

## **ANNUAL REPORT 2015**

The Philippine Institute of Traditional and Alternative Health Care (PITAHC) continued to carry out its mandate as a research Institute for the last three years. Research projects were prioritized based on the Philippine Research and Development Framework on Traditional and Complementary Medicine (T&CM) approved by its Board of Trustees in 2014. This served as guidepost in the conduct of research projects during the year, specifically in the conduct of researches on conservation and protection of natural and cultural heritage of Philippine Traditional Medicine; research and development on safety, efficacy/benefit, and quality of Philippine medicinal plants and other natural products; clinical research on safety and efficacy/benefit of T&CM modalities; standards, policy and operations research; and knowledge management.

To ensure the quality, safety, and efficacy of T&CM, there must be appropriate standards for practice, education, and training of providers. Implementation of professional standards, when supported through regulation, enhances the learning base of practitioners, evokes confidence from patients and consumers in the health providers, enhances the stature of practitioners and ultimately leads to improved health care. This program involves development of competency standards and code of ethics for the practice of specific T&CM modalities such as: hilot, acupuncture, chiropractic, homeopathy, naturopathy, tuina, osteopathy, and other WHO recognized T&CM modalities. Relative to this, PITAHC has developed the said standards and code of ethics for the practice of the aforementioned modalities. Likewise, the standards on the accreditation of T&CM clinics, facilities, training centers, and associations were developed.

PITAHC intensified its promotion and advocacy services on the use of safe, effective, cost effective, scientifically validated, and culturally acceptable herbal products and T&CM modalities. These were done through quad media such as: social media, newsletters, television, radio advertisements, and public appearances. To further broaden its campaign, PITAHC established linkages and collaboration with the different local government units (LGUs), government agencies, non-government organizations, civil society groups, and stakeholders nationwide.

### ***HIGHLIGHTS OF ACCOMPLISHMENTS***

#### ***Research and Development***

In partnership with the different research institutions such as University of the Philippines Manila-National Institutes of Health, National Integrated Research Program on Medicinal Plants, University of the Philippines Los Baños, Ateneo de Manila University, Health Futures Foundation Inc., Bicol University, University of Rizal System, Nueva Vizcaya State University, and Isabela State University a total of nine (9) research projects were completed out of the ten (10) that was targeted for the year (90% accomplished). From out of six (6) selected research projects that were completed for the last three years with at least 50% to be published as target, a total of four (4) (or 67%) was published at the PITAHC website and made available to the general public. Out of three (3) research projects that were targeted to be completed within

the proposed timeframe three (3) selected research projects were completed (100 % accomplished).

#### *Research Projects Completed*

1. Phase I Confirmatory Clinical Trial: Safety and Efficacy of *Cassia fistula* L. (Kanya pistula) Leaf Tablet in Comparison with Senna Tablet as Laxative in Adult Patients
2. Establishment of Medicinal Plant Garden in the Four (4) Herbal Processing Plants of the Philippine Institute of Traditional and Alternative Health Care
3. Development of Clinical Practice Guidelines (CPGs) for Various Pain Conditions using Acupuncture for the Department of Health and the Philippine Health Insurance Corporation
4. Development of Standardized Dosage Formulation of Ulasimang Bato (*Peperomia pellucida* L.) Tablet
5. Cataloguing of Traditional and Alternative Healers in Six Municipalities in the Province of Batangas Using the Active Approach
6. Conservation and Sustainable Utilization of Selected Medicinal Plants
7. Development of the PITAHC Wellbeing Newsletter
8. Extraction, Purification and Evaluation of Selected Fruit Waste-Derived Starch as Pharmaceutical Excipient
9. Evaluation of Safety and Efficacy of Makabuhay (*Tinospora crispa*) Thin Ointment for the Treatment of Head Lice

#### *Selected Research Projects Completed within the last 3 years with Results Published*

1. Philippine Medicinal Plants: The First 100 (Published with ISBN 978-971-94233-2-4)
2. An Anthology of Filipino Traditional Healers: Albularyo, Hilot, Mantatawas, At Iba Pa (Published with ISBN 978-971-94233-3-1)
3. Development of a Traditional and Alternative Healers Catalog for the Provinces of Batangas and Laguna (Published at the PITAHC website)
4. Encyclopedia of Medicinal Plants of the Philippines, Volume 2 (Published at the PITAHC website)

#### *Selected Research Projects Completed Within the Original Proposed Timeframe*

1. Establishment of Medicinal Plant Garden in the four (4) Herbal Processing Plants of the Philippine Institute of Traditional and Alternative Health Care
2. Development of Standardized Dosage Formulation of Ulasimang Bato (*Peperomia pellucida* L.) Tablet
3. Development of the PITAHC Wellbeing Newsletter

#### **Standards and Accreditation**

For this year, activities were geared towards the establishment of a system for the qualification, certification, and accreditation of T&CM practitioners, training centers, clinics, and associations.

Two (2) public hearings were conducted for the finalization of the Guidelines for the Certification and Accreditation of Hilot and Guidelines for the National Certification and Accreditation of Osteopathy. A total of eighty eight (88) T&CM practitioners were certified

consisting of seventy six (76) acupuncturists, five (5) naturopaths, three (3) chiropractors and four (4) homeopaths/homotoxicologists. Likewise, a total of six (6) training centers (3 for acupuncture, 2 for naturopathy and 1 for homeopathy/homotoxicology), four (4) clinics (3 for acupuncture and 1 for naturopathy), and three (3) traditional and alternative health care associations (2 for acupuncture and 1 for homeopathy/homotoxicology) were accredited. Out of the one hundred twenty seven (127) applications for certification and accreditation that was targeted, one hundred seventy (170) or 134 % was accomplished.

To foster cohesiveness among T&CM practitioners, several fora were organized such as the General Assembly conducted among certified chiropractors, Federation of Naturopathy Practitioners of the Philippines, hilot, and homeopathy/homotoxicology practitioners.

In order to address the problem on the proliferation of unregistered T&CM practitioners in Metro Manila, three (3) batches of LGU orientation on certification of practitioners and accreditation of clinics were conducted and participated by the city health officers (CHOs), and business permit licensing officers (BPLOs) from Pasig, Marikina, Quezon City, Tausig, Mandaluyong, Makati, Manila, San Juan, Caloocan City, Malabon, Navotas, Valenzuela, Muntinlupa, Paranaque, Las Piñas, and Pasay City.

As part of the responsive system for the reporting, monitoring, and responding to complaints related to T&CM practices, PITAHC developed monitoring tools and monitored six (6) accredited acupuncture clinics, four (4) chiropractic clinics, and two (2) homotoxicology clinics.

### ***Social Advocacy and Training***

For this year, PITAHC conducted two (2) Basic Acupuncture Training in Baguio City and Bicol University with a total of sixty four (64) participants (out of a target of 50). A total of eighty one (81) advocacy activities was carried out (out of a target of 64) through lectures/seminars/workshops on community-based herbal medicine preparation and acupressure, TV and radio interviews, public appearances, and participation in local and international exhibits/trade fairs and conventions. This represented a total of 145 which was 127% of the targeted 114.

A reference book (PITAHC Patnubay sa Paggamit ng Halamang Gamot Para sa Pamayanang Pilipino) had been developed. The reference book contains practical guidelines on the safe and beneficial use of medicinal plants used for common ailments in the community.

Noteworthy to mention is the success of the 7<sup>th</sup> TAHC Convention and Exhibit at Diamond Hotel, Manila last November 27-28, 2015. There were three hundred twenty (320) participants who attended and were impressed with the vast information on T&CM current researches, on trends and perspectives, and on strategies in integrating T&CM into the national health care delivery system.

### ***Herbal Processing Plants***

Tacloban Herbal Processing Plant (THPP) established a medicinal plant garden with an area of one hundred sixty square meters (160 sq.m.) dedicated to the collection, cultivation, preservation, promotion, and display of thirty (30) plants with known rich history of medicinal use in the region, labeled with concise information on their botanical, common and local names, efficacy and safety, beneficial and healing properties. Located in Bagacay, Tacloban City,

this herbal garden is a showcase wherein students and the public are provided with useful information on the different medicinal plants.

THPP also conducted the standard pharmaceutical formulation (Trial 1 Formulation) of *ulasimang bato* tablet 500 mg. Based on the different tests results, this anti-hyperuricemic drug proves to be a very promising herbal medicine and it is hoped that this will soon be marketed upon compliance with Food and Drug Administration (FDA) requirements for product registration.

THPP also served as venue for manufacturing internship of pharmacy students of St. Scholastica's College.

*Cagayan Valley Herbal Processing Plant* (CVHPP) completed the product development of *akapulko* ointment as anti-fungal agent. Likewise, CVHPP continuously conducted bio-assay and micro-assay testing of herbal products from other HPPs. The HPP served as a venue for manufacturing internship of pharmacy students from St. Paul University of the Philippines, Medical Colleges of Northern Philippines, International School of Asia and the Pacific, Lorma Colleges, and Saint Louis University Baguio. A total of eighty seven (87) students completed the two hundred (200) hours internship program.

*Davao Herbal Processing Plant* (DHPP) carried out product formulation of researches of post graduate interns from the different universities in Mindanao. DHPP is currently the main source of experimental animals being used by students and researchers in the region. It also served as a venue for manufacturing internship of pharmacy students from the University of San Carlos, University of Immaculate Concepcion, Notre Dame of General Santos City, University of Southern Mindanao, General Santos Doctors School, and San Pedro College. A total of seventy (70) students completed the two hundred (200) hours internship program. Technical assistance in the thesis development of students was also provided by the technical staff of the HPP.

*Cotabato Herbal Processing Plant* (CHPP) produces eight variants of herbal soap namely, *akapulko*, *bayabas*, *kamias*, *papaya*, *labanos*, *calamansi*, *cucumber* and *carrot*. *Bayabas* and *akapulko* soap are continuously procured by the DOH-retained hospitals as part of their Buntis and OB kits given to their patients. A total of 245,000 pieces of herbal soap were produced against the target of 200,000 pieces (123 % accomplished). Likewise, CHPP served as venue for manufacturing internship of pharmacy students from the University of Southern Mindanao. A total of twenty six (26) students completed the eighty (80) hours internship program.

For 2015, THPP, CVHPP and DHPP produced a total of thirty five million ninety six thousand three hundred eighty seven (35,096,387) tablets. The herbal medicines that were produced include *lagundi*, *sambong*, and *tsaang gubat* tablets.

### ***Certifications Received***

1. CVHPP was certified as Current Good Manufacturing Practice (CGMP)-compliant by FDA.
2. THPP was certified as Good Agricultural Practice (GAP)-compliant by the Department of Agriculture.
3. DHPP was certified as Good Laboratory Practice (GLP)-compliant on Animal Facility by the Bureau of Animal Industry.

## ***Marketing and Sales***

For this year, PITAHC supplied the requirements of government clients specifically the Department of Health and its retained hospitals. A net sales of P73.879 million was achieved against its target of P65.256 million (113% accomplished). Income generated from sales is used to augment the financial requirements needed to sustain the operation of the Institute.

## ***Human Resource Development***

Continuous human resource development program was carried out by PITAHC for its employees. Staff from the different divisions and HPPs attended/participated in the following (local and international) events:

1. NLPGN's 54th & FY 2015 Biennial Convention
2. Workshop on Budget Preparation
3. 6<sup>th</sup> Ayurveda, Yoga and Wellness & Expo Philippines
4. National Consultation for the Adoption and Implementation of ASEAN TMM Guidelines.
5. Agency Procurement Compliance and Performance Indicators (APCI) System
6. ASEAN Task Force on Traditional Medicine Post 2015 Planning Meeting and First Meeting on the Preparation of the Book on TM/CAM for Primary Health Care in ASEAN
7. Workshop on Update in Herbal Medicine Quality Analysis
8. Orientation on Documentation of the Philippine Traditional Knowledge & Practices on Health and Development of Traditional Knowledge Library on Health
9. PITAHC Team Building (Central Office, Manila)
10. Fire & Earthquake Orientation and Drill Exercises
11. GAD Seminar: Social Construct of Gender, Introduction to Gender Analysis & Gender Issues; GAD Plans & Budget GAD Accomplishment Report
12. 20th Mid-year Convention of Philippine Association of Medical Technologists (PAMET)
13. 1st National Health Workers Day Celebration
14. 7th Web Page Conference
15. TOT on Culture Sensitivity Orientation on Indigenous People's Health
16. Team Building (THPP)
17. Team Building (DHPP)
18. Training on Research Methods
19. Forum of HLPGP
20. Orientation on Good Agricultural Practice (GAP)
21. Intellectual Property Rights and Ethics Training
22. 83rd Annual Convention of the Philippine Public Health Association (PPHA)
23. Symposium on Earthquake Preparedness
24. Team Building Activity (CVHPP)
25. 2-day Regional Consultative Workshop on Research and Technology Generation
26. Global Forum for Research and Innovation for Health
27. Smarter Home, Better Healthcare
28. 7th Meeting on Indigenous Medicine in Mekong Basin and Conference on Traditional and Indigenous Medicine and 12th National Herbs Exposition
29. 2nd Annual Health Research Conference
30. International Training Workshop on Development and Conservation of Traditional Ethnomedicine
31. Two-week Training on Regional Course on Advance Epidemiology conducted by Southeast Asian Ministries and Public Health Network

32. Government Excellence Class (GEC) Forum
33. 6th National Moringa Congress
34. 6th Meeting of the ASEAN Task Force on Traditional Medicine
35. Quality Management System: Seminar on Formulating Objectives and Plans
36. National Nutrition Council Meeting Re: Advocacy Health Promotion
37. 5th Luzon Convention of Human Resource Management Practitioners
38. 2nd WHO Interregional Training Workshop on Clinical Research in TM/CAM
39. Strategic Planning Workshop
40. PAGBA 3RD Quarterly Seminar & Meeting with theme: Planning, Budgeting, Execution-Strong Public Financial Management
41. 5th Annual Convention of the Philippine Society of Medical Specialists (PSMSI)
42. Multi Stakeholders Consultative cum Workshop on Draft Programs Document(Prodoc) of the Proposed Philippine Program on Wealth Creation from Biodiversity Genetic Resources
43. 16th Annual Convention of the Philippine Society of Clinical & Occupational Toxicology
44. 3rd yr Anniversary of the GLGAM Institute / GLGAM Inc.
45. GAD Seminar: Solid Waste Management
46. 2nd WHO Interregional Training Workshop on Clinical Research on TM/CAM
47. 1st Philippine Congress on Integrated Medicine
48. Regional BHW Congress and Regional MHO Consultation (Region 7)
49. Integrity Management Committee National Convention
50. Financing Biodiversity Concluding Meeting
51. GAD Seminar: RE Basic Concepts, Gender Fair Language and Gender Mainstreaming as a Strategy to Implement the Magna Carta of Women
52. Cluster Meeting of the HRMOs and CAOs of Metro Manila Hospitals, NCR Offices and DOH

### ***Financial Report***

#### ***Results of Operations***

For Calendar Year 2015, PITAHC's HPPs focused their activities from production of herbal medicines and other herbal products into research and development, as mandated by the Governance Commission for Government Owned and Controlled Corporations (GCG) in its directive last September 2012.

Sales revenue (net of sales discounts) for CY 2015 amounted to P73.879 million lower than that of last year's by P18.383 million or by 20%, which is mainly attributed to the adjustment in the target sales from P92.262 million in CY 2014 to P65.256 in CY 2015, a reduction of P27.006 million. However, actual sales of P73.879 million was 13 % above the CY 2015 target.

Cost of sales registered at P30.723 million or 42 % of Net Sales, resulting into Gross Profit from Sales of P43.156 million.

Total Expenses amounted to P80.387 million consisting of Personal Services of P48.862 million, Maintenance and Other Operating Expenses of P31.515 million and Financial Expenses of P.010 million.

Loss therefore from Operations amounted to P37.231 million. However, after deducting other income of P6.694 million, net loss is registered at P30.537 million. Considering the P50 million

subsidy from the National Government and income tax of P0.562 million, net income is registered at P18.901 million.

### ***Financial Position***

As of December 31, 2015, the Institute generated total assets of P397.395 million consisting mainly of Cash of P175.209 million, Property, Plant and Equipment of P111.667 million, Receivables of P33.355 million, and Inventories of P 24.104 million.

Total liabilities amounted to P26.488 million, consisting mainly of Payables to contractors/suppliers.

Total equity as of December 31, 2015 amounted to P370.907 million consisting mainly of Government Equity of P73.238 million, and Retained Earnings of P297.669 million.

### ***Future Directions***

1. Implementation of quality researches based on the approved research agenda
2. Continuous capability building/retooling of human resource
3. PITAHC to host the 7<sup>th</sup> ASEAN Meeting on T&CM
4. Amendment of TAMA Law to include regulatory powers of PITAHC
5. HPPs as research venue and as satellite offices in advocacy services and training, and standards and accreditation
6. Availability of robust information system on the promotion and utilization of TAHC products, services, and technologies