

Traditional Practices of Homemakers Using Indigenous Materials for Economic Living in Ilocos Sur

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Abstract

This study was conducted to document the traditional practices of homemakers using indigenous materials in order to help the poor people to save money and to sustain the indigenous materials.

Specifically, this study sought to determine the socio-economic profile of the respondents, the indigenous materials used by homemakers in cooking, first aid or healing, cleaning, and other uses, as well as the benefits and traditional homemaking procedures.

This study utilized the descriptive method of research, convenient sampling, and interview with guide questions in gathering data.

The data gathered elicited that many Filipinos are still poor particularly in the rural areas and the beneficial effects and procedures of the identified indigenous materials for cooking, first aid or treatment, cleaning and other uses.

Introduction

Background of the Study

Enriquez (2009) reported that 52% or 9.4M families of the Philippine population still belong to the poor level of living condition.

According to the estimate of the National Statistics Coordination Board (NSCB) in 2006, a family of five with total monthly income of less than P10,000.00 is considered poor. The same family is considered poor if its household income threshold covers only basic needs like food, clothing, shelter and transportation and does not include spending for recreation. This, however, has already taken into account the recent surge of prices in oil, rice, and other commodities.

For this reason, the researchers thought of helping the poor group through this study.

It is very significant to *mothers* or *homemakers* because it helps them save from expensive needs of the family particularly on healthcare, kitchen materials, and cleaning materials; to the *government* in order to promote its programs on "Clean and Green Environment" and "Sustainable Environment and Development"; chemists in order to use the data gathered as their database; and to the researchers in order to utilize this reference for enhanced or further studies.

Objectives of the Study

Generally, this study aimed to document the indigenous materials used by homemakers of Ilocos Sur in their traditional homemaking practices for their economic living.

Specifically, it sought to:

- I. determine the socio-economic profile of the respondents in terms of:
 - 1.1 location of residence (rural/urban),
 - 1.2 educational attainment,
 - 1.3 occupation or source of family income,
 - 1.4 estimated monthly income of the family, and
 - 1.5 size of the family;
2. identify the indigenous materials used by homemakers in cooking, first aid or healing, cleaning, and other uses as well as the benefits, and the traditional procedures in their traditional homemaking practices.

Review of Related Literature

Unson (2008) published that there are two Maranaw communities that are popular for producing *sakurab* for decades now, but ventured into mass production of the merchandise only last year after having an "all weather access" to trading centers outside.

Sakurab is a traditional condiment made of mashed spring onions, ginger, chili, garlic and seasoning herbs, which is found in every Maranaw kitchen, just as essential as the tribe's fondness for *kalawag*, or curry, which is mixed in fish or beef cooked in coconut milk.

He stated that:

The "indigenous tire path" built last year through bayanihan by the Maranaws in Barangays Pagayawan and Gandingan, both in Madalum, Lanao del Sur; the vaunted sakurab can now be delivered to buyers in the cities of Illian, Cotabato, Cagayan de Oro and Marawi every day and even during the rainy season.

Minatad Sarigidan, a 50-year-old Maranaw farmer, said they now have better trading opportunities outside as a result of the cemented, unique tire path they built, as a community initiative, through the efforts of the World Bank.

The information is cited to relate in the study the indigenous tire path which helps the poor group or farmers in Maranaw for their improved economic living.

Alano (2007) wrote that Rep. Ron Paul wants to put an end to the federal bureaucrats' meddling with consumers' right to choose healthy alternatives over harmful and deadly patent drugs, and believes that Americans should not be prevented from learning about simple ways to improve their health. She described below that:

Just like what happened to the American cheery growers a few years ago. They used as evidence studies funded by the US Department of Agriculture to say that cherries have anti-inflammatory properties. But the FDA ruled that these cherry growers could not use that evidence to support their claims. Instead, so the story goes, FDA approved another anti-inflammatory drug that later claimed the lives of some 20,000 Americans. Fact is, eating 20 cherries has the same effect as popping aspirin or a cox-2 inhibiting drug.

The chicken soup, Grandma's favorite antibiotic, does more to relieve cold symptoms than any other hot liquid. It is described as one obtained from a hot water infusion of selected parts of the common chicken. There's a lot to love about Grandma's hot and heartwarming chicken soup, says the Mayo Clinic. It is safe, effective, inexpensive, and widely available. Moreover, chicken soup is believed to be an excellent treatment for uncomplicated head colds and other viral respiratory infections for which antibiotics are ordinarily not helpful as claimed by Joe and Teresa Graedon, PhD, authors of The People's Pharmacy.

There are a lot of other nonsensical home remedies for the common cold, like garlic, which has antifungal and antibacterial properties. Also providing hot relief from colds are spicy foods that help loosen up respiratory tract secretions, making it easier to cough up that mucky mucus as suggested by Dr. Irwin Ziment of the Los Angeles County-Olive View Medical Center.

Further, gin-soaked raisins against arthritis is also mentioned. Empty one box of golden light raisins into a large shallow container. Completely cover the raisins with gin. Let stand, uncovered, until the gin evaporates. Store in a closed container. Eat nine raisins daily.

For hiccups, get a cotton swab. Have the hiccupping victim open his/her mouth, right where the surface changes from hard (in front) to soft (toward the rear). Rub gently for a minute or so. Here's more: Swallow hard bread or swallow dry one teaspoonful of ordinary white granulated sugar; or place sugar at the back of the throat; or pull the tongue; or eat crushed ice. But Joe and Teresa warn that if none of these handy-dandy remedies do the trick, it's time to hiccup your way to a doctor's clinic because prolonged, incurable hiccups could be a sign of something serious like disease of the liver, pancreas, esophagus or bladder.

For gastroesophageal reflux (a.k.a. heartburn), the New England Journal of Medicine offers a simple and sweet home remedy: Suck on a piece of hard candy or chew a stick of gum to stimulate saliva production. This helps in two ways: It washes the acid down by promoting swallowing, and it serves to neutralize any residual acid left in the esophagus. Likewise, a soothing cup of chamomile tea or a banana might help – both have stomach-soothing properties.

Also, for motion sickness, try a couple of capsules of ground ginger. Chinese have been using ginger to ward off motion sickness. Or take some ginger tea.

To prevent mosquito/flea bites, one user prescribed this recipe: 1 tablespoon citronella oil, 2 cups white vinegar, 1 cup water; 1 cup Avon Skin-So-Soft.

Take double note: "There's no doubt about it, home remedies can be great, but that doesn't make all home remedies great, useful or even safe. Like all medication, home remedies have to be used carefully. The most critical factor is deciding when a home remedy is appropriate.

The above information is related to this study to stress that there are truly medicines which can be prepared at home that are effective for treating a corresponding disease.

Chai, et al. (2008) mentioned that there will be an increasing demand for preventive medicines from natural resources as the people are becoming more health conscious.

The above information is related to this study to stress the importance of preventive medicines from indigenous materials which this study is focused on.

Chaudhary, et al. (2008) wrote that some 3.5 billion people in developing countries rely on plant-based medicines for their primary health care. Due to high population growth, the rate of overall pressure is increasing rapidly in developing countries. Nearly 145 people are added every minute on earth, of which 99 % occurs in less developed countries. A 10 % increase in the population growth rate increases the rate of

deforestation by 10.6 %. It is thus obvious that poverty contributes to deforestation and biodiversity loss.

The above citation is related to this new study to remind that the poverty group or people in developing countries, more so in less-developing countries rely, not only on plant-based medicines, but also on other indigenous materials wherein they can have free and easy access and be saved from high and many expenses in life. With this practice, it supports that poverty contributes to deforestation and biodiversity loss; hence, the need to strengthen the government's program on environment sustainability.

Encarta (2006) contended that many factors fueled industrial growth in the late 19th century: abundant resources, new technology, cheap energy, fast transport, and the availability of capital and labor. Mines, forests, and livestock in the west provided raw materials for major industries, as did iron in Ohio and oil in Pennsylvania. Railroad expansion enabled businesses to move raw materials to factories and to send products to urban markets.

The above literature is related to this study to cite that indigenous materials when tapped contribute to industrial growth.

Scope and Delimitation

This study is delimited to the identification of indigenous materials used by homemakers in the Province of Ilocos Sur in their traditional homemaking practices for their economic living plus the benefits and traditional procedures of using these indigenous materials. The municipalities taken in this study are delimited to seventeen (17) municipalities in which eight (8) are upland or interior municipalities and nine (9) are lowland or along the highway municipalities. The upland or interior municipalities are Alilem, Banayoyo, Burgos, Galimuyod, Lidlidda, Salcedo, San Emilio, and Sugpon. The lowland municipalities are Bantay, Cabugao, Narvacan, Santa, Sta. Maria, Santiago, San Ildefonso, Tagudin and Vigan.

Methodology

This study utilized the descriptive method of research for presentation of results and discussions.

The sampling method was a convenient sampling in determining the municipalities and respondents. As such, the municipalities taken were those places the researchers can be assured of reaching them, however, proper distribution of respondents was considered in

a way that one-half or seventeen (17) of the 34 municipalities were taken and further distributed to nine interior municipalities where the researchers believe them to be more fond of the traditional practices and eight lowland municipalities where the researchers want to determine if there are still users of indigenous materials for their economic living.

Further, ten (10) respondents were taken from each municipality. The respondents interviewed were taken from a pool of homemakers during their free hours while others were approached patiently in their houses.

The data-gathering tool was an interview with guide questions. The interview was in Iloko language for better comprehension of the respondents.

Operational Definition of Terms

Homemakers. This refers to the mothers, housewives or those in-charge of the kitchen or nursing of the family.

Indigenous Materials. This indicates those plants, trees, grasses, wastes and other materials which are accessible at home and in the surroundings that are used by the homemakers in their traditional practices.

Practices. This pertains to the current conduct of an activity or the common way of doing things.

Traditional. [t refers to old ways of life.

Rural. It refers to an interior place or a location far from the center of commerce or market.

Urban. It pertains to the central place or a location nearby market or center of commerce.

Results and Discussions

Socio-economic Profile of Respondents

The socio-economic profile of the respondents composes the location of residence, educational attainment, occupation or source of family income, estimated monthly income of the family, and the size of the family.

Table 1. Socio-economic profile of the respondents.

Socio-economic Profile	I n-170	%
A. Location of Residence		
Rural	141	82.94
Urban	29	17.06
B. Highest Educational Attainment		
Elementary Level	15	8.82
Elementary Graduate	11	6.47
High School Level	14	8.24
High School Graduate	36	21.18
Vocational Graduate	19	11.18
College Level	40	23.53
College Graduate	35	20.59
C. Occupation/Source of Family Income*		
Farming	46	27.06
Fishing	5	2.94
Weaving	5	2.94
Hog Raising	27	15.88
Teaching	25	14.71
Government/Private Employee	13	7.65
Driving	6	3.53
Vending	6	3.53
Seasonal Jobs	4	2.35
Business (micro)	4	2.35
Pension	4	2.35
Barangay Official	4	2.35
Overseas Foreign Worker (OFW)	9	5.29
D. Estimated Monthly Income		
Below P5,000	58	34.12
P5,000–9,999	54	31.76
P10,000–14,999	31	18.24
P15,000–19,999	16	9.41
P20,000 and above	11	6.47
E. Size of the Family		
Small (1-3 household members)	58	34.12
Moderate (4-6 household members)	85	50.00
Big (7 or more)	27	15.88

*Multiple Response

" Includes parents of the couple, brother, sister, uncle, aunt, nephew, niece aside from the couple and their children.

Table 1 shows the socio-economic profile of the respondents. From the table, it is seen that most (82.94%) of the respondents reside in the rural areas or interior barangays; majority (23.53%) attained college level and the least (6.47%) are elementary graduates only; majority (28.00%) live by farming and the least (1.83%) live by seasonal jobs, business, pension, and as barangay official; majority (34.12%) claimed to have an estimated income of below P5,000 a month and the least (6.47%) claimed a monthly income of P20,000 and above; and one-half (50%) of the respondents belong to a moderate size of a family and the least (15.88%) belong to a big family size.

The findings indicate that most Filipinos in the rural areas are poor as evidenced by the claim of the majority which is below P5,000.00 as the estimated monthly income. Note, further, that the poverty threshold is P10,000.00 per month for five members of the family.

Indigenous Materials for Cooking, Healing, Cleaning and Other Uses and Benefit and Traditional Procedures

Table 2 to 5 contains the indigenous materials for cooking, healing, cleaning and other uses, their benefits and the traditional procedures. The indigenous materials and the traditional procedures may be practiced by all, some or few of the municipalities.

Table 2 displays the indigenous materials used by homemakers in **cooking**. It proves that there are still homemakers utilizing these indigenous materials to economize.

Table 2. Indigenous materials for cooking, the benefits, and the traditional procedures

Indigenous Materials	Benefits	Traditional Procedures
Malunggay (<i>Moringa oleifera</i>) twigs Papaya (<i>Caricacapaya</i>) stalk Langka (<i>Artocarpus philippensis</i>) leaves	For meat tendering	1) Place cut malunggay twigs, cut papaya stalks, or some pieces of langka leaves in tinola, sinigang, or sinanglao. 2) Cook the recipe till the meat is tender.
Tamarind (<i>Tamarindus indica</i> Linn) Kamias (<i>Averrhoa bilimbi</i> Linn.) Mango (<i>Mangifera indica</i>) Guava (<i>Psidium guajava</i> Linn) Santol (<i>Sandoricum tematum</i>) Alugbati (<i>Basel/a alba</i>)	As ingredient for sour flavor and appetizing aroma As garnish in sinigang and source of vitamin nutrient	Wash the fruit then mix with the sinigang recipe. 1) Gather the tops and young leaves of alugbati. 2) Mix and boil in sinigang dish.
"Baraniw" (<i>Andropogon citrates</i>) Cogon (<i>Imperata cy/indrica</i>) leaves	For appetizing aroma in rice and dishes	Mix in rice and dishes before cooking the recipe
Banana (<i>Musa</i> sp)leaves		For Fish 1) Wrap "ipon" or other small fishes mixed with ingredients (vinegar, salt, ginger, and garlic) with banana leaves then cook.

Table 2 continued

Indigenous Materials		Traditional Procedures
		For Native Delicacies 1) Wrap the slightly cooked, seasoned malagkit rice with banana leaves 2) Arrange them in the pot. 3) Put some water in the pot then cook.
Rice (<i>Oryza sativa</i>) leftover	For more aromatic and delicious food.	1) " <i>Carraen</i> " 2) Mince garlic in a pan with a little oil/margarine/ butter. 3) Put the left-over rice. 4) Stir 5) Put chopped hotdogs, carrots or other substitute. 6) Add salt to taste 7) Stir until cooked
Bamboo (<i>Bambusa spinosa</i>) Woods Coconut (<i>Cocos nucifera</i>) shell Cartoons Waste papers	As firewood	1) Arrange the bamboos or woods in the clay stove. 2) Place tom papers or cartoons beneath the bamboos/woods. 3) Lit the cartoons/papers.
Sawdust Charcoal Com (<i>Zea mays</i>) cob	For fuel and meat tendering	1) Place some tom cartoons or papers in the charcoal stove. 2) Place some saw dust or charcoal on it 3) Lit the cartoons/papers.
Waste GI Sheet	As improvised and economized oven for native delicacies such as tupig and native cakes.	1) Shape or design the zinc according to usage whether for tupig, small native cakes or big native cakes. 2) Ready for use utilizing charcoal, dry coconut shells, bamboos, or woods as fuel.
Clay stove	As cooking stove and charcoal stove for tastier cooked foods.	1) Gather clay. 2) Make it dough and mold into stoves. 3) Cook them by covering with dry carabao/cow's wastes and dry hay to make them durable. 4) Ready for use or sale if no more heat.

Table 2 continued

Indigenous Materials	Benefits	Traditional Procedure
Rice (<i>Oryza saliva</i>) husk	For deliciously cooked tinubong For cooking clay stoves and other clay products	Bum the bulk of rice skin then insert the tinubong Pour the bulk of rice skin on the molded clay products then bum

Table 3 presents the indigenous materials used by homemakers in their first aid or traditional healing practices. This finding connotes that there are still homemakers who apply these traditional practices in order to economize.

Table 3. Indigenous materials for first aid or healing, the benefits, and the traditional procedures.

Indigenous Materials	Benefits	Traditional Procedure
Handkerchief/cloth and cold water/ice	Stops nose bleed	Wet the cloth with cold water or wrap the ice with the cloth then put on the forehead of the patient lying down or reclining position
Hair	Removes warts	Tie the mother wart (first wart that existed) with a hair strand. Tighten frequently till the wart is removed.
Honey	Treats minor and operation wounds, and hides scars. Treats cough, cold and fever as it brings out phlegm	Apply on affected area everyday after cleansing. Take in tablespoons of honey three times a day
Iloco vinegar	Treats fever	Wet a small piece of cotton cloth with the Iloco vinegar and place on the forehead of the patient
Clay	Removes lice and gives shiny hair	Slowly pour water on the clay that is placed in a coconut shell with tiny hole to serve as shampoo.
Palay (<i>Oryza sativa</i>) straw	Removes lice and gives shiny hair	Slowly put water on the burnt palay straw that is placed in a coconut shell with tiny hole to serve as shampoo.

Table 3 continued

Indigenous Materials	Benefits	Traditional Procedure
Water drops	Treats minor sore eyes	Get water drops from the banana leaves by your clean hand early in the morning then apply directly on the sore eyes.
Rice (<i>Oryza sativa</i>) grain	Relieves and treats eye itchiness	Lightly scratch with rice grain the surroundings of the itchy eye
Bolo Aniel (blue powder)	Relieves and treats mumps. Relieves and treats mumps.	Pass the bolo over the mumps early in the morning Mix the aniel with vinegar then apply on the mumps
Charcoal	Treats abscess	Pound the charcoal then wet with water. Wrap with clean cloth then apply as poultice
Coconut (<i>Cocos nucifera</i>) oil	Relieves itch and pain	Apply on the affected area
Kakawate (<i>Giricidia sepium</i>) leaves	Treats scabies	Pound the leaves then rub on the affected area
Kamantigi (<i>Impatiens triflora</i> Linn.) blossoms	Serves as first aid for snakebites as it sips the venom	Crush the flowers then apply directly on the bite as poultice after it has been bled
Kamantigi (<i>Impatiens triflora</i>) stems and leaves	Relieves and treats sprained ankle or wrist	Pound the fresh leaves and stems then apply as poultice
Herbaca (<i>Artemisia vulgaris</i> Linn.)leaves and coconut oil Herbaca (<i>Artemisia vulgaris</i> Linn.) leaves and wine	Treats headache. Also relieves dysmenorrhea	Apply coconut oil on the leaves then heat on fire. Apply on the forehead. Pound the leaves then drink the extracted juice with a white wine
Atis (<i>Anona squamosa</i>) seeds Ripe papaya (<i>Caricacappaya</i>) Yellow bell (<i>Stenolohium stuns</i>) leaves Linn.	Removes lice Relieves indigestion or constipation Relieves indigestion or constipation	Fry the dried matured atis seeds then pound and add oil before applying on scalp overnight. Eat sufficient ripe papaya fruit. Decoct the yellow bell leaves then drink.
Coconut (<i>Cocos nucifera</i>) oil, ginger (<i>Zingiber officinale</i>) and banana (<i>Musa sp</i>) leaves	Treats bone dislocation	Heat the pound ginger with oil that is wrapped with banana leaves then massage the oil on the affected area

Table 3 continued

Indigenous Materials	Benefits	Traditional Procedure
Guava (<i>Psidium guajava</i>)	Treats diarrhea	Chew the guava buds and choke in or decoct the guava leaves and/or buds then drink as needed.
Blackberry tree bark	Treats diarrhea	Decoct the blackberry tree bark or the star apple leaves then drink as needed
Star apple leaves (<i>Chrysophyllum cainito</i>) Linn	Treats diarrhea	Pound and extract then drink
NIPA grass (<i>Chromolaena odorata</i>)		
Guava (<i>Psidium guajava</i>)	Treats toothache	Chew the guava buds
Garlic (<i>Allium sativum</i>)	Treats diarrhea	Pinch 1 clove of peeled garlic then place on the aching tooth
		Boil the leaves then drink
Vietnam rose	Treats diarrhea	
Guava (<i>Psidium guajava</i>) leaves and coconut (<i>Cocos nucifera</i>) oil	Treats scabies	Decoct the guava leaves then use it to cleanse or wash with soap the skin affected with scabies. Apply coconut oil after drying with cloth.
Kakawate (<i>Gliricidia sepium</i>) leaves	Treats diarrhea	Pound the leaves then apply the extract on the affected area
Guava (<i>Psidium guajava</i>) leaves	Treats fever and chicken pox	Decoct the guava or lagundi leaves and mix with cold water then use it as water bath.
Lagundi (<i>Vitex negundo</i> Linn.) leaves		Roast dried seeds then grind.
Okra (<i>Abelmoschus esculentus</i>) seeds	Treats fever	Boil ½ cup of ground seeds in 2 glasses of water for 15 mins. Cool and strain then drink.
Pagulinaw leaves	Treats fever	Boil 1 cup chopped fresh leaves in 2 glasses of water for 15 minutes then drink
Atsuete leaves (<i>Bxa orellana</i>) Linn	Treats fever	Apply the fresh atsuete or oregano leaves on the forehead.
Oregano (<i>Coleus amboinicus</i>) leaves	Treats arthritis	Heat on fire then apply on joints and bind.
Banana (<i>Musa sp</i>) tops	Treats fever	Unroll the banana tops and apply on the forehead, chest, and back of the patient

Table 3 continued

Indigenous Materials	Benefits	Traditional Procedure
Lagundi (<i>Vitex trifolia</i> Linn) Kulitis (<i>Amaranthus spinosus</i>) Tamarind (<i>Tamarindus indica</i>) bark	Treats asthma and skin rashes.	Decoct the lagundi leaves, fruits or stems, or the kulitis leaves and flower, or the tamarind bark. Cool then drink to treat asthma. Use for washing or cleansing for skin rashes.
Guava (<i>Psidium guajava</i>) tops Malunggay (<i>Moringa oleifera</i>) tops NPA (<i>Chromolaena odorata</i>) grass leaves Tuon-tuon (leaves) Kutsai (<i>Allium porrum</i>) leaves Young banana (<i>Musa.sp</i>) leaves	Stops wound blood	Pound the tops then apply on the wound or pound then pour the extract on the wound
Busbusilak (<i>Tabernaemontana pandacaqui</i>) dagta	Treats wound	Cut the busbusilak stem then put the "dagta" on the wound.
Oregano (<i>Coleus amboinicus</i> Lour) leaves Alagaw (<i>Premna cumingiana Schauer</i>) leaves Lagundi (<i>Vitex negundo</i> Linn.) leaves	Treats cough	Boil the leaves of oregano or alagaw or lagundi or eucalyptus for several minutes. Cool then drink.
Eucalyptus (<i>Eucalyptus tereticornis</i> Sm) leaves Bugbugayong (<i>Abrus precatorius</i>) leaves Calamansi (<i>Citrus microcarpa</i>) Sambong (<i>Blumea balsamifera</i>) leaves Anubo (a king of "lanut") Onions (<i>Allium cepa</i>) Ginger (<i>Zingiber officinale</i>)	Treats cough and colds Treats rheumatic cough Treats whooping cough Treats cough, fever, common colds, headache, rheumatism and stomachache Treats cough, cold and fever as it brings out phlegm Treats cough, coarse voice or sorethroat Treats stomachache	Wash and pound. Extract the juice then drink. (Mother's milk, calamansi juice or other flavors may be used to flavor the extracted juice. Cut and squeeze. Add the extracted juice with sail and lukewarm water. Stir then drink. Boil the leaves for 15 mins. Cool then drink. Cut the anubo then drink the juice. Decoct the onion leaves and bulbs. Cool then drink. Chew the ginger. Pound then boil. Cool then drink

Table 3 continued

Indigenous Materials	Benefits	Traditional Procedure
Gumamela (<i>Hibiscus rosasinensis</i>)	Treats "Zetteg" or "pigsá", abscess and boil	Chop the leaves or flower then apply on the affected area Bind
Papaya (<i>Carica papaya</i>) blossoms	Treats kidney stones	Eat papaya blossoms till kidney stone is cured
"Attakey" Banana (<i>Musa sp</i>) leaves or bark Bugnay (<i>Antidesma bunius</i>) leaves or bark	Treats kidney stones at it washes away the kidney stones and body toxins	Decoct the attakey leaves and stems or banana or bugnay leaves or bark then drink.
Young coconut (<i>Cocos nucifera</i>) juice	Treats kidney stones as it washes away the kidney stones and body toxins. Also treats urinary infection	Drink the juice of newly gathered young coconut fruit every morning or heat on fire the young coconut fruit then drink the juice while hot
Sabila (<i>Aloe vera</i>) leaves	Removes dandruffs and thickens hair Relieves burns Also treats pimples and mumps	Extract the juice from the fresh leaves then rub gently on the scalp. Apply the extracted juice on the affected area. Peel the leaf then apply on pimples and acne.
Kamias (<i>Averrhoa bilimbi</i>) fruit Makahiya (<i>Mimosa pudica</i>) leaves Kantutay (<i>Lantana camara</i>) leaves	Treats mumps	Crush the kamias fruit or makahiya or kantutay leaves till it becomes paste then apply on the affected area or pound or chop any of them then apply as poultice on the affected area.
Mansanilla (<i>Chrysanthemum sinense</i>) leaves	Treats stomachache Also treats headache due to sinusitis Also treats gas pain	Decoct the leaves then drink. Crush the leaves and put a drop of oil on the leaves. Heat on fire then apply on the forehead. Crush the leaves then mix with coconut oil and rub on the stomach.
Sambong (<i>Blumea balsamifera</i>) leaves Gumamela (<i>Hibiscus rosasinensis</i>) leaves	Relieves boils and head ache	Chop the fresh leaves then apply as poultice on the boils or forehead for headache.

Table 3 continued

Indigenous Materials	Benefits	Traditional Procedure
Malunggay (<i>Moringa oleifera</i>) seeds	Treats diabetes	Chew the nuts of the dried seeds of <i>malunggay</i> and choke in.
Ampalaya (<i>Momordica charantia</i>) leaves or fruits	Treats mild diabetes	Boil the <i>ampalaya</i> leaves or fruit then eat
Ampalaya (<i>Momordica charantia</i>) roots, fruits and leaves	Treats hemorrhoids	Wash the roots, fruits and leaves then pound. Add oil then apply as poultice
Katuray (<i>Sesbania grandiflora</i>) flowers	Lowers high blood pressure	Eat katuray leaves as <i>dinengdeng</i> or native salad.
Akapulko (<i>Cassia alata</i> Linn.)	Treats athlete's foot and an-an For dewonning or worm infestation	Crush the leaves then apply the extracted juice on the affected areas. Roast the akapulko seeds then pulverize. Mix water then drink.
Coconut (<i>Cocos nucifera</i>) milk	For dewonning or wonn infestation	Drink the newly extracted coconut milk
Bettel (<i>Areca catechu</i>) nut	Also strengthens teeth	Chew the nut then choke in
Avocado (<i>Persea americana</i>) leaves Guava (<i>Psidium guajava</i>) leaves Starapple (<i>Chrysophyllum cainito</i> Linn.) leaves	Relieves stomachache	Wash the leaves. Decoct then drink
"Ulasimang bato" (<i>Peperomia pellucid</i>)	Treats high uric acid	Wash the leaves. Decoct then drink
Cacao (<i>Theobroma cacao</i> Linn) seeds	Treats eczema	Roast the seeds then pound. Add oil then apply on the affected area.
Sagat (<i>Vitex parviflora</i>) (seeds)	Treats ovary and uterus infection	Dry for few days. Decoct then drink
Atis (<i>Annona squamosa</i>) leaves Guyabano (<i>Annona muricata</i>) leaves	Relieves fainting	Crumple the leaves then let the patient smell the aroma of the crumpled leaves.
Mango (<i>Mangifera indica</i>) bark	Treats rheumatism	Decoct the mango bark then drink
Kuribetbet (<i>Tabernaemontana pandacaqui</i>) leaves	Sips rabbits and treats dog bite	Pound the leaves then apply as poultice on the dog bite

Table 3 continued

Indigenous Materials	Benefits	Traditional Procedure
Adelfa (<i>Nerium indicum</i>) bark and leaves	Treats herpes	Pound the leaves and bark then add oil. Apply as poultice on the affected area.
Kangkong (<i>Ipomoea aquatica</i>) leaves	Serves as a regulator or waste disposal	Serve as a dish either as a salad, dinengdeng, adobo, or mixed in sinigang.

Table 4 shows the indigenous materials used by homemakers in their traditional cleaning practices. This finding elicits the fact that they are effective and help the homemakers to economize.

Table 4. Indigenous materials for traditional cleaning, the benefits, and the traditional procedures.

Indigenous Materials	Benefits	Traditional Procedure
Scrap/Scratch papers	Makes mirror clearer	Wet the papers then wipe on the mirror
Ash and small coconut (<i>Cocos nucifera</i>) husk	Remove the dirt or black color of the outside surface of kitchen utensils	Scrub the kitchen utensils with the ash using the coconut husk.
"Uplas" leaves (a king of a tree)	- do -	Scrub the kitchen utensils with "uplas"
"Pedped leaves" (plants along the river)	Cleans diving glasses and sticky tobacco stain on hands	Crush the leaves till soapy bubbles to clean diving glasses or sticky hands.
Banana (<i>Musa sp</i>) leaves	Cleans the floor leaving it shiny and insect-free	Scrub the floor with the banana leaves.
Papaya (<i>Carica papaya</i>) leaves	Cleans the mammary glands of a pig providing sanitary milk	Rub on the mammary glands of a pig after giving birth
Kamias (<i>Averrhoa bilimbi</i>) fruit	Cleans dirty finger nails and softens hands	Squeeze the kamias fruit with the finger nails till the juice comes out and the nails are clean
	Also removes clothes stains	Rub on the stain of the cloth

Table 5 presents the other traditional practices of homemakers using indigenous materials. This finding implies that homemakers believe that they are effective and economic.

Table 5. Other traditional practices of homemakers using indigenous materials, the benefits, and the traditional procedures.

Indigenous Materials	Benefits	Traditional Procedure
Papaya (<i>Carica papaya</i>) leaves	For whitening washed clothes	Pound, squeeze, strain then mix in the bleach of clothes for overnight
Lagundi (<i>Vitex negundo</i>)	Prevention of intermittent fever	Boil with calamansi leaves and bamboo leaves then use for bath
Ash	Drives away worms	Remove the worms on the plants then sprinkle ash on the plants or simply sprinkle the ash on the plants if the worms are tiny.
Rice (<i>Oryza sativa</i>)	Serves as rice coffee and gives energy	Roast the rice till black then mix in a boiled water and add sugar to taste
Left-over rice	Serves as "almidor" (strengthens clothes)	Place it in a small cloth bag then squeeze in a basin of water till the water looks little bit gloomy
Cotton cloth		Heat the cloth on a fire then apply to the body Fold into size that fits the underwear. Hem temporarily at both ends or at the top and bottom
"Koba" (bark of "alluko" or "pakak" or "balete" trees that is made into a diaper for a newly given birth mother)	Serves as napkin and tightening for stomach and vagina or helps maintain stomach and vagina shape	Fold and use as diaper and tie it with a cloth as belt
Calamansi (<i>Citrus microcarpa</i>) fruit	Serves as odor neutralizer	Cut the calamansi fruit then squeeze on the basin with water for final wash or rinse

Table S continued

Indigenous Materials	Benefits	Traditional Procedure
Fire smoke	Drives away insects in fruit trees, induces more flowers, and bear more fruits	Produce smoke by burning woods, dried leaves, etc under a fruit tree
Charcoal	Serves as odor neutralizer in refrigerator for it absorbs the nasty odor inside the ref.	Place a charcoal inside the refrigerator
Cartoon/box, paper and cloth	Preserves warmth of the rice or ballot	Place the paper and cloth around the container of the cooked rice or ballot placed in the box/cartoon to preserve warmth.
Stone	For skin dirt removal	Scrub the stone on the skin during bath
Coconut (<i>Cocos nucifera</i>) oil	For liniment during massaging	Put oil on palm then massage the body parts needing massage
Iloco vinegar Calamansi (<i>Citrus microcarpa</i>) juice Kamias (<i>Averrhoa bilimbi</i>) extract	For feminine wash	Mix any of them with water for washing the body especially the vagina.
Calamansi (<i>Citrus microcarpa</i>) fruit	Serves as odor neutralizer	Cut the calamansi fruit then squeeze on the basin with water for final wash or rinse

Conclusions

From the findings, the following conclusions are drawn:

1. Most users of the indigenous materials reside in rural areas, not full professionals, and poor.
2. There are still many indigenous materials used by homemakers in order to economize.

Recommendations

1. Filipinos, especially in rural areas, should help themselves to live economically healthy by applying or maintaining the traditional practices of using indigenous materials for economic living.

2. Instead of buying pressure cooker, use *malunggay* twigs, papaya stalk, or *langka* leaves for meat tendering; commercial sour ingredient, use fresh tamarind, mango, guava, *santol*, or fresh/dried *kamias*; gas stove, use clay stove; oven, use improvised or designed waste zinc; and liquefied petroleum gas (LPG), use bamboos, woods, coconut shells, saw dust, amboligan or charcoal to increase savings. The foods or recipes can be enhanced to have a better appetite and more nutritious foods by using indigenous materials like "*baraniw*" and "*alugbati*". Herbal medicines or "doctor on the counter" (quack doctor's prescriptions) should be applied but should be observed in three days only. If no fast progress on the ailment, go to a physician/specialist.

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