Close windows near the patient.
3. Extra care must be observed when giving treatment to children and restless patients to avoid scalding.

TURPENTINE STUPES

Definition:

The application of turpentine and oil to the abdomen or joint, combined with moist heat.

Effects:

1. Relieves abdominal distention or gas pain.
2. Relaxes the bowel or intestinal spasms.
3. Stimulates the peristaltic movements of the intestines.
4. Relieves pain and congestion in the adjoining parts of the sprained ankle.
5. Relieves pain due to intestinal colic.
6. Promotes the absorption of serious effusions and exudates.

Things Needed:

1. Set of hot fomentations (see procedure for fomentation on page).
2. Sheet of blanket to cover patient.
3. One bath towel.
4. Bottle containing turpentine and oil in the following mixture:
1 tablespoon turpentine to 8 tablespoons mineral oil for children.
1 tablespoon turpentine to 6 tablespoons mineral oil for adults.

Turpentine Mixture:

Put one tablespoon of turpentine in a bottle with cover and add 8 tablespoons of mineral oil, if used for children. For adults add only 6 tablespoons of mineral oil to one tablespoon of turpentine.

Cover the bottle and shake the mixture thoroughly. Label the bottle with its proportion of turpentine and mineral oil. This mixture can be kept for future use. Keep bottle away from children.

5. Cream or lotion.

Procedure:

1. Bring all things needed to the bedside including the mixture of oil and turpentine.
2. Prepare the patient as for fomentation on the abdomen or ankle.
3. Apply the oil and turpentine mixture with your fingertips to the area to be treated.
4. Observe the skin very carefully to see if the patient is allergic to turpentine. If redness is noticed, discontinue the treatment. Wipe and remove the oil and turpentine mixture and apply cream on the skin.
5. Cover the area with the dry towel and apply the hot fomentation over the area with the turpentine mixture. Fomentation pad should not be very hot.

6. Give the three sets of fomentations. For abdominal distention teach patient to do abdominal breathing. While the hot fomentation is still on the abdominal area, tell patient to do abdominal breathing. Breathe in slowly bringing the abdomen up on inspiration and down on expiration. Do this exercise a few times, with rest periods in between.
7. After the last fomentation pad, remove hot towel and with the dry towel remove the oil from the skin.
8. Apply cream or hand lotion over the skin area treated and bandage(for sprained joint).
9. If abdominal distention persists, repeat the treatment after two hours, unless contraindicated (not advised).
10. If patient is not relieved in spite of treatments, consult your physician immediately.

Precautions and Contraindications:

1. Do not use turpentine on patients who have kidney disease.
2. Do not give to patient allergic to turpentine.
3. If intestinal obstruction is suspected, never give any hot treatment but bring patient immediately to the nearest hospital.

Symptoms for Intestinal Obstruction:

- a. Severe abdominal pain
 - b. No intestinal activities. Listen with your ear against the abdominal wall if there are movements of the intestines.
 - c. Cannot pass out gas or stool.
4. Elderly patient and fair-complexioned individuals are more sensitive. Use mixture of oil and turpentine for children.
 5. For a diabetic patient, use the children's mixture.
 6. Fomentation towels should not be very hot.



Scientific Name: *Cassia alata* L.
English: Ringworm bush or shrub
Tagalog: AKAPULKO
Visayan: Palochina



Scientific Name: *Azadirachta indica*
English: Neem, Margosa tree
Tagalog: NIPA, NITO, NITO-NITOAN



Scientific Name: *Aloe barbadensis* Mill
English: Aloe vera
Tagalog: SABILA



Scientific Name: *Hibiscus rosa-sinensis* Linn
English: Hibiscus, China rose
Tagalog: GUMAMELA



Scientific Name: *Momordica charantia* L. Amargoso
English: Bitter gourd, Bitter melon
Tagalog: AMPALAYA, MARGOSO



Scientific Name: *Psidium guajava* L.
English: Guava
Tagalog: BAYABAS



Scientific Name: *Allium sativum* Linn
English: Garlic
Tagalog: BAWANG



Scientific name: *Zingiber officinale* Roscoe
English: Ginger
Tagalog: LUYA



Scientific name: *Kalanchoe pinnata* (Lam.) Pers.;
English: Life plant;
Tagalog: KATAKATAKA



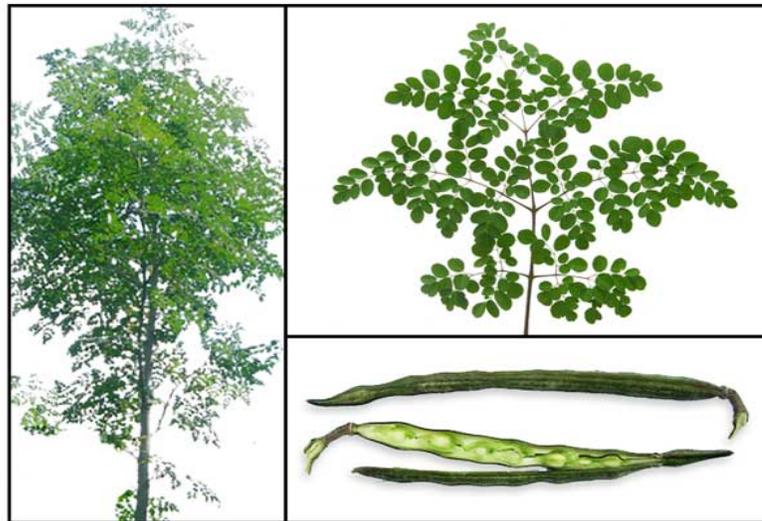
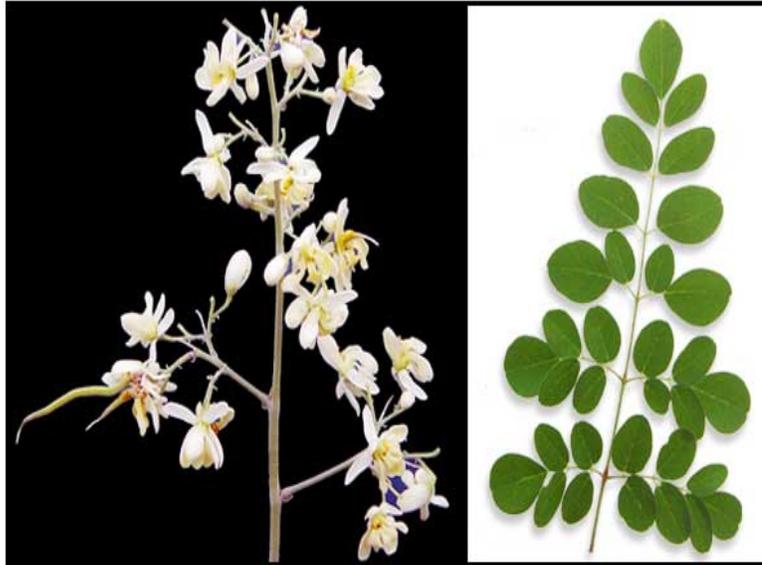
Scientific Name: *Abelmoschus esculentus*
English: Ladie's fingers
Tagalog: OKRA



Scientific Name: *Vitex negundo* L.
English: Five-leaved Chaste tree
Tagalog: LAGUNDI



Scientific Name: *Coleus aromaticus* Benth
Tagalog: OREGANO



Scientific Name: *Moringa oleifera* Lam
English: Horse raddish tree
Tagalog: MALUNGGAY
Visayan: Kalamungai, Kamalongan, Balungai



Scientific Name: Blumea Balsamifera
English: Elumea, Ngaicamphor
Tagalog: SAMBONG



Scientific Name: Mentha cordifolia Opiz
English: Marsh mint, Pepper mint
Tagalog: YERBA BUENA, HERBA BUENA



Scientific Name: *Ehretia microphylla* Lam
English: Forest tea, Wild tea
Tagalog: TSAANG GUBAT



Scientific Name: *Pandanus odoratissimus* L.
English: Fragrant screwpine
Tagalog: PANDAN MABANGO

THE BIBLE ON HERBS

The Bible has many references to people's use of herbs in Biblical times.

In the beginning, herbs were a part of the diet God planned for man and His creatures.

"And God said, "I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat...And to...everything... wherein there is life, I have given every green herb for meat: and it was so". Genesis 1:29,30.

The Hebrews who left Egypt during the Exodus at about 1450 B.C., and their descendants ate bitter herbs together with lamb's meat and unleavened bread during their yearly Passover meal.

The fourteenth day of the second month at even they shall keep it, and eat it (lamb's meat) with unleavened bread and bitter herbs". Numbers 9:11.

Later Biblical references suggest that herbs were cultured and used by the people. They attached great importance to these herbs:

"For the land, whither thou goest in to posses it, is not as the land of Egypt, from whence ye came out, where thou sowedst thy seed, and wateredst it with thy foot, as a garden of herbs." Deuteronomy 11:10.

"And Ahab spake unto Naboth, saying, Give me thy vineyard, that I may have it for a garden of herbs, because it is near unto my house: and I will give thee for it a better vineyard than it; or, if it seem good to thee, I will give thee the worth of it in money." 1 Kings 21:2.

The Bible definitely states that God "causeth the grass to grow for the cattle, and herb for the service of man." Psalm 104:14.

The Beloved John the Revelator, in vision, foresaw an earth made new where people will experience healing from the leaves of the tree of life:

"In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of nations." Revelation 22:2.

NATURE - GOD'S PHYSICIAN

By: Ellen G. White

God is constantly employed in building and using as His servants the things that He has made. He works through the laws of nature, using them as His instruments.

Nature is God's Physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving.

God desires His children to find delight in the works of His hands. The more closely His plan of life is followed, the more wonderfully will He work to restore suffering humanity. The sick need to be brought into close touch with nature.

Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of the roots and herbs, and make a right use of them, there would not be necessity of running for the doctor so frequently, and people would be in much better health than they are today. I believe in calling upon the Great Physician when we have used the remedies mentioned

There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer.

The Lord has provided antidotes for diseases in simple plants, and then can be used by faith, with no denial of faith; for by using the blessings provided by God for our own benefit we are cooperating with Him. He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.

There are many simple herbs which, if we would learn the value of, they could use in the place of drugs, and find very effective. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties. But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure.

We need to understand how to use the simple remedies that nature provides for restoration to health, that we can teach those who are ignorant of the laws of health - how to use these simple but effective cures.

SOURCES OF INFORMATION

1. **Healing Wonders of Herbs**
By: Herminia de Guzman - Ladion
2. **Pictures of Plants**
Internet
3. **Primary Health Care**
Household Teaching Manual - Department of Health
4. **AKAP Pamphlets**
Copy Right 1981