

Useful Plants of the Alangan Mangyan of Halcon Range, Mindoro Island, Philippines

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Abstract

Quantitative studies on plant use by the local people have been slowly growing in the Philippines, yet the application of this field has not been fully utilized in a Philippine setting. This study documented the useful plants of the Alangan Mangyan community in Paitan, Naujan, Mindoro Island, Philippines. Based from the face-to-face interview of 60 key informant interviews, this study recorded 199 local names of plants classified into different uses. Results showed that there were more cultivated than wild plant species for food, fodder, medicine, and firewood use categories, while more wild than cultivated species were recorded for construction and timber use categories. While being cultivators of their swidden farms, it was also observed that they did not completely abandon foraging in the forests, as they identify useful plants from their forests. Moreover, the present knowledge on the use of plants is reflective of the changing subsistence strategies over time due to population pressure and influence of the outside social environment. The Alangan knowledge on plant use is vital in biodiversity conservation of the island. Thus, this knowledge must be considered in the formation of inclusive local policies to safeguard the sustainability of their practices. Intergenerational transmission of their knowledge on plant use is also critical in preserving the Alangan culture.

Keywords

Alangan Mangyan, plant use categories, subsistence strategies, shifting cultivation

1. Introduction

People evolved from the beginning how to interact with nature particularly with plants in terms of their utilization. Ethnobotany, a study that deals with the interaction of indigenous peoples with plants, has been significant in the discovery of medicine, food, textile products, pigment and dyes, as well as in conservation and sustainable use of forest resources (Harshberger, 1896; Balick and Cox, 1996). This field has also been crucial in documentation of the indigenous knowledge particularly on plant uses (Balick and Cox, 1996). Ethnobotany is one of the emerging disciplines that investigates the intersection of nature and culture systems (Pretty et al., 2009; Hong, 2013).

Plant-human interaction has been very evident with our indigenous peoples, especially in the Philippines where there are many indigenous groups from the north to the south of the archipelago. Studies about the Philippine ethnobotany were widely conducted in the Philippine indigenous groups, some of which include Ifugao (Conklin, 1967), Bontoc (Bodner and Gereau, 1988), Ayta (Fox, 1952), Hanunoo (Conklin, 1955), and Tasaday people (Yen and Gutierrez, 1974). These studies, being qualitative in nature, provided well-detailed accounts on the ethnobotanical uses of plants. Moreover, studies focusing mainly on ethnomedicinal accounts were also conducted in the country (Balangcod and Balangcod, 2011; Raterta et al., 2014; Olowa and Demayo, 2015; Fajardo et al., 2017). Information on plant uses have been very valuable in the contributing knowledge on medicine and conservation (Pei, 2013).

One of indigenous groups in the Philippines is the Alangan, the native inhabitants in Halcon Range of Mindoro Island, Philippines. These people are horticulturists who progressed from foragers in the forests to cultivators of root crops (Mandia, 2004). The Alangan, together with the seven other indigenous groups in Mindoro Island, are collectively called Mangyan, a term that is used to define the indigenous people living in Mindoro. As the main and the oldest users of the natural resources of the forests of Halcon Range, it is important to know how these people have used the plant resources of Mt. Halcon.

To date, existing studies about plant use of the Alangan were qualitative in nature (Mandia, 2004; Caringal and Guarde, 2015). Quantitative approaches in ethnobotany has been recently growing (Phillips and Gentry, 1993a,b; Oliveira et al., 2007; Lucena et al., 2007; Albuquerque et al., 2011; Lucena et al., 2013) as these have been found to be useful in addressing issues on sustainable use and conservation (Pei et al., 2009). Though there were few studies of quantified plant uses in the Philippines (Abe and Ohtani, 2013; Ong and Kim, 2014), these were all focused on medicinal plants and were not fully utilized in the context of conservation. This study is a quantitative assessment of the plant use patterns of the Alangan people of Mt. Ilong, Halcon Range.

The objectives of the study were as follows: (1) to determine the useful plants of the Alangan Mangyan community at the foothold of Mt. Ilong in Paitan, Naujan, Oriental Mindoro; (2) to document the distribution of plant per use categories; and (3) to analyze how the current knowledge on plant use reflect the subsistence strategies of the Alangan people.

2. Study Area and Methods

Study Area

Paitan is a *barangay* in the municipality of Naujan, Oriental Mindoro (Figure 1). It is a lowland settlement near the foothold of the Halcon Range, particularly Mt. Ilong. This settlement in Paitan was described by Mandia (2004) as a more acculturated community compared to other settlements in the upland area, with some houses made of concrete and galvanized roofs. As of 2015, the population recorded in Brgy. Paitan is 1,519 (Philippine Statistics Authority, 2010), and is composed of 292 households. The annual growth rate of Brgy. Paitan from 2010-2015 is 1.30%, a rate that is lower compared with the growth rate of the province of Oriental Mindoro (1.38%) and of the Philippines as a whole (1.72%).

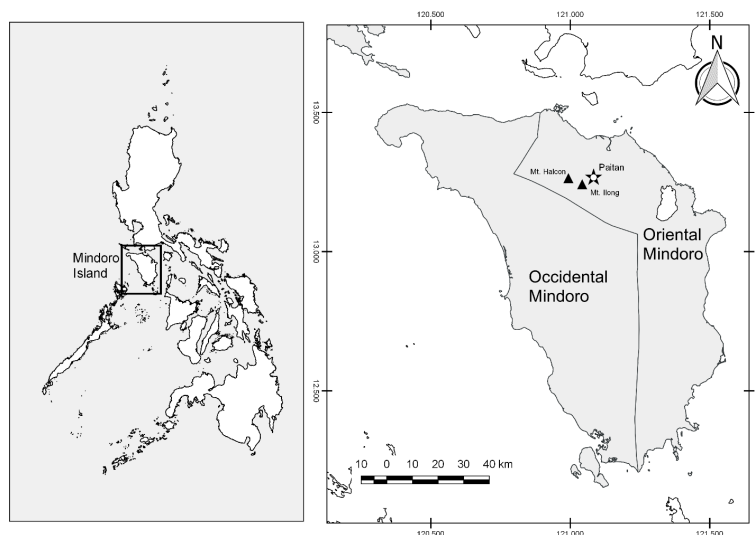


Fig 1. Map showing the location of the study area. Mindoro Island is boxed in the Philippine map at left. Paitan is indicated at the right map, marked with a star. Mt. Halcon and Mt. Ilong are also indicated in the map, marked as triangles. Map is generated using QGIS v2.18.13.

3. Methodology

A prior informed consent was secured from *Samahan ng Nagkakaisang Mangyan Alangan* (SANAMA), a people's organization representing the Alangan Mangyan. The researcher also asked consent from the barangay chairman of Paitan, Naujan, Oriental Mindoro.

In this research, survey questionnaire (written in Filipino) was used as a means of gathering the necessary data. The samples were obtained using systematic random sampling. The material was administered as a face-to-face interview

and divided into two parts: socio-demographic profile of the household and knowledge on the use of plants found in the Halcon Range (Appendix A). The semi-structured survey is written in Filipino. The informants were asked to free-list all the plant that they know. After providing an initial list of plants, the informants were asked how they use these resources, whether which part is for food, firewood, medicine, construction, and others to extract more information on plants and their use.

The heads of the household served as the informants in this study. In case the household head was not available, any adult (18 years old and above) in the family who can answer the questions was chosen as informant. Since the aim is to measure knowledge of plant use of the people quantitatively, the informants came from varying age groups, gender, and occupation, most of which being involved in swidden farming.

Moreover, key informant interviews were also conducted with the elders or tribal leaders to further verify the data. Guided tours were also utilized, where the researchers walked with the informants in the vegetation to record their comment and identifications of the plants.

4. Results

The 60 informants from this survey were composed of 29 male and 31 female respondents. Among these informants, 26.43% were from Sitio Bagong Buhay, 14.23% from Sitio Guna, 13.22% from Sitio Bayanan, and 7.12% from Sitio Bagong Pook. The age and gender distribution of the informants is summarized in Figure 2. The age pyramid of the household members of the informants is shown in Figure 3. Among these informants, 84.33% had a family member involved in swidden farming (*kaingin*).

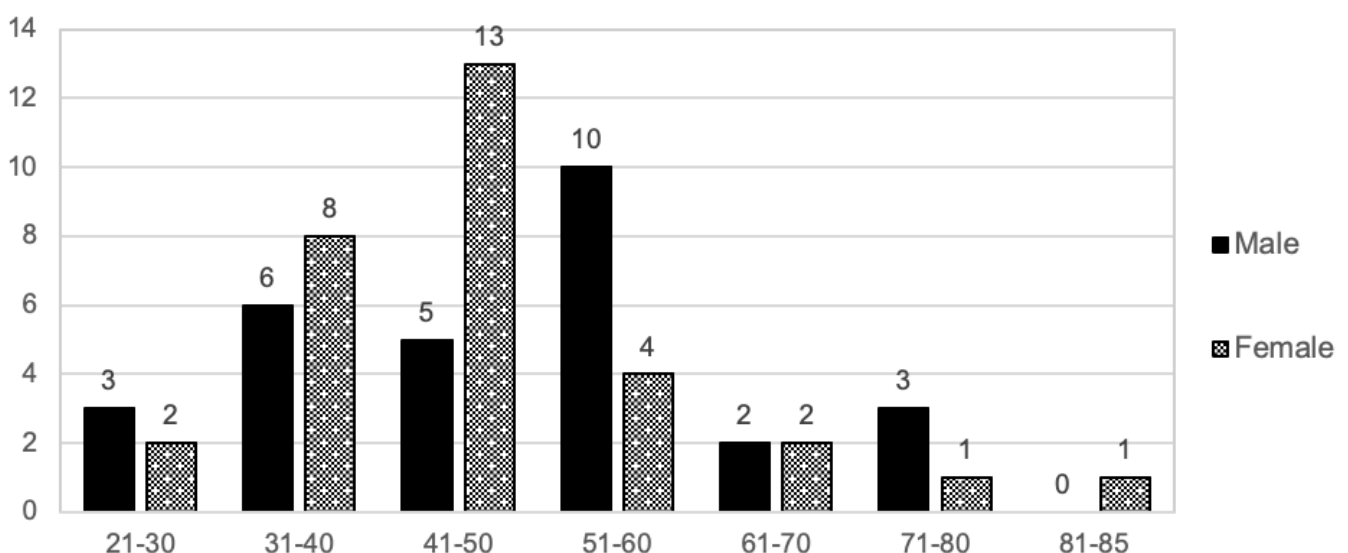


Fig 2. Graph showing the age and gender distribution of the informants.

Majority of the informants range from 31-60 years old. The graph above shows that highest number of male informants age were at around 51-60 years old, while the highest number of female informants range from 41-50 years old. The average number of years of education (counting from primary year or Grade 1 onwards) was 4.43 years for male informants, and 7.10 years for female informants.

The informants came from varying occupations, majority of which were farmers (55.0%). The rest were composed of housewives (25%), hired workers (6.7%), barangay officials/workers (6.7%), unemployed individuals (3.3%), NGO worker (1.7%) and gardener (1.7%).

The age pyramid of the informants (Figure 3) shows that the composition of their households were young, with the youngest age groups comprising the bottom of the pyramid.

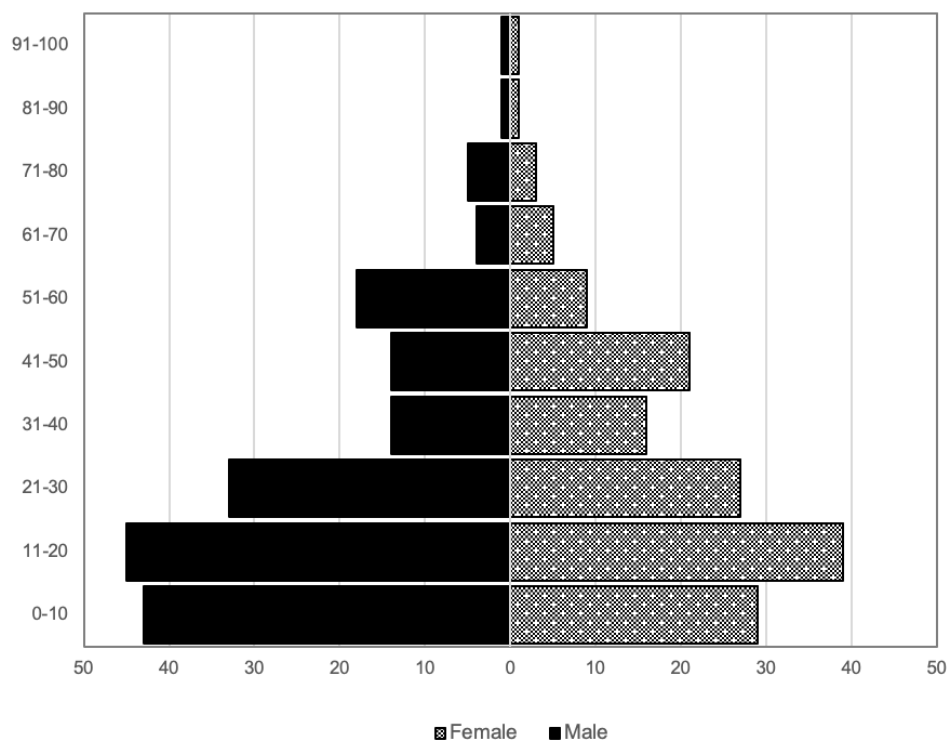


Fig 3. Age pyramid of the household members of the informants.

The Useful Plants of the Alangan People

A total of 199 plant names was reported during the interview and were classified according to use categories (Food, Fodder, Lumber, Medicine, Ornamental, Construction, Firewood/Charcoal, Insecticide/Insect Repellant, Cash Crop, and Cultural). Note that except for cultural use, the rest of the recorded uses can be classified as provisioning ecosystem services (MEA, 2005). Figure 4 shows the distribution of plant names per use category, differentiating both wild and cultivated plants.

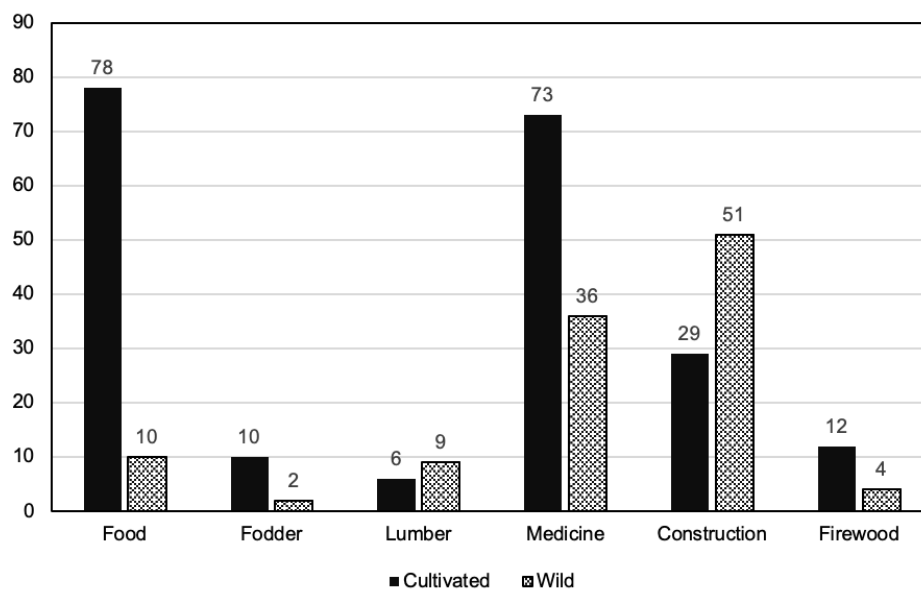


Fig 4. Number of local names mentioned by the informants per use category. Cultivated plants are represented by black bars, whereas wild plants are represented by patterned bars. Only the top use categories were shown in this graph.

The graph shows that the people had more knowledge on food and medicinal plants. It was also noticeable that for food, fodder, medicine, and firewood, there were more cultivated than wild plants reported. For lumber and construction, there were more known wild plants than cultivated ones. To further give light to the distribution of plants per use category, the floristics summary per use category is shown in Table 1, indicating the number of identified families, genera, and species per use category.

Table 1. Floristics summary showing the number of identified families, genera, and species per use category. The assignment of categories for a plant is not mutually exclusive – a plant can have more than one use recorded, thus can be assigned to two or more use categories.

Use Categories	Families	Genera	Species
Food	34	61	74
Fodder	7	7	7
Medicine	44	74	77
Construction	28	45	52
Lumber	7	11	14
Cash crop	20	25	25
Handicraft	3	3	3
Pesticide/Insect Deterrent	5	5	5
Ornamental	10	9	9
Cultural	8	9	9

The Alangan people used a wide variety of species for different use categories. The highest number of families, genera and species were recorded from medicine, food, and construction categories (Table 2). Information on its uses, growth habit, plant part used, and habitat is also shown in this table.

The Alangan people utilized a variety of cultivated and wild plants as food sources. They cultivated plants either in their swidden farms (Figure 5.A) or homegardens. The major carbohydrate source of the Alangan people were “root crops”, which mostly belong to families Araceae and Dioscoreaceae. One notable plant from the forest, *namu* (*Dioscorea hispida*), is a semi-cultivated one consumed during times of famine. Although this plant was poisonous, the tubers can be consumed with proper preparation to make it edible (Mandia, 2004). The tubers were sliced thinly and soaked in water in a wooden container overnight, washed and soaked again overnight. Aside from root crops, a few grains (Poaceae) were also added in their diet as carbohydrate sources, such as corn and rice. A few legumes (Fabaceae) were also planted and consumed, which can be considered as good protein sources.



Fig 5. Photos showing the landscapes where the Alangan people obtain plants for everyday use: A) a sample of a swidden area with fruit trees and other cultivated crops; B) a forest ecosystem. Photos by ELC Villanueva (A) and AM Caringal (B).

They planted common vegetables for consumption, mostly coming from Family Cucurbitaceae and some solanaceous vegetables. A few leafy vegetables were also reported to be part of their diet, such as *mustasa* (*Brassica juncea*), *pechay* (*Brassica rapa*), *kangkong* (*Ipomoea aquatica*), and *malunggay* (*Moringa oleifera*) (Appendix A).

Fruit trees were also cultivated in their swidden farms, and these were usually being sold as cash crops as well (Appendix A). These trees include avocado (*Persea Americana*), *duhat* (*Syzygium cumini*), durian (*Durio zibethinus*), calamansi (*Citrufortunella microcarpa*), jackfruit (*Artocarpus heterophyllus*), *sinturis* (*Citrus reticulata*), *uloy* (*Artocarpus odoratissimus*), coconut (*Cocos nucifera*), *guyabano* (*Annona muricata*) and papaya (*Carica papaya*). Also included in this use categories were condiments, and these plants are easily gathered from their homegardens, such as *luya* (*Zingiber officinale*), *luyang dilaw* (*Curcuma longa*), *bawang* (*Allium sativum*), *samoro* (*Ocimum basilicum*), *kalamias* (*Averrhoa bilimbi*), *paminta* (*Piper nigrum*), *tanglad* (*Cymbopogon citratus*), and *sili* (*Capsicum anuum*).

There were also a variety of plants that were reported to have medicinal properties (Appendix B). These medicinal plants have different forms of preparation and can be used in treating a variety of illnesses. Their homegardens served as most accessible source of medicinal plants, helpful in times of emergency. Some medicinal plants were also obtained from their swidden farms and forests.

Construction plants refer to those plants that are used for building houses, either for pillars, walls, roofs, flooring, or even fences. Cordages used in building houses were also included under this category. Most of the plants that were used for house construction were woody trees. Some of the notable construction plants were members of Family Dipterocarpaceae, Lauraceae, and Fabaceae (Appendix A). Majority of the trees that fall under the construction category were generally gathered from forests and were also used as sources of lumber. Some other species used by the Alangan people can be found in the swidden farms, and these include a few wild woody trees (a combination of native and exotic trees), fruit trees, species of bamboo (Bambusoideae), and cogon (*Imperata cylindrica*). For cordage, the Alangan used some forest shrubs such as *tibanwa* (*Dracaena angustifolia*), *uway* (*Calamus/Daemonorps* spp.), *hagnaya* (*Stenochlaena palustris*), *nito* (*Lygodium* spp.), *banban* (*Donax canniformis*), *ulango* (*Pandanus radicans*), and *balingway* (*Flagellaria indica*) (Appendix A).

Some plants were also utilized as sources of charcoal and firewood (Table 1). These were all woody plants useful in building fire for cooking. These firewood sources were mainly composed of fruit trees such as avocado (*Persea americana*), *guyabano* (*Annona muricata*), *kalamansi* (*Citrufortunella microcarpa*), *kape* (*Coffea canephora*), *lanzones* (*Lansium parasiticum*), *mangga* (*Mangifera indica*), *nangka* (*Artocarpus heterophyllus*), *niyog* (*Cocos nucifera*), *rambutan* (*Nephelium lappaceum*), *santol* (*Sandoricum koetjape*), and *sinturis* (*Citrus reticulata*). The other plants that are used as firewood include *batino* (*Alstonia macrophylla* Wall ex G.Don), *ipil-ipil* (*Leucaena leucocephala* (Lam.) de Witt), mahogany (*Swietenia macrophylla*), *kawayan* (Bambusoideae), and *saransok* (*Melastoma polyanthum* Brum.f.). The Alangan also used to weaved baskets and containers either used or sold in the market. Some of the plant materials that they use come from *balingway* (*Flagellaria indica* L.), different species of *kawayan* (Bambusoideae), *nito* (*Lygodium* sp.), *uway*, and *yantok* (*Calamus/Daemonorps* spp.).

The Alangan practiced chewing betel nut, (*Areca catechu*), which has always been an important part of their culture. The betel nut (locally known as *bunga*) is usually mixed with *apog* (lime), *mam-in* (*Piper betle*), and *tabako/sadiwa* (*Nicotiana tabacum*). These four ingredients, when mixed, is collectively called as *nganga*. A few plants were also used in making their costumes, such as *anongo* (*Ficus* sp.), which is used in making *abayan*, *nito* (*Lygodium* sp.) and *uway* (*Calamus/Daemonorps* spp.), which can be used in making *yakis*.

5. Discussion

Patterns in Plant Use Categories

The results from Tables 1 and Appendix A showed that the Alangan people of Brgy. Paitan, Naujan, Oriental Mindoro were able to utilize a wide variety of plants – both wild and cultivated types – from the forest (Figure 5.B), their swidden farms (Figure 5.A), up to their own homegardens. Some of these plants were recounted to have multiple uses. The floristic diversity per use category was summarized in Table 1, showing the highest species number from medicine, food, and construction categories.

There were some ethnobotanical studies that quantified the number of species per use category. Cunha and Albuquerque (2006) conducted a quantitative ethnobotanical study of tree and shrub species in northern Brazil. It was found out in their study that the use categories with most number of species were related to obtaining wood, such as house construction, firewood and charcoal production, which is very similar to how the Alangan people made use of their plant resources at the Halcon Range. Another study by Torre-Cuadros and Islebe (2003) assessed the TEK of the Maya people in northern Quintana Roo (southeastern Mexico). The most common uses of plants were construction, medicine, crafts, and food. Moreover, a study in Central Western Spain, Iberian Peninsula analyzed the floristic diversity of plant use (Gonzales et al., 2013). The use categories with highest recorded number of plants were medicine, food, industry, and handicraft. An ethnobotanical study in Eastern Tanzania (Luoga et al., 2000), found out that the major plant use categories of Kwere and Zigua tribes include charcoal, firewood, medicine, and poles.

The major plant use categories in the Alangan context was relatively similar with other indigenous people in the world. For food and medicine categories, most of the species that were reported by the Alangan informants were readily accessible as these can mostly be found in their swidden farms and homegardens. Furthermore, members of this use categories were mostly composed of cultivated plants making these plants more available than the wild plants from the forest area.

High diversity of cultivated crops in various habitat types reduces the pressure on wild plant resources, leading to a more sustainable forest use (Pei et al., 2009). Furthermore, cultivation of these various plants in such as homegardens and swidden farms provides subsistence at least in their basic needs (Soemarwoto, 1987) such as food and medicine. It also provides additional income for the people.

The food plants of the Alangan share relative similarity with food plants used by other indigenous peoples in the Philippines, like the Ayta (Fox, 1952), Hanunoo Mangyan (Conklin, 1955), and the Bontoc people (Bodner and Gereau, 1988). It is worth noting, moreover, that these groups, including the Alangan Mangyan, share the same subsistence strategy as swidden cultivators, and thus having relatively similar and diverse staple crops, fruits and vegetables. Aroids such as gabi (*Colocasia esculenta*) and root crops such as kamote (*Ipomoea batatas*) are some of the common and widely used staple crops in the *kaingin* farms of the indigenous peoples in the Philippines (Matthews et al., 2012; Pardales, 1997; Caringal and Guarde, 2015). Fruits and vegetables of different species were also similar and cultivated alongside with these crops.

There were a variety of plants that were utilized for construction purposes (Appendix A), and whether trees or shrubs, these were all woody in nature. For this use category, there were more wild species utilized than from cultivated ones. This only shows that the Alangan people were dependent on the forest for some resources, at least in terms of the woody species for construction purposes.

As shifting cultivators, it is only natural that the Alangan people know a lot about their cultivated plants. While they were mainly utilizing plants from their swidden farms, the Alangan people of Paitan preferred to obtain some local flora from the forests. This only means that they did not completely abandon their nature as foragers, as they were still able to name some useful plants from their forests. Perhaps, as they interacted with nature, they tried as much as possible to cultivate some plants of daily importance but retained the nature harvesting practice for some plants which they do not need for everyday use.

Evolution of Subsistence Strategies in the Alangan Context

It has been attested that the forest has better protection when the traditional practices is well-maintained (Pei et al., 2009). However, in the context of changing environment, it is evident that the subsistence strategies of the Alangan people have gradually evolved over time. As an adaptive response to the changing environmental and socio-economic conditions, the traditional ecological knowledge of the indigenous people can also change (Gomez-Baggethun and Reyes-Garcia, 2013).

In the Aytas of Pampanga, Philippines, for example, in an ethnobotanical survey by Ragragio et al. (2013), it was observed that there was a decrease in their knowledge of useful plants, as compared from the earlier study of Fox (1952). The authors argued that this happened as contributed by some factors, including the displacement of the people and acculturation, as well as loss of forest cover due to the eruption of Mt. Pinatubo.

In the Alangan setting, it can be seen from the results of this study (Appendices A and B) that the knowledge on plant use of the Alangan people is more than a byproduct of the oral culture that is passed from generation to generation. For instance, it was observed that in the case of plants categorized as medicine, there were plants found in their homegardens that are not naturally growing in their forest. They make use of these medicinal plants the same way with the lowlanders. These people somehow managed to plant these species for an easier access to herbal medicine in times of emergency. Some of the local health workers were able to gain knowledge through the trainings and seminars that they attend to. The older people and traditional healers, meanwhile, remain knowledgeable on forest plants.

The Alangan people in Paitan were able to adapt the culture of the lowlanders. The Alangan culture should not be considered as an isolated system: these people interacted with the lowlanders with their cultures. These practices should not be seen as static, but rather as dynamic which is evolving as a response to the changing conditions (Wiersum 1997; Soemarwoto, 1986).

However, this influence from the outside social environment can cut both ways. Indigenous knowledge can be achieved by accepting new knowledge and disregard some components that were less suitable in their everyday living. This change can only be considered healthy if they are able to apply their own knowledge (Gomez-Baggethun and Reyes-Garcia, 2013); otherwise, the influence will result to the detriment of their own culture.

An evidence of this adaptation in the Alangan context was documented by Caringal and Guarde (2015) in their study in Paitan and Bualao, another Alangan community in the upland of the Alangan Valley. The Alangan people were able to develop a food security strategy called *himalay*, a practice where they glean leftover rice grains upon harvest on the land of the lowlanders. This adaptation is not an old one, as the Mangyans in general once inhabited the plains and the coastal areas of Mindoro Island. They migrated to the forest and mountain areas as lowlanders began settling in the island circa 50 years ago. As they developed this rice gleaning practice, they retained knowledge on several varieties of their staple upland root crops such as *kamuti* (*Ipomoea batatas*) and *gabi* (*Colocasia esculenta*), which they cultivate in their swidden farms.

The changing patterns in the food subsistence practices of the Alangan is a likeness of the theory of Esther Boserup (1965), which states that the increasing population leads to a more intensified agricultural production. The population of Brgy. Paitan is gradually growing at an annual growth rate of 1.3% from 2010-2015 (PSA, 2010; 2015). To meet the needs of their people, the traditional clearing-fallowing cycle was less observed in their swidden farms. Recently, their practice is slowly transforming into a more permanent form of agriculture (Mandia, 2004). During the interview with the key informants, from the previously reported fallow period of 5-10 years (Mandia, 2004), the resting period for the swidden farms was shortened to three years. It is worth noting, moreover, that the harvest in their farms is not primarily for consumption but for trade to help secure lowland goods (Quiaoit, 1997).

This shortening of the fallow period among swidden farms has been a trend in the Philippines (Lasco et al., 2001) and in Southeast Asia (Rasul and Thapa, 2003). This trend was also observed in the swidden farms of Hanunuo Mangyan in Bulalacao, Oriental Mindoro (Gascon, 1998). From 10-15 years (as reported by Conklin, 1955), fallow period was shortened to 1-3 years. This practice was described as unsustainable, as it can result to lower soil fertility and increased erosion rates (Dressler et al., 2017).

Given this situation, if their present agroforest lands cannot meet the needs of the people, there is a possibility of an increasing demand for agroforest lands in the future, leading to encroachment to the upper slopes of the forest area. This scenario, however, remains a possibility as the forests of the Halcon Range remain to play an integral part of the Alangan people. They consider the mountains as sacred and have a deep respect for their lands. In fact, the Alangan word *kubat* means “world”, and this term has a double connotation. *Kubat* also means “forest”, which implies that the world is forest for them (Schult, 2001). As one of the key informants have stated: *Kung gagamitin mo siya [ang kalikasan] gagamitin ka rin nito. Kung iingatan mo ang kalikasan, iingatan ka rin nito* (If you dominate over nature, it will also make use of you. If you will take care of nature, it will also take care of you.). Their understanding of the forest-people interaction and culture of valuing the forest is deeply rooted and can play a crucial role in the protection of their lands.

6. Conclusions and Recommendations

This study was able to collect information on the use of plants by the Alangan people of Halcon Range, Mindoro Island, Philippines. Results showed that plants remain an important component of their life by providing their necessities such as food, medicine, and house construction, just like in other indigenous communities worldwide. The Alangans have many plants easily domesticated in their swidden farms but some periodically needed plants are still harvested from the nearby forest. The use of these plants is reflective of their evolving subsistence strategies. They are gradually moving to

a more permanent form of agriculture, which can be attributed to increasing population pressure. The transition from shifting cultivation to permanent agriculture only shows the dynamic adaptation of the Alangan culture through time.

While other influences such as acculturation and population pressure are inevitable in the Alangan community in Paitan, Naujan, Oriental Mindoro, their traditional ecological knowledge, particularly on the use of plants can play a vital part in conserving biodiversity of Mindoro. Therefore, in creating local policies to safeguard the sustainability of their agricultural practices, a close collaboration between the local government units (LGU's) and indigenous community is highly recommended.

Moreover, intergenerational transmission of the knowledge on the use of plants and values on the importance of the forest ecosystem is recommended by teaching the younger generation of Alangan people on their culture and the use of plants. This study also gives light on the potential of homegardens for *in situ* conservation of plant species from their forest. As this study primarily dealt with provisioning ecosystem services from plants, it would also be interesting to document and quantify how these people perceive other ecosystem services.

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Table 2. Appendix A. List of useful plants of the Alangan people of Halcon Range, Mindoro Island, Philippines, as revealed from the interviews.

Family/Species	Local/English Common Name	Growth Habit	Uses	Parts Used	Habitat
Achariaceae					
<i>Pangium edule</i> Reinw.	<i>kulilis</i>	tree	Construction	stem	forest
Acoraceae					
Amaranthaceae					
<i>Aerva lanata</i> (L.) Schult	<i>agad-agad</i>	herb	Medicine	flower, leaf	homegarden
<i>Amaranthus spinosus</i> L./ <i>A. cruentus</i> L.	<i>uray</i>	herb	Medicine	leaf, root	homegarden
Amaryllidaceae					
<i>Allium sativum</i> L.	<i>bawang</i>	herb	Food, Medicine	bulb	homegarden
Anacardiaceae					
<i>Mangifera indica</i> L.	<i>mangga</i>	tree	Medicine, Food, Cash crop, Firewood	fruit	homegarden, swidden farm
<i>Spondias pinnata</i> (L. f.) Kurz	<i>libas</i>	tree	Food	fruit	forest
Annonaceae					
<i>Annona muricata</i> L.	<i>guyabano</i>	tree	Medicine, Food, Cash crop, Firewood	leaf, shoot, bark	homegarden, swidden farm
<i>Cananga odorata</i> (Lam.) Hook.f. and Thomson	<i>ilang-ilang</i>	tree	Construction	stem	swidden farm
Arecaceae					
<i>Cocos nucifera</i> L.	<i>niyog</i>	tree	Food, Construction, Lumber, Medicine, Fodder, Firewood, Cash crop	fruit, stem	homegarden, swidden farms
Asparagaceae					
<i>Dracaena angustifolia</i> (Medik.) N.E.Br.	<i>tibanwa</i>	shrub	Construction, Medicine	bark, leaf	forest
Aspleniaceae					
<i>Asplenium nidus</i> L.	<i>pakpak-lawin</i>	herb	Ornamental		forest, homegarden
Asteraceae					
<i>Ageratum conyzoides</i> (L.) L.	<i>bugasnay</i>	herb	Medicine	leaf	homegarden
<i>Artemisia vulgaris</i> L.	<i>kamarya</i>	herb	Medicine	leaf	homegarden
<i>Blumea balsamifera</i> (L.) DC.	<i>sambong</i>	shrub	Medicinal	leaf	homegarden
<i>Chromolaena odorata</i> (L.) R.M.King and H.Rob	<i>hagonoy</i>	shrub	Pesticide	leaf	homegarden
<i>Chrysanthemum indicum</i> L.	<i>mansanilya</i>	herb	Medicine	leaf	homegarden
<i>Mikania cordata</i> (Burm.f.) B.L.Rob.	<i>uting</i>	herb	Medicine	leaf	homegarden
<i>Tagetes erecta</i> L.	<i>amarilyo</i>	herb	Ornamental	flower	homegarden
Athyriaceae					
<i>Diplazium esculentum</i> (Retz.) Sw.	<i>pako</i>	herb	Food, Fodder	leaf	swidden farms
Balsaminaceae					

Family/Species	Local/English Common Name	Growth Habit	Uses	Parts Used	Habitat
<i>Impatiens balsamina</i> L.	<i>kamantigue</i>	herb	Medicine, Ornamental	fruit	homegarden
Blechnaceae					
<i>Stenochlaena palustris</i> (Burm. f.) Bedd.	<i>hagnaya</i>	herb	Food, Construction	leaf	forest
Boraginaceae					
<i>Heliotropium indicum</i> L.	<i>aritis-aritisan</i>	herb	Medicine	leaf	homegarden
Brassicaceae					
<i>Brassica juncea</i> (L.) Czern.	<i>mustasa</i>	herb	Food	leaf	homegarden
<i>Brassica rapa</i> L.	<i>pechay</i>	herb	Food	leaf	homegarden
<i>Raphanus raphanistrum</i> subsp. <i>sativus</i> (L.) Domin	<i>labanos</i>	herb	Food	root	homegarden
Bromeliaceae					
<i>Ananas comosus</i> (L.) Merr.	<i>pinya</i>	herb	Food, Medicine	fruit, young leaf	swidden farm, homegarden
Burseraceae					
<i>Canarium</i> sp.	<i>sahing</i>	tree	Medicine	resin	forest
Cannabaceae					
<i>Trema orientalis</i> (L.) Blume	<i>anadyong</i>	tree	Medicine	bark	homegarden
Capparidaceae					
<i>Capparis zeylanica</i>	<i>dawa</i>	shrub (liana)	Food	fruit	swidden farms
Caricaceae					
<i>Carica papaya</i> L.	<i>papaya</i>	tree	Food, Medicine, Cash crop	fruit, leaf, stem, sap	swidden farms, homegarden
Clusiaceae					
<i>Garcinia brevirostris</i> Scheff.	<i>basal</i>	tree	Construction	stem	forest
<i>Garcinia</i> sp. L.	<i>bagyuan</i>	tree	Construction	stem	swidden farm
Combretaceae					
<i>Combretum indicum</i> (L.) DeFilipps.	<i>niyog-niyogan</i>	shrub	Medicine	fruit	homegarden
Convolvulaceae					
<i>Ipomoea aquatica</i> Forssk.	<i>kangkong</i>	herb	Food	leaf	homegarden
<i>Ipomoea batatas</i> (L.) Lam.	<i>kamote</i>	herb	Food, Cash crop, Fodder	root, shoot	swidden farm, homegarden
<i>Ipomoea</i> sp. L.	<i>kamoteng amlay</i>	herb	Food	root	forest
<i>Merremia peltata</i> (L.) Merr.	<i>bulakan</i>	herb (vine)	Medicine	shoot	swidden farm
Crassulaceae					
<i>Bryophyllum pinnatum</i> (Lam.) Pers.	<i>kataka-taka</i>	herb	Medicine	leaf	homegarden
Cucurbitaceae					

Family/Species	Local/English Common Name	Growth Habit	Uses	Parts Used	Habitat
<i>Benincasa hispida</i> (Thunb.) Cogn.	<i>kundol</i>	herb	Food	fruit	homegarden
<i>Cucumis sativus</i> L.	<i>pipino</i>	herb (vine)	Food	fruit	homegarden
<i>Cucurbita maxima</i> Duchesne	<i>kalabasa</i>	herb (vine)	Food, Cash crop	fruit	swidden farms
<i>Lagenaria siceraria</i> (Molina) Standl.	<i>tabayag/upo</i>	herb (vine)	Food, Cash crop	fruit	homegarden, swidden farm
<i>Luffa acutangula</i> (L.) Roxb.	<i>patola</i>	herb (vine)	Food	fruit	swidden farms, homegarden
<i>Momordica charantia</i> L.	<i>ampalaya</i>	herb (vine)	Food, Medicine, Cash crop	fruit	homegarden, swidden farm
<i>Momordica</i> sp.	<i>ampalayang ligaw</i>	herb (vine)	Medicine, Food	fruit	forest
<i>Sechium edule</i> (Jacq.) Sw.	<i>sayote</i>	herb (vine)	Food	fruit	homegarden
Cunoniaceae					
<i>Weinmannia hutchinsonii</i> Merr.	<i>talaki</i>	tree	Construction	stem	forest
Dioscoreaceae					
<i>Dioscorea alata</i> L.	<i>ube</i>	herb	Food, Cash crop	root	swidden farms
<i>Dioscorea divaricata</i> Blanco	<i>labey</i>	herb	Food	stem	swidden farm
<i>Dioscorea hispida</i> Dennst.	<i>namu</i>	herb	Food	root	forest
Dipterocarpaceae					
<i>Dipterocarpus grandiflorus</i> (Blanco) Blanco	<i>apitong</i>	tree	Construction, Lumber	stem	forest
<i>Shorea contorta</i> S.Vidal	<i>lawaan</i>	tree	Construction, Lumber	stem	forest
<i>Shorea negrosensis</i> Foxw.	<i>lawangang pula</i>	tree	Construction, Lumber	stem	forest, swidden farm
<i>Shorea polysperma</i> Merr.	<i>tangile</i>	tree	Construction, Lumber	stem	forest
Euphorbiaceae					
<i>Codiaeum variegatum</i> (L.) Rumph. ex A.Juss	<i>San Francisco</i>	shrub	Ornamental	leaf	homegarden
<i>Euphorbia hirta</i> L.	<i>tawa-tawa</i>	herb	Medicine	whole plant	homegarden
<i>Jatropha curcas</i> L.	<i>tuba</i>	tree	Medicine	leaf, bark	homegarden, swidden farm
<i>Macaranga bicolor</i> Müll.Arg.	<i>amilig</i>	tree	Construction	stem	forest
<i>Manihot esculenta</i> Crantz	<i>balinghoy</i>	shrub	Food, Fodder, Cash crop, Medicine	root, leaf	swidden farms, homegarden
Fabaceae					
<i>Acacia mangium</i> Willd.	<i>mangyum</i>	tree	Construction, Lumber, Medicine	leaf, stem	forest
<i>Caesalpinia sappan</i> L.	<i>sibukaw</i>	tree	Medicine	bark	forest, homegarden
<i>Cajanus cajan</i> (L.) Millsp.	<i>kadyos</i>	herb	Food	fruit	swidden farms

Family/Species	Local/English Common Name	Growth Habit	Uses	Parts Used	Habitat
<i>Derris elliptica</i> (Wall.) Benth.	<i>tubli</i>	herb (vine)	Pesticide	root	homegarden
<i>Falcataria moluccana</i> (Miq.) Barneby and J.W.Grimes	<i>palakata</i>	tree	Construction, Lumber	stem	swidden farm, forest
<i>Gliricidia sepium</i> (Jacq.) Walp.	<i>kakawate</i>	tree	Construction, Medicine, Fodder	stem	swidden farm, homegarden
<i>Leucaena leucocephala</i> (Lam.) de Witt	<i>ipil-ipil</i>	tree	Firewood	stem	homegarden, swidden farm
<i>Mimosa pudica</i> L.	<i>makahiya</i>	herb	Medicine	root	homegarden
<i>Phaseolus lunatus</i> L.	<i>patani</i>	herb (vine)	Food	fruit	swidden farms, homegarden
<i>Phaseolus vulgaris</i> L.	<i>sitaw</i>	herb (vine)	Food, Cash crop	fruit	swidden farm, garden
<i>Psophocarpus tetragonolobus</i> (L.) DC.	<i>kalamismis/gabay</i>	herb (vine)	Food	fruit	swidden farms
<i>Pterocarpus indicus</i> Willd.	<i>narra</i>	tree	Construction, Lumber	stem	forest
<i>Senna alata</i> (L.) Roxb.	<i>akapulko</i>	tree	Medicine	leaf	homegarden
<i>Sesbania grandiflora</i> (L.) Pers.	<i>katuray</i>	tree	Food	fruit	homegarden
<i>Vigna unguiculata</i> (L.) Walp.	<i>kibal</i>	herb (vine)	Food	fruit	homegarden
Hypericaceae					
<i>Cratoxylum sumatranum</i> (Jack) Blume	<i>baksilay</i>	tree	Construction	stem	swidden farm
Lamiaceae					
<i>Clerodendrum macrostegium</i> Schauer	<i>balitungtong</i>	tree	Construction	stem	swidden farm
<i>Gmelina arborea</i> Roxb.	<i>gmelina</i>	tree	Construction	stem	swidden farm
<i>Mentha</i> spp.	<i>herba buena</i>	herb	Medicine	leaf	homegarden
<i>Ocimum basilicum</i> L.	<i>samoro</i>	herb	Food, Medicine	leaf	homegarden, swidden farm
<i>Plectranthus amboinicus</i> (Lour.) Spreng	<i>oregano</i>	herb	Medicine	leaf	homegarden
<i>Vitex negundo</i> L.	<i>lagundi</i>	shrub	Medicine	leaf	homegarden
Lauraceae					
<i>Cinnamomum mercadoi</i> S. Vidal	<i>kalingag</i>	tree	Construction, Medicine	stem, bark	forest
<i>Litsea</i> sp. Lam.	<i>magurilaw</i>	tree	Construction, Lumber	stem	forest
<i>Persea americana</i> Mill.	<i>avocado</i>	tree	Food, Medicine, Firewood	fruit, leaf, bark, stem	swidden farms, homegarden
<i>Phoebe sterculioides</i> (Elmer) Merr.	<i>kaburo</i>	tree	Construction, Lumber	stem	forest
Lecythidaceae					
<i>Barringtonia acutangula</i> subsp. <i>acutangula</i> (L.) Gaertn.	<i>tipalang</i>	tree	Construction, Medicine	stem, bark	forest
Lycopodiaceae					

Family/Species	Local/English Common Name	Growth Habit	Uses	Parts Used	Habitat
<i>Huperzia phlegmaria</i> (L.) Rothm.	<i>salanggumay</i>	herb	Ornamental		homegarden
Lygodiaceae					
<i>Lygodium</i> sp. Sw.	<i>nito</i>	shrub (liana)	Construction, Handicraft, Cultural	stem	forest
Malvaceae					
<i>Abelmoschus esculentus</i> (L.) Moench	<i>okra</i>	herb	Food, Cash crop	Fruit	swidden farms, homegarden
<i>Corchorus olitorius</i> L.	<i>saluyot</i>	shrub	Food	leaf	homegarden
<i>Diplodiscus paniculatus</i> Turcz.	<i>balugo</i>	tree	Medicine	leaf	forest
<i>Durio zibethinus</i> L.	<i>durian</i>	tree	Food	Fruit	swidden farms
<i>Hibiscus</i> sp.	<i>gumamela</i>	shrub	Food, Medicine, Ornamental	flower	homegarden
<i>Sterculia</i> sp. L.	<i>balinad</i>	tree	Construction	stem	forest
<i>Theobroma cacao</i> L.	<i>cacao</i>	tree	Food, Medicine, Cash crop	fruit, seed	homegarden, swidden farms
Marantaceae					
<i>Donax canniformis</i> (G.Forst.) K.Schum.	<i>banban</i>	shrub	Construction	stem	forest
<i>Maranta arundinacea</i> L.	<i>urado</i>	herb	Food	stem	forest
Melastomataceae					
<i>Melastoma malabathricum</i> L.	<i>saransok</i>	shrub	Firewood	stem	swidden farm
Meliaceae					
<i>Lansium parasiticum</i> (Osbeck) K.C. Sanhi and Bennet	<i>lanzones</i>	tree	Food, Cash crop, Construction, Medicine, Firewood	fruit, stem	swidden farm, homegarden
<i>Sandoricum koetjape</i> (Burm.f.) Merr.	<i>santol</i>	tree	Food, Firewood	fruit, stem	homegarden
<i>Swietenia macrophylla</i> King	<i>mahogany</i>	tree	Construction, Lumber, Medicine, Firewood	stem, bark	swidden farm, forest, homegarden
<i>Toona calantas</i> Merr. and Rolfe	<i>kalantas</i>	tree	Lumber, Lumber	stem	forest
Menispermaceae					
<i>Anamirta cocculus</i> (L.) Wight and Arn.	<i>bayati</i>	shrub (liana)	Pesticide	seed	homegarden
<i>Tinospora glabra</i> (Burm.f.) Merr.	<i>makabuhay</i>	shrub (liana)	Medicine	stem	forest, homegarden
Moraceae					
<i>Artocarpus altilis</i> (Parkinson ex F.A.Zorn) Fosberg	<i>kamansi/rimas</i>	tree	Food	Fruit	swidden farms, homegarden
<i>Artocarpus blancoi</i> (Elmer) Merr.	<i>antipolo</i>	tree	Construction	stem	forest
<i>Artocarpus heterophyllus</i> Lam.	<i>nangka</i>	tree	Food, Cash crop, Construction, Firewood	fruit, stem	swidden farms, homegarden
<i>Artocarpus odoratissimus</i> Blanco	<i>marang/uloy</i>	tree	Food, Construction	Fruit	swidden farms
<i>Ficus</i> sp.	<i>anongo</i>	tree	Cultural	bark	forest, swidden area

Family/Species	Local/English Common Name	Growth Habit	Uses	Parts Used	Habitat
<i>Ficus</i> sp.	<i>balite</i>	tree	Construction, Medicine	bark, root, stem	forest
Moringaceae					
<i>Moringa oleifera</i> Lam.	<i>malunggay</i>	tree	Food, Medicine, Cash crop	leaves	homegarden
Musaceae					
<i>Musa</i> spp.	<i>saging</i>	herb	Food, Medicine, Cash crop, Fodder	fruit, leaf, sap	swidden farms, homegarden
Myrtaceae					
<i>Eucalyptus globulus</i> Labill.	<i>eucalyptus</i>	tree	Construction	stem	swidden farm
<i>Psidium guajava</i> L.	<i>bayabas</i>	shrub	Medicine	fruit, leaf	homegarden, swidden farm
<i>Syzygium cumini</i> (L.) Skeels	<i>duhat</i>	tree	Food, Medicine	fruit, bark	swidden farms
<i>Tristanopsis decorticata</i> (Merr.) Peter G. Wilson and J.T. Waterh.	<i>bunglas</i>	tree	Construction	stem	forest
Orchidaceae	Orchids	herb	Ornamental		homegarden, forest
Oxalidaceae					
<i>Averrhoa bilimbi</i> L.	<i>kalamias</i>	tree	Food	fruit	homegarden
Pandanaceae					
<i>Pandanus radicans</i> Blanco	<i>ulango</i>	shrub	Construction, Cultural	leaf	riverside
Phyllanthaceae					
<i>Antidesma bunius</i> (L.) Spreng.	<i>bignay</i>	tree	Medicine	stem	forest
<i>Sauropus villosus</i> (Blanco) Merr.	<i>bangrat</i>	tree	Construction	stem	swidden farm
Piperaceae					
<i>Piper betle</i> L.	<i>mam-in</i>	herb	Medicine, Cultural	leaf	forest, homegarden, swidden farms
<i>Piper nigrum</i> L.	<i>paminta</i>	herb	Food	fruit	swidden farms
Poaceae					
Bambusoideae	<i>kawayan</i>	shrub	Food, Construction, Firewood, Handicraft	stem	forest, swidden farm
<i>Coix lacryma-jobi</i> L.	<i>adlay/tigbi</i>	herb	Food	fruit	swidden farms
<i>Cymbopogon citratus</i> (DC.) Stapf.	<i>tanglad</i>	herb	Food, Medicine	leaf	homegarden, swidden farm
<i>Eleusine indica</i> (L.) Gaertn.	<i>parag-is</i>	herb	Medicine	root	homegarden
<i>Flagellaria indica</i> L.	<i>balingway</i>	shrub (liana)	Construction, Handicraft	stem	forest
<i>Gigantochloa</i> sp. Kurz ex Munro	<i>bolo</i>	shrub	Construction	stem	forest, swidden farm
<i>Imperata cylindrica</i> (L.) Raeusch.	<i>cogon</i>	herb	Construction, Medicine	root, leaf	swidden farm
<i>Oryza sativa</i> L.	<i>palay</i>	herb	Food	fruit	rice field
<i>Saccharum officinarum</i> L.	<i>tubo</i>	shrub	Food, Medicine	stem	homegarden, swidden farm

Family/Species	Local/English Common Name	Growth Habit	Uses	Parts Used	Habitat
<i>Schizostachyum brachycladum</i> (Kurz) Kurz	<i>buho</i>	tree	Construction	stem	swidden farm
<i>Setaria italica</i> (L.) P.Beauv.	<i>bikaka</i>	herb	Medicine	fruit	homegarden
<i>Zea mays</i> L.	<i>mais</i>	herb	Food	fruit	swidden farms
Polygalaceae					
<i>Xanthophyllum bracteatum</i> Chodat	<i>kangmun</i>	tree	Construction	stem	forest
Rhamnaceae					
<i>Alphitonia zizyphoides</i> (Sol. Ex Spreng.) A.Gray	<i>tangulay</i>	tree	Construction, Lumber, Medicine	stem, bark	swidden farm, forest
Rosaceae					
<i>Rosa spp.</i>	<i>rosas</i>	shrub	Ornamental	flower	homegarden
Rubiaceae					
<i>Coffea canephora</i> Pierre ex A.Froehner	<i>kape</i>	tree	Food, Construction, Firewood, Cash crop	stem, seed	swidden farm
<i>Gardenia jasminoides</i> J.Ellis	<i>rosal</i>	shrub	Ornamental	flower	homegarden
<i>Ixora sp.</i>	<i>santan</i>	shrub	Ornamental		homegarden
Rutaceae					
<i>Citrus aurantiifolia</i> (Christm.) Swingle	<i>dayap</i>	tree	Food, Medicine	fruit	homegarden
<i>Citrus maxima</i> (Burm.) Merr.	<i>lukban</i>	tree	Food, Medicine	fruit	homegarden
<i>Citrus reticulata</i> Blanco	<i>sinturis</i>	tree	Food, Firewood	fruit, stem	swidden farms
<i>x Citrurfortunella microcarpa</i> (Bunge) Wijnands	<i>kalamansi</i>	tree	Food, Medicine, Cash crop, Firewood	fruit	swidden farms, homegarden
Sapindaceae					
<i>Nephelium lappaceum</i> L.	<i>rambutan</i>	tree	Food, Cash crop, Firewood	fruit	swidden farms
Sapotaceae					
<i>Chrysophyllum cainito</i> L.	<i>kaimito</i>	tree	Food, Medicine	fruit, leaf	homegarden
Solanaceae					
<i>Capsicum anuum</i> L.	<i>sili</i>	herb	Medicine		homegarden
<i>Nicotiana tabacum</i> L.	<i>tabako/sadiwa</i>	herb	Cultural, Pesticide	leaf	swidden farm, homegarden
<i>Solanum americanum</i> Mill.	<i>barakway/unti-an</i>	herb	Food, Medicine	leaf	swidden farm, homegarden
<i>Solanum lycopersicum</i> L.	<i>kamatis</i>	herb	Food	fruit	homegarden
<i>Solanum melongena</i> L.	<i>talong</i>	herb	Food, Cash crop	fruit	swidden farm, homegarden
Theaceae					
<i>Ehretia microphylla</i> Lam.	<i>tsaang gubat</i>	tree	Medicine	leaf	homegarden
Urticaceae					
<i>Elatostema sp.</i>	<i>taba-tabu/ambubuway</i>	tree	Medicine	leaf	homegarden

Family/Species	Local/English Common Name	Growth Habit	Uses	Parts Used	Habitat
<i>Poikilospermum suaveolens</i> (Blume) Merr.	<i>anopol</i>	tree	Medicine	stem	forest
Verbenaceae					
<i>Premna odorata</i> Blanco	<i>alagaw</i>	shrub	Medicine	leaf	homegarden
Zingiberaceae					
<i>Alpinia galanga</i> (L.) Willd.	<i>tagibulog</i>	herb	Medicine, Cultural	stem	forest
<i>Alpinia purpurata</i> (Vieill.) K.Schum.	<i>luyang pula/itim</i>	herb	Medicine	stem	forest
<i>Curcuma longa</i> L.	<i>luyang dilaw</i>	herb	Food, Cash crop, Medicine	srem	homegarden, swidden farm
<i>Kaempferia galanga</i> L.	<i>kusor</i>	herb	Medicine	stem, leaf	homegarden
<i>Zingiber officinale</i> Roscoe	<i>luya</i>	herb	Food, Cash crop, Medicine	stem	homegarden, swidden farm
[unidentified]	<i>aram</i>		Construction		swidden farm
[unidentified]	<i>mangume</i>	tree	Construction	stem	swidden farm
[unidentified]	<i>ilupakon</i>	tree	Construction	stem	forest
[unidentified]	<i>inggiw</i>		Construction	stem	forest
[unidentified]	<i>pakpak</i>	tree	Construction	stem	forest
[unidentified]	<i>talwan</i>		Construction	stem	forest
[unidentified]	<i>batoryon</i>		Medicine	stem	forest
[unidentified]	<i>dawuy</i>		Medicine	sap	forest
[unidentified]	<i>guta</i>		Medicine	bark	forest
[unidentified]	<i>lawuy</i>		Food, Medicine	root	forest
[unidentified]	<i>salugim</i>	tree	Medicine, Construction	stem	forest
[unidentified]	<i>aribagraw</i>		Medicine	leaf	homegarden
[unidentified]	<i>gita</i>	tree	Medicine	sap	homegarden
[unidentified]	<i>sanduk-sandukan</i>	herb	Medicine		homegarden
[unidentified]	<i>taka-taka</i>		Medicine		homegarden
[unidentified]	<i>anigyaw</i>	tree	Construction	stem	forest
[unidentified]	<i>anlaway</i>	tree	Construction	stem	riverside
[unidentified]	<i>apilan</i>		Food, Medicine	stem	swidden farm
[unidentified]	<i>lusong</i>		Handicraft	stem	forest
[unidentified]	<i>marayaw</i>		Cultural		
[unidentified]	<i>pagsibar</i>		Medicine	leaf	swidden farm
[unidentified]	<i>singapor</i>		Food	fruit	
[unidentified]	<i>atsiba</i>		Medicine		homegarden
[unidentified]	<i>bakus kabayo</i>		Construction	stem	riverside

Table 3. Appendix B. List of plants with medicinal values as revealed from the interviews.

Botanical Name/family	Local Name	Part/s Used	Medical Use/s
Acoraceae			
<i>Acorus calamus</i> L.	<i>lubidan/dusol</i>	stem	for stomachache
Amaranthaceae			
<i>Amaranthus spinosus</i> L./ <i>A. cruentus</i> L.	<i>uray</i>	root	abortive
Anacardiaceae			
<i>Mangifera indica</i> L.	<i>mangga</i>	bark	for stomachache
Annonaceae			
<i>Annona muricata</i> L.	<i>guyabano</i>	leaf/shoot, bark	directly applied for headache and stomachache (leaf/shoot); bark as a decoction for diarrhea
Apocynaceae			
<i>Voacanga globosa</i> (Blanco) Merr.	<i>aliwas</i>	leaf	For strangury/stomachache
<i>Jasminum sambac</i> / <i>Ervatamia pandacaqui</i>	<i>kampupot</i>	sap	for wounds
<i>Alstonia macrophylla</i> Wall. ex G.Don	<i>batino</i>	bark	decoction to alleviate fever
Araceae			
<i>Colocasia esculenta</i> (L.) Schott	<i>gabi</i>	leaf	poulticed and applied on wound to stop bleeding; also used in treating athlete's foot
Arecaceae			
<i>Areca catechu</i> L.	<i>bunga</i>	stem; fruit	for usog; fruit used as a purgative
<i>Cocos nucifera</i> L.	<i>niyog</i>	seed	juice (endosperm) used to treat UTI
Asparagaceae			
<i>Dracaena angustifolia</i> (Medik.) Roxb.	<i>tibanwa</i>	bark, leaf	for fracture (bark); leaf heated and applied to affected area for body pain
Asteraceae			
<i>Ageratum conyzoides</i> (L.) L.	<i>bugasnay</i>	leaf	pound, heated and directly applied to wound to stop bleeding; also for diarrhea
<i>Artemisia vulgaris</i> L.	<i>kamarya</i>	leaf	decoction for stomach pains; can also be applied directly on stomach
<i>Blumea balsamifera</i> (L.) DC.	<i>sambong</i>	leaf	decoction for cough, kidney ailments, hyperacidity; leaf can also be directly applied to alleviate fever
<i>Chrysanthemum indicum</i> L.	<i>mansanilya</i>	leaf	decoction for flatulence
<i>Mikania cordata</i> (Burm.f.) B.L.Rob.	<i>uting</i>	leaf	poultice applied to wounds
Balsaminaceae			
<i>Impatiens balsamina</i> L.	<i>kamantigue</i>	fruit	crushed and placed on the stomach for the mother for the infant come out from the womb
Boraginaceae			
<i>Ehretia microphylla</i> Lam.	<i>tsaang gubat</i>	leaf	used to treat stomach pains; purgative in children
<i>Heliotropium indicum</i> L.	<i>aritis-aritisan</i>	leaf	heated and extracted for asthma and cough

Botanical Name/family	Local Name	Part/s Used	Medical Use/s
Bromeliaceae			
<i>Ananas comosus</i> (L.) Merr.	<i>pinya</i>	young leaf	for boils
Burseraceae			
<i>Canarium</i> sp.	<i>sahing</i>	sap	sap is chewed for binat
Caricaceae			
<i>Carica papaya</i> L.	<i>papaya</i>	leaf, sap	leaf is directly applied on wounds to stop bleeding; sap is used to stop milk production when weaning
Combretaceae			
<i>Combretum indicum</i> (L.) DeFilipps.	<i>niyog-niyogan</i>	root	decoction used to treat UTI
Convolvulaceae			
<i>Ipomoea batatas</i> (L.) Lam.	<i>kamoteng baging</i>	shoot	increase blood level
Crassulaceae			
<i>Bryophyllum pinnatum</i> (Lam.) Pers.	<i>kataka-taka</i>	leaf	directly applied for headache; can also be extracted for burns and bee sting
Cucurbitaceae			
<i>Momordica</i> sp.	<i>ampalayang ligaw</i>	fruit	for diabetes
<i>Momordica charantia</i> L.	<i>ampalaya</i>	fruit	anti-diabetes
Euphorbiaceae			
<i>Manihot esculenta</i> Crantz.	<i>balinghoy</i>	leaf	whipped on the stomach as a cure against flatulence
<i>Euphorbia hirta</i> L.	<i>tawa-tawa</i>	flower	for dengue
<i>Jatropha curcas</i> L.	<i>tuba</i>	leaf	directly applied to fracture
Fabaceae			
<i>Caesalpinia sappan</i> L.	<i>sibukaw</i>	bark	prepared as decoction to increase blood levels; used as a massage for fracture
<i>Senna alata</i> (L.) Roxb.	<i>akapulko</i>	leaf	applied to wounds; for fungal skin diseases
<i>Gliricidia sepium</i> (Jacq.) Walp.	<i>kakawate</i>	leaf	extract to treat scabies; also for headache
<i>Mimosa pudica</i> L.	<i>makahiya</i>	root	decoction for urinary problems
<i>Caesalpinia sappan</i> L.	<i>sibukaw</i>	bark	for fracture
<i>Gliricidia sepium</i> (Jacq.) Walp.	<i>kakawate</i>	leaf	extract to treat scabies; also for headache
Lamiaceae			
<i>Mentha</i> spp.	<i>herba buena</i>	leaf	used to treat cough of newborn babies; also for body pain and stomachache
<i>Plectranthus amboinicus</i> (Lour.) Spreng	<i>oregano</i>	leaf	extract/decoction used for cough, colds, stomach pains, bronchitis
<i>Ocimum basilicum</i> L.	<i>samoro</i>	leaf	decoction for diarrhea, vomiting and headache
<i>Cinnamomum mercadoi</i> S.Vidal	<i>kalingag</i>	bark	decoction for stomachache and bleeding
<i>Vitex negundo</i> L.	<i>lagundi</i>	leaf	decoction for cough, fever and asthma
Lauraceae			
<i>Persea americana</i> Mill.	<i>avocado</i>	leaf, bark	decoction for stomach pains, diarrhea and vomiting

Botanical Name/family	Local Name	Part/s Used	Medical Use/s
Malvaceae			
<i>Diplo discus paniculatus</i> Turcz.	<i>balugo</i>	leaf	leaf directly applied for fever and headache
<i>Theobroma cacao</i> L.	<i>cacao</i>	leaf	for headache
<i>Hibiscus</i> sp.	<i>gumamela</i>	flower	for boils
Meliaceae			
<i>Lansium parasiticum</i> (Osbeck) K.C. Sanhi and Bennet	<i>lanzones</i>	bark	for diarrhea
<i>Swietenia macrophylla</i> King	<i>mahogany</i>	bark	decoction for stomach pains
Menispermaceae			
<i>Tinospora glabra</i> (Burm.f.) Merr.	<i>makabuhay</i>	stem	decoction for cough and stomachache
Moraceae			
<i>Ficus</i> sp.	<i>balite</i>	bark	bark directly applied for fracture and sprain
Moringaceae			
<i>Moringa oleifera</i> Lam.	<i>malunggay</i>	leaf	increases blood levels
Musaceae			
<i>Musa</i> spp.	<i>saging</i>	leaf, sap	leaf directly applied to forehead to alleviate fever; sap is used to treat oral thrush
Myrtaceae			
<i>Psidium guajava</i> L.	<i>bayabas</i>	leaf	for wound cleaning, diarrhea and stomach ache
<i>Syzygium cumini</i> (L.) Skeels	<i>duhat</i>	bark	decoction for diarrhea
Phyllanthaceae			
<i>Antidesma bunius</i> (L.) Spreng.	<i>bignay</i>	bark	decoction for body pains
Piperaceae			
<i>Piper betle</i> L.	<i>mam-in</i>	leaf	directly applied for fever, <i>pambuga</i> *; poultice is also mixed with lime for stomachache and cough
Poaceae			
<i>Setaria italica</i> (L.) P.Beauv.	<i>bikaka</i> *	root	for stomachache
<i>Imperata cylindrica</i> (L.) Raeusch.	<i>cogon</i>	root	for strangury
<i>Eleusine indica</i> (L.) Gaertn.	<i>parag-is</i>	root	decoction for strangury
<i>Cymbopogon citratus</i> (DC.) Stapf.	<i>tanglad</i>	leaf	used as a bath to remove <i>binat</i> **; decoction used for fever, cough, urinary problems; also lowers blood pressure
<i>Saccharum officinarum</i> L.	<i>tubo</i>	stem	heated and extracted to treat neck pains
<i>Cymbopogon citratus</i> (DC.) Stapf.	<i>tanglad</i>	leaf	used as a bath to remove <i>binat</i> **; decoction used for fever, cough, urinary problems; also lowers blood pressure
<i>Saccharum officinarum</i> L.	<i>tubo</i>	stem	heated and extracted to treat neck pains
Rhamnaceae			
<i>Alphitonia zizyphoides</i> (Sol. ex Spreng.) A.Gray	<i>tangulay</i>	bark	for cough

Botanical Name/family	Local Name	Part/s Used	Medical Use/s
Rutaceae			
<i>Citrus aurantiifolia</i> (Christm.) Swingle	<i>dayap</i>	fruit	for asthma and cough, used as a <i>luop</i> ***
<i>Citrus microcarpa</i>	<i>kalamansi</i>	fruit, leaf	for cough; leaf is crushed and smelled to cure dizziness
<i>Citrus maxima</i> (Burm.) Merr.	<i>lukban</i>	leaf	decoction used against <i>binat</i> **
x <i>Citrusfortunella microcarpa</i>	<i>kalamansi</i>	fruit, leaf	for cough; leaf is crushed and smelled to cure dizziness
Sapotaceae			
<i>Chrysophyllum cainito</i> L.	<i>kaimito</i>	bark, leaf	for diarrhea
Solanaceae			
<i>Solanum americanum</i> Mill.	<i>barakway/unti-an</i>	fruit, leaf	for rabies
<i>Capsicum anuum</i> L.	<i>sili</i>	leaf	extracted or applied as poultice for wounds and boils
<i>Solanum nigrum</i> L.	<i>barakway/unti-an</i>	leaf	decoction/eaten as raw for dog bite
Urticaceae			
<i>Elatostema</i> sp.	<i>taba-taba/ambubuway</i>	leaf	for strangury
<i>Poikilospermum suaveolens</i> (Blume) Merr.	<i>anopol</i>	stem	for eye diseases
Verbenaceae			
<i>Premna odorata</i> Blanco	<i>alagaw</i>	leaf	taken as a decoction for cough
Zingiberaceae			
<i>Alpinia purpurata</i> (Vieill.) K.Schum.	<i>luyang pula/itim</i>	rhizome	used as a contraceptive
<i>Alpinia galanga</i> (L.) Willd.	<i>tagibulog</i>	root	for stomachache
<i>Curcuma longa</i> L.	<i>luyang dilaw</i>	rhizome	extract for cough, flatulence, fever, asthma; can also be mixed with <i>kalamansi</i> and lime to treat skin diseases
<i>Kaempferia galanga</i> L.	<i>kusor</i>	leaf	extract for cough and stomachache
<i>Zingiber officinale</i> Roscoe	<i>luya</i>	rhizome	for fever, stomachache, sore throat, cough; pambuga against <i>balis</i> ****
<i>Curcuma longa</i> L.	<i>luyang dilaw</i>	rhizome	extract for cough, flatulence, fever, asthma; can also be mixed with <i>kalamansi</i> and lime to treat skin diseases
[unknown]	<i>batoryon</i>	fruit	for body pains
[unknown]	<i>dawuy</i>	sap	for mouth sore
[unknown]	<i>guta</i>	bark	for fever and stomachache, bark directly applied while warm
[unknown]	<i>lawuy</i>	root	burned; used as a purgative
[unknown]	<i>salugim</i>	mast/bark?	for <i>balis</i> ****
[unknown]	<i>aribagraw</i>	leaf	directly applied to head for fever and headache
[unknown]	<i>gita</i>	sap	for stomachache
[unknown]	<i>sanduk-sandukan</i>	leaf	directly applied for stomachache
[unknown]	<i>taka-taka</i>	leaf	leaf directly applied to forehead to alleviate fever

* *Buga* (*pambuga*) is a practice wherein the plant part is being chewed by the healer and then will be spitted to the patient.

** *Binat* is a local term for relapse.

*** *Luop* is a practice wherein the plant part is burned and the patient is exposed to the smoke.

**** *Balis* or *usog* is a condition wherein a person (usually an infant or a child becomes distressed/afflicted, which is believed to be caused by meeting a stranger. There is no equivalent term in Western medicine for these words.