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## Ethnobotany of traditional medicinal plants of Mount Arayat, Pampanga, Philippines

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This study documented from key informants a total of 165 species of medicinal plants in 63 families with family Lamiaceae having the most number of species. Majority of the plants were herbs (75%) and terrestrial (94%). Herbarium specimens of representative species were prepared and properly labeled as to description and uses. Twenty six ailment categories were reported with gastro-intestinal problems (Rank 1), Asthma (Rank 2), kidney problems (Rank 3) and dermatological disorders (Rank 4). The Factor Informant Consensus (Fic) was highest for acting as stimulant (Fic=1.00) followed by dengue (Fic=0.92) and asthma (Fic=0.89). Other categories with high Fic values were superstitions/withcraft (Fic=0.86) and Cancer (Fic=0.75). The Relative frequency citation (RFC) showed the traditional importance of each species and the highest RFC was recorded in Plectranthus amboinicus, Annona muricata (RFC=0.51), Pandanus tectorius (RFC=0.42), Bacaris balsamifera (RFC=0.34) and Psidium guajava (RFC=0.34). The Fidelity Level (FL) values which measured the informant's most preferred species in treating certain ailment was recorded with 100% for Muntingia calabura (53 use report for gastro-intestinal), Senna alata (28 use report for dermatological problems) Hibiscus rosa sinensis (11 use reports for boils) and Aloe vera (10 use reports for dermatological disorders). Breynia sp (43 out or 44 cited for kidney problems) registered a FL of 98% and Psidium guajava (54 out of 59, with FL value of 95%) was cited for gastro-intestinal disorders. Leaves were the most preferred form of medicinal material and prepared mostly by females generally through boiling and most of the time taken orally by the patients. Both male and female participated in the administration of the material which can be done through tapal, eaten fresh, drinking decoction on recommended amounts or agua tiempo. The knowledge on ethnomedicine was handed over by the elders/ancestors to the next generations and this knowledge was used mostly by those informants aged 60-65, were generally elementary graduates and have been residing in the area for 20 years of more. A more comprehensive study using other quantitative indices on Relative Cultural Importance (RCI) is recommended. Plants in the study with high Fic, RFC and FL values can be subjected to bioassay and pharmacological investigations whereas, those with low value scores requires analyses of their bioactivity to justify their use for treating a given ailment.

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