

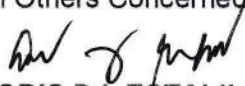


Republic of the Philippines
Department of Education
Region IV-A CALABARZON
CITY SCHOOLS DIVISION OF CABUYAO
S.Y. 2018-2019



MEMORANDUM

TO : OIC – Assistant Schools Division Superintendent
OIC – Chief School Governance Operations Division
Chief Curriculum Implementation Division
Public Schools District Supervisors
All School Heads
All Officers-in-Charge
All Dentists and All Nurses
All Others Concerned

FROM : 
DORIS D.J. ESTALILLA, Ed. D.
OIC- Office of the Schools Division Superintendent

SUBJECT : **LAUNCHING OF HERBAL AND MEDICINAL PLANTS TO SCHOOL PROGRAM
(H&M Plants to School Program)**

DATE : June 04, 2018

1. Relative to RA 8423 also known as the Traditional and Alternative Medicine Act (TAMA) of 1997, this office announces the **Launching of H&M Plants to School Program** at Cabuyao Central School, Gabaldon Hall on August 07, 2018 at around 2:00-5:00 PM.
2. This program aims to achieve the following objectives:
 1. To educate learners on the utilization of herbal and medicinal plants through health teaching of school nurses
 2. To have available herbal and medicinal plants to school premises and creating a green environment that will contribute to clean air
 3. To utilize available herbal and medicinal plants in providing health care for the learners with sickness/illness
 4. To make a collaborative effort with parents and teachers through a natural, safe, effective, cheap, efficient and most especially quality health care delivery system for learners.
3. All herbal/medicinal plants shall be charged to the clinic share of the canteen funds and subject to the usual accounting rules and regulations.
4. Attached herewith is the copy of the approved program proposal (enclosure no.1) and monitoring tool (enclosure no. 2) that will be utilized by the PSDS.
5. Immediate dissemination of this memorandum is desired.



School Governance and Operations Division (SGOD)

School Health Section

HERBAL & MEDICINAL PLANTS

TO SCHOOL PROGRAM

(H & M Plants to School Program)

PROGRAM PROPOSAL



Prepared by:


ROMEL A. DELINGON, RN.MAN.
Nurse II

Recommending Approval:


JOSE CHARLIE S. ALOQUIN, Ph.D.
OIC-SGOD Chief

Approved:


DORIS D. ESTALILLA, Ed. D.
OIC-Schools Division Superintendent



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Project title: H&M PLANTS TO SCHOOL PROGRAM

H- Herbal

M- Medicinal

Plants to School Program

This title will straightforwardly determine that herbal and medicinal plants will be utilized and to have available of traditional and alternative medicine in school. It will bring back the availability of natural medicine in school setting thereby helping the school children obtain quality health care services through a natural, safe, effective, cost effective approach.

I. Rationale

The program is in line to the RA 8423 also known as the “**Traditional and Alternative Medicine Act (TAMA)**” of 1997. This is an act creating the *Philippine Institute of Traditional and Alternative Health Care (PITAHC)* to accelerate the development of traditional and alternative health care in the Philippines, providing for a traditional and alternative health care development fund and for other purposes. The declaration of policy states that, “It is hereby declared the policy of the State to improve the quality and delivery of health care services to the Filipino people through the development of traditional and alternative health care and its integration into the national health care delivery system.” One of the objectives of this act is to promote and advocate the use of traditional, alternative, preventive and curative health care modalities that have been proven safe, effective, cost effective and consistent with government standards on medical practice.

To provide quality health care delivery system in schools using traditional and alternative medicine for the students, **H & M Plants to School Program** will aim to disseminate information to the school population on the use of herbal medicines. Nurses, parents and P.T.A. members with YES-O officers and clinic teachers are encourage to join the planting of the 10 herbal and medicinal plants approved by the Department of Health. In this regard parents, PTA Yes O officers and SSG officers together with nurses will have a joint effort in providing health care to the learners. As expected result parents would be participative since they are part of the project and will able to bring back the trust to the health department in taking care the most valued clientele in school, the learners. School nurses with collaborative effort to the doctors will utilize the use of herbal medicines. Natural safe and effective medicines will be utilized to encourage the health and wellness of the learners. Furthermore, nurses in the school will able to utilize safe cost effective and efficient medicines for the patients and for the whole school community

II. Objectives:

1. To educate learners on the utilization of herbal and medicinal plants through health teaching of school nurses
2. To have available herbal and medicinal plants to school premises and creating a green environment that will contribute to clean air.
3. To utilize available herbal and medicinal plants in providing health care for the learners with sickness/illness.
4. To make a collaborative effort with parents and teachers through a natural, safe, effective, cost effective, efficient and most especially quality health care delivery system for learners.



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III. Program Proponent:

SGOD (School Health Section)

IV. Venue and date:

All schools in the City Schools Division of Cabuyao (Elementary and Secondary)
Whole month of August

V. Target Participants

All Elementary and Secondary Students in the City Schools Division of Cabuyao

VI. Proposed budget:

Each school will provide budget for the seedlings at least 100.00 for each herbal plant. Schools with available clinic fund are encourage to provide more than the allotted budget.

Expenses	Seedlings	Total
1. Lagundi	10 pcs.	P 100.00
2. Ulasimang bato	50 pcs.	P 100.00
3. Guava	10 pcs.	P 100.00
4. Bawang	30 pcs.	P 100.00
5. Yerba Buena	10 pcs.	P 100.00
6. Sambong	10 pcs.	P 100.00
7. Akapulko	10 pcs.	P 100.00
8. Niyog-niyogan	10 pcs.	P 100.00
9. Tsang-gubat	10 pcs.	P 100.00
10. Ampalaya	10 pcs.	P 100.00
Total		P 1,000.00

V. Sources of fund:

School Canteen (Clinic Fund)



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V. Plan of Activities

Activity	Objectives	Key Person	Time Frame	Target Participants	Expected Output
Program Orientation for Nurses	To orient nurses to the program	Romel A. Delingon	1 st Monday of August	All Nurses	Full participation of nurses to the orientation program
Program Launching	To informed the whole City Schools Division about the Program	Romel A. Delingon	1 st Tuesday of August	All PSDS, School Heads and OIC's, Dentist and Nurses	Full participation of the target participants to the launching program
Health teaching of the 10 herbal and medicinal plants approved by the DOH	To educate learners on the utilization of herbal and medicinal plants through health teaching of school nurses	Nurses	2 nd – 3 rd week of August 2018	All elementary and high school students	Knowledgeable learners on the use of herbal and medicinal plants through application.
Planting of 10 herbal and medicinal plants approved by the DOH	<p>To have available herbal and medicinal plants to school premises and creating a green environment that will contribute to clean air.</p> <p>To have a collaborative effort with parents and teachers PTA officers and Yes O officers by planting 10 herbal and medicinal plants approved by the DOH.</p>	All Nurses and School Heads/OIC's	4 th week of August 2018	Nurses Parents Clinic Teachers PTA officers YES-O Officers	<p>Available herbal and medicinal plants in school premises approved by the DOH</p> <p>Full participation of parents and teachers PTA officers and Yes O officers by planting 10 herbal and medicinal plants approved by the DOH</p>
Utilizing the 10 herbal and medicinal plants approved by the DOH	To utilize available herbal and medicinal plants in providing health care for the learners with sickness/illness.	Nurses and Doctors	Year round	Nurses Doctors Clinic teachers Patients	Natural safe efficient and effective nursing intervention to learners utilizing tried and tested herbal and medicinal plants approved by DOH.



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VI. Program Management Team/Working Group

Executive Committee

Chairperson:	DORIS DJ. ESTALILLA, Ed. D.
Co-Chairperson:	ELVIRA B. CATANGAY, Ed. D.
Members:	JOSE CHARLIE S. ALOQUIN, Ph.D. EDNA F. HEMEDez, Ed. D.

Technical Working Group

Program Proponent:	ROMEL A. DELINGON, RN.MAN.
Program Monitoring and Evaluation:	All Public Schools District Supervisors
Program Supervisors:	All School Head/OIC's
Facilitators:	All Nurses National and LSB Funded
Registration/Documentation:	All Nurses
Support Staff:	All PTA and YES-O Officers



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APPENDICES

10 Approved Herbal and Medicinal Plants by DOH



1.) Lagundi (*Vitex negundo* L.)

It is one of the ten herbal medicines endorsed by the Philippine Department of Health as an effective herbal medicine with proven therapeutic value. Studies have shown that Lagundi can prevent the body's production of leukotrienes, which are released during an asthma attack.

Even in Japan, lagundi is becoming recognized as an effective herbal medicine, especially since researches have shown that it contains properties that make it an expectorant and it has been reported to function as a tonic as well. More than that, most of the parts of the lagundi plant have medicinal value

Common names: Dangla (Ilokano); five-leaved chaste tree, horseshoe vitex

Indication: Leaves and flowering tops decoction, syrup, tablets and capsules for coughs, colds, fever and asthma.

Found in: in humid places or along watercourses, in waste places and mixed open forest

Parts used: Leaves and flowering tops

Special precautions: Make sure to have the five-leaved varieties, as there are other varieties of lagundi.

Preparation:

Asthma, Cough & Fever

– Decoction (Boil raw fruits or leaves in 2 glasses of water for 15 minutes)Dysentery, Colds & Pain – Decoction (Boil a handful of leaves & flowers in water to produce a glass, three times a day)

Skin diseases (dermatitis, scabies, ulcer, eczema)

– Wash & clean the skin/wound with the decoction

Headache

Crush leaves may be applied on the forehead

Rheumatism, sprain, contusions, insect bites

-Pound the leaves and apply on affected area



2.) Ulasimang-bato (*Peperonia pellucida*)



It is a small herb that grows from 1 to 1 1/2 feet. Pansit-pansitan can be found wild on lightly shaded and damp areas such as nooks, walls, yards and even roofs. Pansit-pansitan has heart shaped leaves, succulent stems with tiny flowers on a spike. When matured, the small fruits bear one seed which fall of the ground and propagate.

Common names: Ulasimang-bato, pansit-pansitan (Tagalog); olasiman-ihalas (Cebu,Bisaya); tangon-tangon (Bikol); peperonia (English)

Indications: Infusion, decoction or salad for gout and rheumatic pains; pounded plant warm poultice for boils and abscesses

Found in: In lowland rain forest, thickets, hedges, waste places, and roadsides.

Parts used: aerial plant parts

Special precautions: Avoid using with other pain relievers, diuretics

Preparation:

Lowers uric acid (rheumatism and gout)

– One a half cup leaves are boiled in two glass of water over low fire. Do not cover pot. Divide into 3 parts and drink one part 3 times a day

3.) Guava (*Psidium guajava* L.)



Bayabas or guava is a tropical plant, which is locally known for its edible fruit. In the backyards of Filipino homes in the country, this plant is commonly seen, and grown because of its many uses as fruit and as traditional remedy to treat various ailments. As shown by many research studies, almost all of the parts of this plant have medicinal qualities and value, and thus, making it as one of the most popular therapeutic plants in the Philippines.

Common names: Guava, bayabas (Tagalog); guyabas (Iloko); Guava (English).

Indications: antidiarrheal and antiseptic

Found in: Common in the Philippines



Parts used: Leaves, fruits

Special precautions: Eating too much guava fruit may cause constipation

Preparation:

For washing wounds

– Maybe use twice a day

Diarrhea

– May be taken 3-4 times a day

As gargle and for toothache – Warm decoction is used for gargle. Freshly pounded leaves are used for toothache. Boil chopped leaves for 15 minutes at low fire. Do not cover and then let it cool and strain.

4.)Bawang (*Alium sativum* L.)



This herb is one of the most widely used herbal medicines in the Philippines and can also be found commonly in the kitchen of Filipino households as it is used to spice up food preparations. The Philippines bawang or garlic variety is more pungent than the imported ones. Its medicinal properties have been known for a long time and have been especially proven during World War II when it was used to treat wounds and infections of soldiers. Garlic antibacterial compound known as allicin, saved many lives of the soldiers as this property prevented the wounds from being infected and developing into gangrene at a later stage by extracting the juice of bawang or garlic and applying to the wounds.

Common names: Ajos (Bisaya); garlic

Indications: Fresh cloves, capsules for lowering blood cholesterol levels; antiseptic.

Found in: cultivated all over the world. Probably originated from Central Asia

Parts used: Leaves and bulbs (cloves)

Special precautions: Avoid taking with medicines for lowering blood sugar, and medicines for thinning blood. Dosage must not exceed 6-8 cooked cloves a day. Stomach ulcer may develop if garlic is eaten raw

Uses & Preparation:

Hypertension

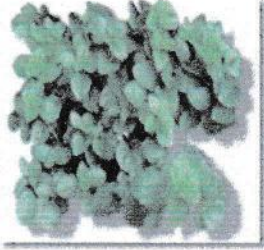
– Maybe fried, roasted, soaked in vinegar for 30 minutes, or blanched in boiled water for 15 minutes. Take 2 pieces 3 times a day after meals.

Toothache

– Pound a small piece and apply to affected are



5.) Yerba Buena (*Clinopodium douglasii*)



Yerba Buena has been consumed for centuries as tea and herbal medicine as a pain reliever (analgesic). Native American Indians used it even before the “white men” colonized the Americas. Today, this folk medicine’s efficacy has been validated by scientific research. In the Philippines, Yerba Buena is one of the 10 herbs endorsed by the Department of Health (DOH) as an effective alternative medicine for aches and pains.

Common name: Peppermint

Indications and preparations: for pain, cough, colds, nausea, dizziness, and

Pruritus

Parts utilized: leaves, sap of plant

Uses & Preparation:

Pain (headache, stomachache)

– Boil chopped leaves in 2 glasses of water for 15 minutes. Divide decoction into 2 parts, drink one part every 3 hours.

Rheumatism, arthritis and headache

– Crush the fresh leaves and squeeze sap. Massage sap on painful parts with eucalyptus

Cough & Cold

– Soak 10 fresh leaves in a glass of hot water, drink as tea. (expectorant)

Swollen gums

– Steep 6 g. of fresh plant in a glass of boiling water for 30 minutes. Use as a gargle solution

Toothache

– Cut fresh plant and squeeze sap. Soak a piece of cotton in the sap and insert this in aching tooth cavity

Menstrual & gas pain

– Soak a handful of leaves in a lass of boiling water. Drink infusion.

Nausea & Fainting

– Crush leaves and apply at nostrils of patients

Insect bites

– Crush leaves and apply juice on affected area or pound leaves until like a paste, rub on affected area

Pruritis

– Boil plant alone or with eucalyptus in water. Use decoction as a wash on affected area.



6.) Sambong (*Blumea balsamifera* L. DC)



Sabong is an amazing medical plant. Coming from the family of Compositae, it goes by several names locally. It is known in the Visayas as bukadkad and as subsud in Ilocos. This plant possesses a multitude of properties that make it worthy of the DOH approval.

Common names: Sambong (Tagalog); lakad-bulan (Bikol); Ngai camphor (English)

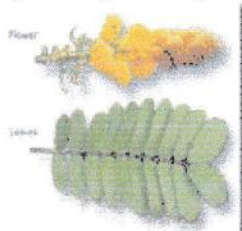
Indications: Diuretic in hypertension; dissolves kidney stones

Found in: In roadsides, fields, lowland and mountainous regions

Parts used: Leaves and flowering tops

Special precautions: Avoid using with other diuretics. When taking diuretics, eat at least one banana a day.

7.) Akapulko (*Cassia alata* L.)



Akapulko is a shrub found throughout the Philippines. It is known under various names in different regions in the country.

Common names: Katanda (Tagalog); andadasi (Ilokano); palochina (Bisaya); ringworm bush, seven golden candlesticks, bayabas-bayabasan

Found in: Abundantly naturalized in South East Asia, and occasionally planted throughout the region for medicinal and ornamental purposes

Parts used: Leaves

Preparation:

Anti-fungal (tinea flava, ringworm, athlete's foot and scabies)

– Fresh, matured leaves are pounded. Apply soap to the affected area 1-2 times a day

8.) Niyog- Niyogan (*Quisqualis Indica* L.)





Common names: Tartaraok (Tagalog); balitadham (Bisaya); Rangoon creeper, Chinese honeysuckle, liane vermifuge.

Indications: Fruit (kernel) anthelmintic; leaves poultice for headache

Found in: In forest margins at low altitude, in gardens and backyards. Native to Asian tropics and throughout Malesian region.

Parts used: Fruits

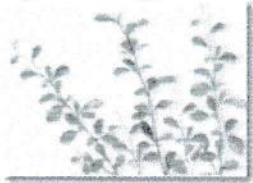
Special precautions: Follow recommended dosage. Overdose causes hiccups.

Preparation:

Anti-helmintic

-The seeds are taken 2 hours after supper. If no worms are expelled, the dose may be repeated after one week. (Caution: Not to be given to children below 4 years old)

9.) Tsaang Gubat (*Carmona retusa* (Vahl) Masam.)



Tsaang Gubat is a shrub that grows abundantly in the Philippines. In folkloric medicine, the leaves have been used as a disinfectant wash during child birth, as cure for diarrhea, as tea for general good health and because Tsaang Gubat has high fluoride content, it is used as a mouth gargle for preventing tooth decay. Research and tests now prove its efficacy as an herbal medicine. Aside from the traditional way of taking Tsaang Gubat, it is now available commercially in capsules, tablets and tea bags.

Common names: Putputai (Bikol); alangit (Bisaya); forest tea, wild tea.

Indications: pills, leaf decoction for gastroenteritis; as gargle to prevent cavities

Found in: In secondary forests at low and medium altitudes. Sometimes cultivated as ornamentals.

Parts used: Leaves

Preparation:

Diarrhea

– Boil chopped leaves in 2 glasses of water for 15 minutes. Divide decoction into 4 parts. Drink 1 part every 3 hours

Stomachache

– Boil chopped leaves in 1 glass of water for 15 minutes. Cool and strain.



10.) Ampalaya (*Momordica charantia* (L.) DC)



Ampalaya has been used even by the Chinese for centuries. The effectiveness of Ampalaya as an herbal medicine has been tried and tested by many research clinics and laboratories worldwide. In the Philippines, the Department of Health has endorsed Ampalaya as an alternative medicine to help alleviate various ailments.

Common names: Ampalaya (Tagalog); paria (Ilokano); palia (Bisaya); bitter gourd, bitter cucumber, bitter melon (English)

Indications: lowers blood sugar levels; for fertility regulation

Found in: In lowland rain forest, thickets, hedges, waste places, and roadsides.

Parts used: Young leaves

Special precautions: Blood sugar levels should be monitored regularly. The native variety with small bitter fruit is recommended.

Preparation:

Diabetes Mellitus (Mild non-insulin dependent)

– Chopped leaves then boil in a glass of water for 15 minutes. Do not cover. Cool and strain. Take 1/3 cup 3 times a day after meal.



MONITORING TOOL

H&M Plants to School Program

School: _____

Date: _____

Cluster/ District: _____

Herbal and Medicinal Plants	Availability		Remarks
	YES	NO	
1. Lagundi			
2. Ulasimang Bato			
3. Guava			
4. Bawang			
5. Yerba Buena			
6. Sambong			
7. Akapulko			
8. Niyog-niyogan			
9. Tsaang-gubat			
10. Ampalaya			

Comments / Suggestions:

School Head/OIC:

 Signature over Printed name

Monitored by:

 Signature over Printed name