

Medicinal and Poisonous Plants of Mount Pulag, Benquet, Philippines

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Benguet, Philippines*

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*Museum of Natural History
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L - R: *Solidago, Lobelia, Gaultheria*

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Foreword

In this age of increased consciousness towards environmental protection and conservation, the UP Los Baños Museum of Natural History (MNH) continues to exert significant efforts to document Philippine biodiversity. Among others, to determine what is left of our own natural heritage, Dr. Lourdes B. Cardenas, Dr. Norma O. Aguilar and Ms. Mary Ann O. Cajano have studied and prepared a publication on the medicinal and poisonous plants of Mount Pulag, Benguet, Philippines.

This publication includes information on the plant species like nomenclature, chemical substances that make them medicinal and poisonous, and if available, their uses.

This work manifests an unwavering commitment of the authors to contribute not only in the pursuit of scientific excellence, but to the improvement and safeguarding of the welfare of the general public, as well. The Museum commends the authors and would continue to support such worthy endeavor.



Augusto C. Sumalde, Ph.D.
Director

Preface

“One can gaze down at a rainbow when climbing Mount Pulag!”

And this is not the only delightful surprise along the way. In the course of the documentation for the Museum of Natural History special project on “Spore- and Seed-bearing Plants of Mount Pulag, Benguet, Philippines”, a new vista opened up. This is the array of plants known to be medicinal and poisonous in some countries of Europe and those local species closely related to these. This book records these plants and includes the major biologically active constituents likely to be present in them. It is not a product of ethnobotanic studies but of literature survey. It is also not in any way exhaustive. For opportunities to document a plant are, at most time, dictated by an amicable weather in the right season at the right spot when the plant is blooming – a combination that does not come readily in every climb. Lastly, this work does not encourage the unregulated use of herbal medicine. But it attempts to offer explanations for some therapeutic activities already observed in local plant species and to indicate the risks involved when present. It is hoped that researchers on plant secondary products may benefit from this book.

The authors gratefully acknowledge the funding of the Museum of Natural History – UPLB for the project and the printing of this work.

Sincere thanks are also due the Mount Pulag National Park, DENR.

Prof. Dr. Maiké Petersen (Philipps-Universität Marburg, Germany) reviewed the text on the plant entries and for this the authors are greatly indebted.

Prof. L.S. de Padua and Prof. Dr. A.W. Alfermann as former advisers to the senior author, and the DAAD (German Academic Exchange Service) that funded her study of Pharmaceutical Biology and continues to provide the reference books, are all gratefully acknowledged for their contributions.

The steadfast support was provided by the authors' families and friends - and we would like to dedicate this output to our mothers.

While the inspiration comes from the Creator of the rainbows and stars, and of the plants in Mount Pulag.



- L.B. Cardenas

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