# ETHNOMEDICINAL STUDIES OF PLANTS USED BY HIGA-ONON INDIGENOUS TRIBE IN EUREKA, GINGOOG CITY WITH SPECIAL REFERENCE TO FEMALE REPRODUCTIVE HEALTH

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## ABSTRACT

Ethnomedicines are the traditional knowledge based medicines of indigenous tribes that deal on how these groups utilizes and make use of plants in their plant surrounding diversities.

Higa-onon is the indigenous tribe of Eureka, Gingoog City. It is among of the many ethnolinguistic tribes of the Philippines. Plant utilization is entwined with the rich cultural practices among Higa-onon tribe.

Collection of ethnomedicinal knowledge was carried out through one-on-one interviews with 30 female native informants.

The study revealed that there were 40 plant species belonging to 27 families used by Higa-onon indigenous people as medicine in treating various female reproductive ailments namely; fertility, anti-fertility ,menstruation, dysmenorrhea, abortive, anti-haemorrhage, pregnancy, readying for child birth, after Delivery (oral) and after delivery (wash).

Most of these plants are herbs. Leaves are the most commonly used plant part followed by roots and stem. Decoction is the common mode of preparation, followed by liniment.

Panyawan (*Tinospora rumphii*), Tiga (*Pavetta indica L.*) and Luya (*Zingiber officinale Roscoe*) had the most number of mentions for one plant given by all informants for a specific disease.

It revealed that fertility and after delivery (orally taken) had the most numbered plant usage for treatment. Female informants' age ranging from 31-45 had the highest number of usage to treat majority of the female reproductive illnesses. Females in the age bracket (15-20) were noted to have their first pregnancy or child birth.

Destruction of natural habitat and plant biodiversity are increasing at risk. Loss of traditional medicinal knowledge of plant utilization on ethnic communities are observable. In such, its necessary to promote awareness among the people and ethnic groups that biodiversity protection are essential to conserve ethnomedicinal knowledge.

Keywords: Ethnomedicine, Higa-onon Tribe, Female Reproductive Health, Medicinal Plants

**Biography**

**Hazel R. Balan, a 40 years old and PhD Student in Caraga State University taking up PhD in Science Education major in Biology. Presently connected with the Department of Education in Gingoog City Division as Senior High School Teacher teaching Science.**

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