

ANNUAL REPORT 2017

PHILIPPINE INSTITUTE OF TRADITIONAL AND ALTERNATIVE HEALTH CARE (PITAHC)

Prepared by:

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Message from the PITAHC Director General

2017 is a great year for PITAHC, full of change and progress. We are now on our preliminary works for the institute's organizational re-structuring and aligning our activities towards the enhancement of the Research and Development on Traditional and Complementary Medicine (T&CM). Likewise, the institute also leading towards to the advancement of its advocacy and promotion and certification and accreditation of T&CM practitioners and facilities.

This year marks many significant changes and important activities in the institute, including PITAHC's re-structuring, the annual TAHC Month Celebration, and the ASEAN Conference on Traditional and Complementary Medicine among others. This report outlines the significant achievements and progress of the institute over the past year, and the support of our stakeholders that helps make such successes possible.

Most of the initiatives we are reinforcing will advance excellence of the institute for the years to come—whereas generating significant achievements in the near future. These includes our vision to transform our Herbal Processing Plants (HPPs) into a state of the art research and development facilities. We also envisage to be recognized in Southeast Asia, through the improvement of our advocacy and promotion of Traditional and Complementary Medicine, and empowering our T&CM Practitioners through the strengthening of our certification and accreditation standards.

The problems we are facing as a society don't favorably set themselves up to be solved by one-source solution, specifically the current and emerging health challenges of our country. We, in PITAHC will take this challenge and continually innovate our research and development to come-up with a high-impact researches on Traditional and Complementary Medicine that will help the country solve the present and evolving health problems, through the innovation of safe, effective/beneficial, and affordable T&CM products and services for all.



DR. ANNABELLE P. DE GUZMAN, MHA, FPAFP, MAMed(UK), CESE
Director General

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PITAHC'S TRANSFORMATION AS A RESEARCH INSTITUTE

Republic Act 8423, otherwise known as the Traditional and Alternative Medicine Act of 1997 (TAMA) Law was passed on December 8, 1997 and was signed into law by then President Fidel V. Ramos on December 9, 1997. The law was created to improve the quality and delivery of health care services to the Filipino people through the development of traditional and alternative health care (TAHC) and its integration into the national health care delivery system.

The law created the Philippine Institute of Traditional and Alternative Health Care (PITAHC), a government owned and controlled corporation attached to the Department of Health. The Institute provided for the transfer of the four (4) Herbal and Pharmaceutical Plants (HPPs) located in Tuguegarao, Tacloban, Davao and Cotabato Cities to PITAHC. These HPPs produce and manufacture quality and affordable herbal products such as Lagundi tablet, Sambong tablet, Tsaang Gubat tablet and herbal soaps.

In September 2012, PITAHC was reclassified as a research institution by the Governance Commission on Government Owned and Controlled Corporation (GCG). As a research institute, PITAHC is responsible for the documentation, promotion, and advocacy for the use of traditional and alternative health care products, modalities, and technologies.

To pursue with its new identity as a research institution, the Philippine research and development framework on traditional medicine/complementary medicine was developed in 2015. This was a strategic step in the institutional strengthening of PITAHC as a research institution. The formal adoption of PITAHC research and development agenda paved the way in executing research management in partnership with the academes, universities, research institutions, and non-government organizations.

In order to further realize its mandate, acquiring research laboratory equipment and upgrading the existing infrastructure at HPP in Davao City as a research facility were carried out. PITAHC likewise embarked on capacitating its staff at the central and HPP levels on research management with the assistance from the Philippine Council for Research and Development. From then on, an influx of project proposals for research were received for funding. In the past six years (2012-2017) PITAHC has funded a total of sixty nine (69) research projects. From the period 2015 to 2017, a government subsidy of P44 million per year was released to PITAHC to cover research and development projects.

Furthermore, for this year, PITAHC contracted out the services of a consultancy firm to conduct in the organizational assessment and re-engineering of PITAHC towards becoming the research institute for traditional and complementary medicine in the Philippines. The objective of the said technical assistance would be recommending the most appropriate organizational structure and staffing pattern in accordance with its given mandate. This project also covers PITAHC's organizational directions and strategic management plan for the next five years (2018-2022).

Inspired by its vision as the premiere leader in traditional and alternative health care, with the stewardship of the newly appointed Director General Annabelle Pabiona-de Guzman, initiatives has

been made by the Institute through participation in international fora, conferences, meetings, and trade fairs to gain collaboration, partnership and exposure in the field of traditional and alternative health care that may be adopted in the Philippines. Likewise, different activities has started in branding and reinventing the new PITAHC.

HIGHLIGHTS OF ACCOMPLISHMENTS

A. RESEARCH AND DEVELOPMENT

For this year, a total of fourteen (14) researches were completed. To implement these researches, PITAHC partnered with the academes and research institutions such as the University of the Philippines Manila, University of Santo Tomas, Department of Health-National Children's Hospital, UP Open University, St. Luke's College of Medicine, Department of Health-Lung Center of the Philippines, University of the Philippines Los Baños, Ateneo de Manila University, and Mindanao State University-Iligan City.

One of the most important research projects that PITAHC partnered with is the research for drug development of medical cannabis that it has initially forged a memorandum of agreement with the Dangerous Drug Board in order to implement a project entitled "*Understanding the Socioeconomic Impact Affecting the Use of Marijuana*" wherein the University of the Philippines Manila was identified to conduct such project. This project was aimed at determining the benefits and adverse effects of continued cannabis use and providing recommendations in areas where the existing policy need to be strengthened or to be improved.

Through a series of consultations with various stakeholders, PITAHC came up with the program entitled "*Maximizing the Health and Economic Benefits of Indigenous Oil from Medical Cannabis*". Part of the program is to come up with the traditional knowledge documentation of what is being practiced in the Philippines, proper cultivation and optimized extraction mechanisms of cannabis oil, systematic review/meta-analysis of all the literature pertaining to efficacy, safety and target disease for medical cannabis.

Two (2) of the pioneering research projects of the Institute are the "Documentation of existing practices on medical *Cannabis* in the Cordillera" and "Patent search for *Cannabis*". The results of these researches will enable the Institute to develop a research and development strategic plan that would support the claims of medical cannabis which may legalize the use of this plant in the country for medical purposes in the future.



Photos above: During the technical review of project proposals for research and development on T&CM last November 24, 2017.

The following are the research projects that were completed in 2017.

1. Evaluation of *Alternanthera sessilis*, *Ipomoea batatas*, and *Phyllanthus niruri* as potential agents against various hematologic disorders

Hematological Disorders such as anemia and thrombocytopenia are common in the country. Treatments for such disorders however, are costly and some have shown adverse Effects. Use of medicinal plants may serve as an alternative therapy to alleviate the burden of these disorders. *A. sessilis*, *I. batatas*, and *P. niruri* will be tested for their activities using *in vivo* animal models of iron deficiency and hemolytic anemia and thrombocytopenia.

The study may serve as scientific proof of the regenerative agents against animal models of the aforesaid blood disorders. Positive outcome may be utilized to formulate different dosage forms that will address these in children and adults.

2. Standard Reference Material (SRM) DNA Barcode Approach of Authentication *Antidesma bunius* (L.) Spreng. (Bignay) Derived Products

Antidesma bunius (L.) Spreng. (Bignay) is popular for its antioxidant properties and sweet taste. This study is preceded by the success of the application of DNA barcoding in the establishment of a standard reference material (SRM) herbal DNA barcode library of *Vitex negundo* L. (lagundi) for quality control measures in the Philippines.

This study aims to utilize DNA bar coding in the authentication of *Antidesma bunius* derived products. Moreover, it will establish the distinctness of *A. bunius* following the DNA bar coding multi-locus/tiered approach. The study will distinguish the characteristics of *A. bunius* from closely related species available in the Philippines. It will also authenticate at least five (5) herbal products available in the market following the BLASTn criterion and Maximum-likelihood tree construction criterion in authentication of *A. bunius* based products.

3. Exploring the Health Benefits of Fermented Rice on Neurocognition Health in the Province of Benguet of the Cordillera Autonomous Region

The research will look into the association between consumption of fermented rice wine (Tapuy) and lees with Alzheimer Disease and early signs of dementia. Further, it will determine the nutritional profile, bioactivity and probiotic potential of rice wine and the fermented rice leftover (lees) from the Cordillera Autonomous Region using *in vivo* model.

4. Documentation of Existing Practices on Medical *Cannabis* in the Cordillera

One of the popular local herbs being utilized as an alternative medicine is the highly controversial *Cannabis sativum*, commonly known as marijuana. The plant contains the mind altering chemical delta-9-tetrahydrocannabinol (THC) and other related compounds.

In the Philippines, there are stories from people in the Cordillera region that utilize marijuana as a pain reliever for relief of extreme pain while undergoing cancer treatment. This local knowledge of the Cordillera region can spur research on its use and when found effective, could be made accessible to the larger population. The study will spur research also to eventually maximize the economic and health benefits of medical *Cannabis*.

The study aims to document existing practices on the production, processing, and use of medical *Cannabis*. The study will determine and identify the type of *Cannabis* plant in selected sites in the regions, describe processes in planting, gathering, and transforming the plant into different forms for medical use. It will list and describe the different ways and forms on how *Cannabis* is used as medicine. The study will enumerate the expected and reported effects of use, both positive and negative, and describe how negative effects are managed. It will determine the bearers of knowledge in preparing medical *Cannabis*, the dispensers or healers and their practices. The study will also determine how local knowledge is learned and transferred. If allowed by proper authorities, the study will get a sample of the plant and finished product and have them analyzed for use in future clinical trials.

5. Ethnological Documentation and DNA Barcoding of Medicinal Plants used by the Agusan Manobo in Selected Municipalities and City of Agusan del Sur, Mindanao, Philippines

Little is known of the folk medical information among the ethnic tribes in certain areas of Mindanao, particularly of the Manobos of Agusan del Sur. Their widely dispersed communities in highlands above the mountain drainage systems may imply a significant ecological niche for their indigenous plants. It is highly important to recognize the role of ethnobotany and species identification in conservation of these plant genetic resources with medicinal properties.

The study aims to conduct an ethnopharmacological documentation of Agusan Manobo medicinal plants and utilize DNA barcoding in the identification of the medicinal plants used by the Agusan Manobo in all municipalities and the sole city of Agusan del Sur, CARAGA, Mindanao, Philippines. The folk medicinal plant information may be used as pharmacopoeia monographs for the manufacturers, regulators, and other stakeholders for quality control of active pharmaceutical ingredients.

Aside from the generation of new knowledge and opportunities in the medical and pharmaceutical industry, the study will benefit the entire Agusan Manobo by strengthening conservation priorities of their medicinal plants and by enforcing the importance of their rich cultural tradition of ethnomedicine in cooperation with the provincial government of Agusan del Sur.

6. Encyclopedia of Medicinal Plants of the Philippines Volume 3

This project aims to prepare Volume 3 in this Encyclopedia series, focusing on the next thirty (30) common medicinal plants of the Philippines. The book will provide updated fundamental

scientific information on these Philippine medicinal plants using peer-reviewed research journal sources and reliable primary sources.

7. Conservation and Sustainable Utilization of Selected Medicinal Plants, Year 2

Most medicinal plants are found in primary forests. But these medicinal plants are threatened with endangerment due to large-scale forest destruction and over-collection. The study aims to increase the diversity of germplasm collections through collecting, multiplication, and conservation of plants, morphological characterization and evaluation, and construction of database information management system and dissemination of information on medicinal plants germplasm collection.

8. The Effect of Auricular Acupuncture on Smoking Cessation and in the Reduction of Preoperative Anxiety

Preoperative anxiety is associated with a high incidence of postoperative pain, increased analgesic and anesthetic requirement, and delayed discharge from the hospital. Because preoperative anxiety has a negative impact on postoperative outcomes, preparation program and sedatives are often used to address preoperative anxiety. The pharmacologic interventions are moderately effective and sometimes cause problematic side effects. This led to the increase in the attention received by the complementary and alternative intervention such as acupuncture.

The study aims to demonstrate the effectivity of auricular acupuncture in reducing preoperative anxiety in children. Specifically, it aims to determine the change in the pre-operative anxiety level of pediatric patients using Visual Analogue Scale – Facial Affective Scale, and to determine the changes in the heart rate and blood pressure during the preoperative period.

The results of the study will be beneficial to the Philippine Health Care Program to help address preoperative anxiety, shortening the period of recovery by improvement in the overall surgical recovery at a lesser cost.

The effective methods of smoking cessation are pharmacotherapy and non-pharmacologic interventions. Acupuncture is a form of non-pharmacologic management. The efficacy of acupuncture in smoking cessation has been quoted as approaching 45%. Studies have shown that acupuncture results to deterioration in the taste of tobacco and decrease in the desire to smoke. Although there are various suggested protocols for smoking cessation, the five points National Acupuncture Detoxification (NADA) protocol is the most widely adopted.

The study will have a national impact since success in smoking cessation will decrease smoking-related morbidities and mortalities leading to enhancement of health and reduction in the budget spent for said diseases by the government. This study aims to determine the effect of ear acupuncture using the NADA Protocol versus sham ear acupuncture in the

reduction of the mean number of cigarettes smoked per day. The mean reduction using Fagerstrom Test for Nicotine Dependence (FTND) will also be determined. The study will list the presence of change in the taste of cigarette, changes in smell and body warmth and withdrawal symptoms.

9. Development of Competency Standards in Anthroposophic Medicine

Anthroposophic medicine recognizes the connection between natural, psychological, moral, and spiritual forces in each human being and emphasizes the entirety of the human being and central role of the individual in engendering and maintaining health in himself/herself and in his/her community. However, there are no competency standards that define the minimum competencies required of an Anthroposophic Medicine Practitioner in the Philippines.

This project aims to develop competency standards for Anthroposophic Medicine practitioners that will also include Art Biography. It will review existing Anthroposophic Medicine competency standards and training materials both international and local, determine perceived roles and responsibilities of the Filipino Anthroposophic Medicine practitioners, identify competencies that need to be developed, and develop a framework for teaching and training the practitioner.

10. Knowledge, Attitude, and Practices on Herbal Medicine among Physicians in Northern Mindanao (Region X)

Although there had been progress made in the efforts to integrate herbal medicines in the health care delivery system, there are still significant lags in medical practices. Most physicians have limited knowledge on the risks and benefits of herbal medicine. Thus, it is essential to identify the gaps in knowledge, attitudes, and practices among the physicians to easily identify the appropriate intervention strategies that will improve the physician-patient communication, especially in areas like Davao City, where many of its constituents are using herbal medicines.

The study aims to assess the level of knowledge, attitude, and practices on herbal medicine among physicians in Northern Mindanao (Bukidnon, Lanao del Norte, Misamis Oriental, Camiguin, and Misamis Occidental).

The results of the project will be useful in establishing education and training programs, benchmarks, and implementation capacities for T&CM practitioners. This will also contribute in building knowledge-based for active management of herbal medicine through appropriate national policies by understanding the role and potential of the physician in the integration of herbal medicine in the national health care delivery system.

11. The Collection and Systematic Review of Literature on Traditional and Complementary Medicine (T&CM) from Education and Research Institutions, Year 2 (Region I, II, III, CAR, VI, XI,X)

The study aims to gather data on published and unpublished researches on traditional and complementary medicine from schools, colleges, universities, and institutions in Region I, II, III, CAR, VI, IX, and X. The collected data shall be stored into the repository of researches www.herbs.ph and www.tkdiph.com. The purpose of this project is to prevent duplication of work and to have an inventory of researches in T&CM.

12. Patent Search for *Cannabis*

The Purpose of this research is to reveal existing relevant patents as well as non-patent literatures (the "landscape") relating to medical cannabis. This landscape will align the research and development strategic plans of the Philippine Institute of Traditional and Alternative Health Care (PITAHC) for its program *Maximizing the Health and Economic Benefits of Indigenous Oil from Medical Cannabis*.

For this search, patents that use and/or relate to cannabinoid that acts on cannabinoid receptors are included. Patents relating to cannabinoid receptors only are not included since they do not use components found in Cannabis.

13. Collating, Updating, and Geo-Referencing the Philippine Traditional Medicine Knowledge Base towards Research and Community Capacity-Building in ZamBaSulTa (Phase 1: Zamboanga Peninsula)

While many studies and community projects on Philippine Traditional Medicine have been done through the years, the results are mostly dispersed and usually remain unpublished, and therefore, inaccessible.

Hence, there is a pressing need to collate and curate existing research in all available forms and present these to stakeholders in formats that allow them easy access to potentially relevant information, at the same time providing for appropriate respect for intellectual property of indigenous cultural communities as well as the copyrights/public domain/creative common licenses of publications.

The study aims to build local capacity for PTM research, increase research base for integration of PTM into the national health care system, support policy makers for PTM integration, support indigenous cultural communities in integrating indigenous health practices into the IP curriculum.

The study will make PTM research accessible by building a georeferenced directory of research materials, researchers, research institutions, and national, local, and community actors.

14. The Traditional Medicinal Plants Utilized by the Mamanwas of Agusan and Surigao Provinces and the Subanens of Lake Duminagat, Mt. Malindang, Misamis Occidental, Philippines: Ethnobotanical Survey *In Vitro* Propagation and Ethnopharmacological Studies

The research is composed of three projects which will: 1) provide baseline information and documentation on the different medicinal plants utilized by Mamanwas in Agusan and Surigao Provinces and the Subanens in Lake Duminagat, Mt. Malindang, Misamis Oriental; 2) investigate the pharmacologic properties and toxicity of extracts from selected medicinal plants utilized by the Mamanwa and Subanen indigenous people of Mindanao; and 3) mass propagate selected medicinal plants used by Mamanwa in Agusan and Surigao Provinces and Subanen in Lake Duminagat, Mt. Malindang, Misamis Oriental through *in vitro* propagation.

B. SOCIAL ADVOCACY AND TRAINING



Photo above: Right photo shows demonstration and lecture on ear acupuncture and ear detoxification for HPP training coordinators.

PITAHC has been reaching out through its advocacy campaigns in the different barangays especially in the indigenous peoples and geographically isolated disaster prone areas nationwide. Community-based herbal medicine preparations for primary health care and therapeutic massage to treat common ailments are being carried out in these barangays nationwide. Re-educating them about the use of medicinal plants gave them more understanding and better knowledge on their preparation and use. In the HPPs, different medicinal plants are showcased in their herbal

gardens. Their history in their regions together with concise information on their botanical, common and local names, efficacy and safety, beneficial and healing properties are included in their labels for information to the public.



Photo above: Dr. Edgardo Tigulo doing the practical demonstration for Tuina massage training for HPP training coordinators.



Photos above: Some of the community-based training done by HPP staff in the different barangays in the country.

For this year, a total of one hundred forty five (145) advocacy activities such as orientation-seminars, lectures, demonstrations, public appearances, and participation to exhibits were carried out. Trainings on basic acupuncture was conducted at Bicol Medical Center with twenty (25) participants trained and tuina therapeutic massage for sixteen (16) TAHC coordinators at PITAHC, Quezon City.

The recent use of print media in partnership with a local media partner gained impetus on PITAHC's branding, a leader in traditional and alternative health care.

C. STANDARDS AND ACCREDITATION

PITAHC for the last five years certified TAHC practitioners and accredited clinics, training centers and organizations. This is to ensure the general public that these practitioners and facilities comply with the standards set by the Institute. Continuous monitoring visits were conducted to certified TAHC practitioners and clinics and centers.



Photos above: Ms. Juris Triunfante and her team during the monitoring of one of the PITAHC-accredited clinics and LGU Orientation on Standards and Accreditation held in Cagayan de Oro City.

Orientations at the different LGUs on PITAHC's certification and accreditation requirements on TAHC modalities were conducted in Region X, Cagayan de Oro City and Region VIII, Tacloban City. This was participated in by City health officers, Municipal Health Officers, and Business Permit Licensing Officers.

For 2017, a total of eighty-two (82) acupuncturists and three (3) chiropractors were certified, and two (2) acupuncture clinics were accredited. As of December 2017, there are now a total of eight hundred fifty-eight (858) certified acupuncturists, thirty-seven (37) chiropractors, thirty-two (32) homeopaths/homotoxicologists, and fifteen (15) naturopaths certified by PITAHC. Likewise, there are now thirty (30) acupuncture, five (5) homeopathy/homotoxicology, one (1) naturopathy clinics accredited; eight (8) acupuncture, one (1) homeopathy/homotoxicology, three (3) naturopathy training centers; seven (7) acupuncture, one (1) homeopathy/homotoxicology TAHC organizations accredited.

The list of certified TAHC practitioners and accredited TAHC clinics, training centers, and organizations can be accessed at PITAHC website at www.pitahc.gov.ph.

PARTICIPATION TO INTERNATIONAL MEETINGS, CONFERENCES AND EXHIBITIONS

PITAHC as part of its international commitments and relations participated in different international meetings, conferences and exhibitions on traditional and complementary medicine (T&CM):

1. World Health Organization (WHO) Meeting on Strengthening Quality Assurance of Traditional Medicine, March 1-3, 2017, Seoul, Republic of Korea



The participants to the WPRO meeting. PITAHC is represented by Ms. Juris Triunfante, Standards and Accreditation Division Chief.

The WHO Regional Office for the Western Pacific (WPRO) in its continued support to the Member States in developing policies and regulations on traditional medicine products, practitioners and dispensers, and building national regulatory capacities, organized the meeting in order to: share key components of quality assurance systems for traditional medicines with consideration of close linkage between traditional medicine products, practitioners and dispensers; analyze quality assurance systems in the countries and identify gaps and priority areas in the current system; and to develop each participating country's implementation plan to strengthen quality assurance for traditional medicines.

Participated in by five (5) member states, namely, Cambodia, Lao PDR, Mongolia, the Philippines and Vietnam with 2 representatives per country, one (1) from the Food and Drug Administration (FDA) and another from Traditional Medicine Agency/Office, the participants presented the status of their respective country's Quality Assurance System for traditional medicines. Observers from Korea Institute of Oriental Medicine and Kyung Hee University are also present. Likewise, WPRO secretariat and resource persons as temporary advisers from Hong Kong SAR and Republic of Korea were also around.

For the concluding session, the following recommendations were agreed upon by the participating countries: to collect information on current traditional medicine practice and assess role of traditional medicine in the national health care system, to strengthen quality assurance system including registration, quality control and post-marketing surveillance for traditional medicines in large-scale production, and to strengthen or establish regulatory system for traditional medicine practitioners and establish minimum standards for their practice. For the World Health Organization: to facilitate sharing of current regulatory practice for traditional

medicine in the region, to provide technical support in strengthening the national experts' capacity for quality control of traditional medicines through hands-on laboratory training program, to support in strengthening the national laboratory experts' capacity for quality control of traditional medicines through hands-on laboratory training program and to support in establishing or improving pharmacovigilance with other product streams.

2. "ASEAN Health Wisdom Conference", Chao Phya Abhaibhubejhr Hospital, Prachinburi, Thailand, May 14-19, 2017



Photos above: Newly appointed Director General Annabelle Pabiona-De Guzman, Ms. Kristine Marie Gapor and Engineer Bibiano Fajardo, Hilot practitioner, participated in the ASEAN Health Wisdom Conference.

The ASEAN Health Wisdom Conference was held last May 14-19, 2017. The event was composed of representatives of traditional medicine and traditional healers from India, Sri Lanka, and ASEAN member states. Delegates from the Philippines are: Dr. Annabelle Pabiona-De Guzman, PITAHC Director General; Ms. Kristine Marie Gapor Health Education and Promotion Officer III from PITAHC; and Mr. Bibiano Fajardo, the representative of the traditional healers in the Philippines.

The Chao Phya Abhaibhubejhr Hospital (CAH), a regional hospital under the Ministry of Public Health, Thailand and Chao Phya Abhaibhubejhr hospital foundation (CAF) sponsored the ASEAN Health Wisdom Conference. The conference aims to share and exchange experiences on local health wisdom among traditional healers in ASEAN countries and nations nearby, to strengthen relationship among traditional healers in ASEAN countries and nations nearby, and to promote use of local health wisdom in Thailand.

Throughout the event, the traditional healers from India, Sri Lanka and different ASEAN member states were given a chance to showcase and demonstrate their Traditional Healing Practices. This academic conference was organized as a part of an expo which includes an exhibition. The delegates were able to experience free Thai traditional massage and see the products and manufacturing plant of the hospital; and during the last day of the program, the delegates were able to experience the rich culture of Thailand through a study tour in Bangkok.

3. "ASEAN Commemorative Conference on Traditional & Complementary Medicine: ASEAN Member States' (AMS) Milestones and Achievements", September 26-27, 2017, Sofitel Hotel, Manila



The ASEAN Member States' heads of delegation doing the traditional ASEAN handshake.

The year 2017 marked the 50th founding Anniversary of the Association of Southeast Asian Nations (ASEAN), since then ASEAN has evolved into one community focused on economic growth, social progress and cultural development. The same year also coincided with the Philippines' ASEAN Chairmanship and the Philippines also successfully hosted the ASEAN Commemorative Conference on Traditional and Complementary Medicine with the theme: "ASEAN Member States' (AMS) Milestones and Achievements".

Through the guidance of the Department of Health's Bureau of International Health Cooperation (BIHC), Office for Health Regulations (OHR), ASEAN Socio Cultural-Cluster (ASCC) 3 Chairperson Dr. Kenneth G. Ronquillo, National Organizing Council (NOC), and spearheaded by the **Philippine Institute of Traditional and Alternative Health Care Director General Annabelle Pabiona-De Guzman**, the conference was well attended and highly applauded by the participating AMS and the local participants.

The two-day commemorative event gathered one hundred fifty (150) delegates and participants from the nine (9) member states, namely, Cambodia, Indonesia, Laos PDR, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam; ASEAN Secretariat, led by Dr. Ferdinal Fernando; Senator Joseph Victor G. Ejercito; WHO-WPRO, represented by Dr. Yu Lee Park; PITAHC Board of Trustees; DOH Secretary Pauly Jean Rosell-Ubial, DOH Officials; DFA; Regional Health Offices; PITAHC staff; partner agencies and stakeholders. Timor Leste delegates as guest participants were also around to grace the event.

An exhibit of traditional and complementary medicine products and services by ASEAN Member States were also featured in the said conference.

The opening ceremony and parade of colors was covered and aired in live streaming by the National Organizing Council and was watched by the public on television and on social media. The host country organizing staff and some participants, donned their beautifully hand-painted Filipiniana costumes, while some AMS delegates also wore their national costumes.

The conference proper was divided into four (4) parts:

Plenary Session 1: Traditional and Complementary Medicine (T&CM) on ASEAN Context

Plenary Session 2: Sharing of Best Practices on Traditional & Complementary Medicine

Plenary Session 3: Benchmarking for Traditional and Complementary Medicine

Plenary Session 4: Moving Forward

In the plenary session 1, Dr. Yu Lee Park, presented the efforts initiated by WHO-WPRO on T&CM, i.e. inclusion of T&CM in the Universal Health Care (UHC) as well as its Regional Action Framework on UHC towards better health, and the promotion of safe and effective use of traditional medicine through quality assurance system for T&CM products and practitioners. Dr. Ferdinal Fernando of the ASEAN Secretariat presented the mandate of a healthy ASEAN Community; Overview of the ASEAN Health Cooperation on T&CM; progress of the initiatives on T&CM in ASEAN; the ASEAN Post 2015 Health Development Agenda for 2016 to 2020; the ASEAN Mechanisms for Collaboration; and the challenges and opportunities for T&CM collaboration.

In the plenary session 2, six (6) countries, namely, Thailand, Singapore, Indonesia, Malaysia and Myanmar shared their best practices, milestones including key issues, challenges and strategies and recommendations on T&CM.

The culminating event for the first day was the Fellowship Night, to foster camaraderie and friendship among AMS delegates and guests, they were treated to a sumptuous buffet and cultural performances featuring Filipino songs and dances. The guests capped the night dancing to popular and upbeat music.

Plenary session 3, Benchmarking for T&CM, Ms. Pakakrong Kwankhao of Thailand reported on how T&CM was integrated into their country's health care systems. Their approach and mission were: to integrate Thai Traditional Medicine (TTM) in to modern medicine health system, engage in holistic, health-promoting activities, explore research and gather traditional knowledge, conduct R&D on TTM and medicinal plants and develop and improve skills of TTM practitioners.

Dr. Ami Fazlin of Malaysia discussed the following: identify the baseline data on the commonly used T&CM modalities in their country through the conduct of a 2004 survey; in 2015 a National survey on T&CM was also done to see the changes across the decade on the use of T&CM and its prevalence. The survey also supports the T&CM Act in Malaysia.

Dr. Prof. Cui Yongqiang from China discussed the "Integration of T&CM in health facilities and the Clinical practice and challenges of integrative medicine in a hospital setting".

Dr. Cecilia Maramba-Lazarte of the University of the Philippines' Institute of Herbal Medicine discussed "Herbal medicine research in the Philippines".

In Plenary session 4, PITAHC Director General Annabelle Pabiona-De Guzman summarized the gaps and issues on T&CM policies, products, services and practice presented by the AMS as well as by the WHO-WPRO and the ASEAN Sec.

The last day culminated with “Exploring Philippine healing tradition through Hilot”- delegates and guests were able to try or experienced a soothing therapeutic “Hilot” massage from Filipino Hilot practitioners.

4. International Arogya 2017-Enhancing the Global Potential of Ayurveda, (AYUSH), December 4-6, 2017, Vigyan Bhawan, New Delhi, India



Photos above: PITAHC Director General Annabelle Pabiona-De Guzman and staff during the inauguration/opening ceremonies of International Arogya 2017, and while doing Buyer-Seller meet in one of the exhibitors' booth during the buyer-seller meet

AYUSH-acronym for Ayurveda, Yoga & Naturopathy, Unani, Siddha-Sowa-Rigpa and Homeopathy are comprehensive scientific systems of medicine which are being practiced in India. AYUSH systems are based on definite medical philosophies and represent a way of healthy living with established concepts on prevention of diseases and promotion of health. The AYUSH systems offer holistic approach on health, diseases and their treatment, to encourage global interest in these systems, INTERNATIONAL AROGYA 2017 was organized to promote these Traditional Systems of Medicine as well as Wellness at a Global level.

Organized by the Ministry of AYUSH, Ministry of Commerce & Industry, Government of India, Pharmexil and Federation of Indian Commerce and Industry (FICCI), International Arogya 2017 was the first edition of International Exhibition and Conference on AYUSH and Wellness. The four-day event featured Exhibition with participation of all major AYUSH organizations, Conference, Exclusive International Regulators' Meet, CEOs' Roundtable Meet, Farmers' Meet for interaction of farmers with the manufacturers of AYUSH products to encourage contract farming and Reverse Buyer Seller Meet.

Participants from seventy two countries were invited to attend the conference and exhibition. During the opening and inauguration, Indian government officials and diplomats graced the event. More than two hundred fifty government and private exhibitors participated in the exhibition. The participants were given the opportunity to meet and discuss possible/potential business transaction/s and discuss the AYUSH products or services being offered by the exhibitors. The international participants appreciated the Ayush products and services. After the conference and exhibition, the participants visited a private hospital that offers AYUSH services and a government teaching and training hospital in New Delhi, India.

TRADITIONAL AND ALTERNATIVE HEALTH CARE MONTH CELEBRATION



Photos above: Registration of participants, and the PITAHC officials, former Director Generals and staff during the Traditional and Alternative Health Month celebration in November 23-24, 2017.

In celebration of Traditional and Alternative Health Care (TAHC) month every November, PITAHC, with the theme “Encouraging the integration of traditional and complementary medicine in prevention, rehabilitation, and treatment of substance abuse” held a one day convention at Diamond hotel wherein one hundred fifty (150) participants coming from different government agencies, non-government organizations, research organizations, and private sectors attended the event.

The theme for this year is timely and relevant to the Philippines battle against drug addiction. Substance abuse addiction becomes a rampant phenomenon that contributes negative impact in our country and causes health problems among its Filipinos. True to its commitment, Director General Dr. Annabelle Pabiona-de Guzman stated that, to promote and support the traditional and alternative medicine in our country, PTAHC will continue to develop, innovate, and introduce TAHC solutions to drug or substance abuse addiction.

Well known speakers who presented the latest data relative to the developments in the fields of alternative medicine include Dr. Philip Tan-Gatue of UP, Manila who lectured on the integration of T&CM in the prevention, rehabilitation and treatment of substance abuse; Ms. Janet Paredes, NADA president who talked on the experiences in substance abuse using the NADA protocol; Prof. Leonardo Estacio of UP, Manila who lectured on drug addiction recovery for the grassroots in the Philippines; Dr. Elizabeth Micaller, Chairman of the Philippine Institute of Naturopathic sciences who talked about Life Responde: Life after Tokhang.

Usec. Benjamin P. Reyes of the Dangerous Drug Board talked about RA 9165 of 2002 or the Comprehensive Dangerous Drugs Act of 2002 while Ms. Rebecca F. Arambulo also from DDB presented the policy researches, updated statistics and situations regarding the fight against illegal drugs of the government. Likewise, Dr. Socorro talked about House Bill 65177 or the Philippine Compassionate Medical Cannabis Act. Indeed the convention was full of inputs as it paved the way in crafting out solutions in the prevention, rehabilitation and treatment of substance abuse using traditional and complementary medicine in our country in the future.

PUBLICATION OF BOOKS



Photos above: These books were launched during the TAHC month celebration in November 2017, and are the newest among the publications of PITAHC.

In publishing the two books, the Encyclopedia of Common Medicinal Plants and Patnubay sa Paggamit ng Halamang Gamot, PITAHC aims to foster Philippine traditional medicine through the scientific use of herbal medicines and other indigenous or traditional methods of treatment that is based on the rich culture of the Filipino people. More importantly is to increase awareness on the proper use and preparation of medicinal plants in the Philippines.

This Encyclopedia of Common Medicinal Plants, Volume I is a compilation of thirty (30) medicinal plants found in the Philippines. This book serves as a valuable reference on the updated scientific information in the fields of botany, pharmacology and phytochemistry. The various information given in this book is useful to improve the knowledge of the public on the different medicinal plants and their uses in treating common ailments.

The encyclopedia was given a special citation as the “Outstanding Book Award” by the National Academy of Science and Technology which was awarded by Dr. Jaime Montoya, Executive Director of Philippine Council for Health Research and Development.

The book entitled Patnubay sa Paggamit ng Halamang Gamot is an effort of PITAHC in the promotion and advocacy of primary health care in our country through the rational use of herbal medicines for common ailments.

The use of herbal medicine, that is typically entrenched to the traditional knowledge of our ancestors is extremely significant because of its safety, efficacy or beneficial, affordability and acceptability to the health care delivery to the Filipino people especially to the communities that have no access to modern medicine.

HUMAN RESOURCE DEVELOPMENT

PITAHC values the professional career development as well as the personal growth of its personnel. It is committed to raising the standard of competencies of its internal human resources by enhancing their knowledge, skills, and capabilities through various human resource development (HRD) activities that have resulted to a more efficient and productive manpower.

In 2017, PITAHC coordinated a total of sixty (60) HRD activities for its eighty (80) officials and personnel from the Central Office and the four (4) Herbal Processing Plants (HPPs).



Photos above: HPP staff in a huddle during the research management SOP training workshop last January 16-20, 2017.



Photos above: Health Perspectives Inc. (HPI), consultant for the Restructuring and Reengineering of PITAHC towards becoming a research institute with the assistance of Management Services Division team led by Ms. Eva Beltran conducted the orientation training for reorganization in the four herbal processing plants in Tacloban, Davao, Cotabato and Tuguegarao cities.



Photos above: Workshop participants during the Strategic Planning Conference.

Trainings Relevant to the Job Function: PITAHC officials and personnel attended and participated in forty-one (41) trainings, seminars, workshops, orientations, and conferences, namely:

1. *Understanding and Implementing ISO 9001:2015* held at the PITAHC Central Office on January 13, 2017
2. *Research Management SOP Training* held at the PITAHC Central Office on January 16-20, 2017
3. *Strategic Planning for ISO 9001:2015* held at the PITAHC Central Office on February 7-8, 2017
4. *Research Management SOP Training for Module 3 and Mentoring* held at the PITAHC Central Office on February 21-24, 2017
5. *Training Workshop on QMS 103 – Risk Based Thinking* held at the PITAHC Central Office on March 6-7, 2017
6. *Training Workshop on Global Biodiversity Information Facility Integrated Publishing Toolkit* held at Lohas Hotel Clark, Pampanga on March 27-31, 2017
7. *Technical Workshop on Various Research/Analytical Techniques Involving Particle Size by Light Scattering and Material Analysis by XRF and Combustion Method* held at the University of the Philippines Diliman on March 28-29, 2017
8. *Research Management SOP Training for Modules 4 and 5 and Mentoring* held at the PITAHC Central Office on April 4-7, 2017
9. *29th Annual Scientific Conference of the Philippine Association of Laboratory Animal Science* held at the Crowne Plaza Manila Galleria on May 18-19, 2017
10. *Regional Health Symposium of the Eastern Visayas Health Research and Development Consortium* held at the Leyte Park Hotel and Resort, Tacloban City on June 9, 2017
11. *Certificate Course on Strategic Human Resource Business Partnering* held at the Ateneo de Manila University on June 13-16, 2017
12. *1st International Scientific Workshop on Integrative Medical Therapies* held at the Unilab Bayanihan Center, Pasig City on June 16-17, 2017
13. *Training Workshop on Animal Care and Use in Research and Animal Biosafety* held at the University of the Philippines Manila on June 27-29, 2017

14. *Gender and Development Activity: Gender Sensitivity* held at The Orient Beach, Malay, Aklan on June 28-30, 2017
15. *Certificate Course on Introduction to Organizational Development* held at the Ateneo de Manila University on July 17-21, 2017
16. *Seminar on Laboratory Testing of Herbal Medicine* held at the University of the Philippines Los Baños on July 21, 2017
17. *Training on Basic Records Management* held at the Bayfront Hotel, Cebu City on July 26-28, 2017
18. *Health Research and Innovations: Empowering and Transforming Communities* held at the Philippine International Convention Center on August 24-25, 2017
19. *Training on Stata* held at the Isabel State University on September 11-13, 2017
20. *Professorial Lecture Series: "Only Wholeness Leads to Clarity: From Problems to Paradigms"* held at the Ateneo de Manila University on September 28, 2017
21. *Regional Stakeholders Orientation on Animal Welfare Act* held at the Department of Agriculture, Region XI on September 29, 2017
22. *Orientation on Intellectual Property Rights and the Technology Transfer Law* held at the Hotel Rodolfo, Tacloban City on October 11, 2017
23. *Orientation on the SOP Manual of the Ethics Review Committee* held at the Hotel Rodolfo, Tacloban City on October 12, 2017
24. *3rd Tri-Annual Lecture Forum: "How to Deal with Difficult People"* held at the Philippine Mental Health Association, Quezon City on October 13, 2017
25. *Basic Training Course on Regulatory Impact Analysis* held at the Xenia Hotel, Pampanga on October 17-19, 2017
26. *Basic Research Ethics Training* held at the Seda Hotel, Davao City on October 18-19, 2017
27. *Freedom of Information Implementation Orientation for FOI Receiving Officers* held at the Ramada Manila Central on October 19-20, 2017
28. *8th International Ayurveda Yoga and Wellness Convention and Expo Philippines* held at the Ayurveda Convention Center, Mandaluyong City on October 21, 2017
29. *Indigenous Peoples' Focal Person to the Culture Sensitivity Orientation and Consultation on the Draft Indigenous Peoples Strategic Plan for Health 2017-2022* held at the Waterfront Manila Pavilion Hotel on November 6-10, 2017
30. *Advanced Training Course on Regulatory Impact Analysis* held at the Xenia Hotel, Pampanga on November 7-10, 2017
31. *Learning and Development Course: Learning Facilitation* held at the Ciudad Christia Resort, San Mateo, Rizal on November 8-9, 2017
32. *Learning and Development Course: Course Delivery and Administration* held at the Ciudad Christia Resort, San Mateo, Rizal on November 15-16, 2017
33. *Effective Writing and Publication for Health Researches* held at the Isabela State University on November 20-21, 2017

34. *Public-Private Partnership for Health Workshop* held at the Makati Palace Hotel on November 21-23, 2017
35. *Stata Training for Health Researches in Region II* held at the Isabela State University on November 21-24, 2017
36. *PhilGEPS Training for Phase 1* held at the EBLSI Training Center, Pasig City on November 27-28, 2017
37. *Capacity Enhancement in the Conduct of Fact-Finding Investigation* held at Casa Pilar, Malay, Aklan on November 27-28, 2017
38. *Supervisory Development Course Track 1* held at the Civil Service Commission - National Capital Region on December 5-8, 2017
39. *Gender and Development Planning and Budgeting* held at the Villa Amparo Beach Resort, Davao del Norte on December 6-8, 2017
40. *National Indigenous Peoples' Health Summit* held at the Novotel Manila Araneta Center on December 12-14, 2017
41. *Gender Sensitivity Training* held at the Villa Amor, Tacloban City on December 20-21, 2017

Continuing Professional Development: PITAHC continually promoted the professional growth of its personnel who attended the following conventions, seminar, and training:

1. *62nd Annual Convention of the Nutritionist-Dietitians' Association of the Philippines* held at the Marriot Hotel, Manila on March 8-10, 2017
2. *39th Annual Convention of the Government Association of Certified Public Accountants* held at the Iloilo Convention Center on May 24-27, 2017
3. *2nd Quarterly Seminar and Meeting of the Philippine Association for Government Budget Administration, Inc.* held at the L' Fisher Hotel, Bacolod City on July 26-29, 2017
4. *Comprehensive Program on Occupational Health Nursing, Safety and Environmental Training* held at the Richville Hotel, Mandaluyong City on July 27-28, 2017
5. *48th National Annual Convention and 67th Foundation Anniversary of the Occupational Health Nurses Association of the Philippines, Inc.* held at The Manila Hotel on September 7-8, 2017
6. *Quality Improvement Training and Workshop for Clinical Hematology* held at the University of the Immaculate Conception, Davao City on October 6-7, 2017
7. *53rd Annual Convention of the Philippine Association of Medical Technologists, Inc.* held at the Marriot Hotel, Manila on November 21-23, 2017

International Trainings and Conferences: Participation to foreign trainings and conferences is important for networking and the exchange of information and best practices, and how these may be applied to our local setting. In 2017, PITAHC coordinated its attendance to the following international events:

1. *Strengthening Quality Assurance of Traditional Medicine* held in Seoul, South Korea on March 1-3, 2017
2. *ASEAN Health Wisdom Conference* held in Prachinburi, Thailand on May 4-19, 2017

3. *3rd China-ASEAN Training Course for Public Health Executives* held in Weihai City, Shandong Province, China on July 10-14, 2017
4. *ASEAN Commemorative Conference on Traditional and Complementary Medicine* held at the Sofitel Philippine Plaza Manila on September 25-27, 2017
5. *International Arogya 2017: 1st Edition of the International Exhibition and Conference on AYUSH and Wellness* held in New Delhi, India on December 4-7, 2017
6. *Training Project on Preservation and Production of China-ASEAN Medicinal Plant Resources* held in the Guangxi Zhuang Autonomous Region, China on December 5-12, 2017

PITAHC recognizes the importance of the health and welfare of its personnel, and coordinated their attendance and participation in the following activities:

1. *1st Annual Convention of the National Department of Health Employees Association* held at the Century Park Hotel, Manila on May 4-5, 2017
2. *National Convention of Government Employees* held at the Philippine International Convention Center on December 8, 2017
3. *Training on Basic Life Support and Standard First Aid* held at the Citystate Tower Hotel on March 28-31, 2017
4. *Team Building Activities* for the PITAHC Central Office and its HPPs
5. *Sports Activities* for the PITAHC Central Office and its HPPs
6. *Zumba Healthy Lifestyle* held at the Rizal Park, Manila on November 24, 2017

FINANCIAL REPORT

Results of Operations

Sales revenue (net of sales discounts) as of November 2017 amounted to P17.827 million, a reduction of 58% over that of the same period last year due to significant decrease in production of herbal medicines and herbal soap.

Cost of sales is registered at P8.415 million or 47% of net sales, resulting in a gross profit of sales of P9.412 million.

Total expenses amounted to P88.077 million consisting mainly of personal services of P55.468 million and maintenance and operating expenses of P25.419 million.

Loss therefore from operations amounted to P78.665 million. However, after deducting other income of P4.499 million, net loss is registered at P74.166 million. Considering the P27.755 million subsidy from the national government, net loss is registered at P46.411 million.

Financial Position

As of November 30, 2017, PITAHC generated total assets of P294.083 million, consisting mainly of property, plant and equipment of P101.431 million, receivables of P46.675 million and other current assets of P37.388 million.

Total liabilities amounted to P13.469 million, consisting mainly of payable to contractors/suppliers.

Net assets/equity as of November 30, 2017 amounted to P280.614 million, consisting mainly of government equity of P82.889 million and retained earnings of P197.725 million.

STRATEGIC DIRECTIONS

Cognizant of the realities faced by PITAHC as a research institute, and in order to be self-sustaining from its own operations, it is very important that interventions be done on how the organization is currently structured and staffed and its capacity to do research and do its business operation.

To be the premier leader in TAHC, it needs to strengthen the entire organization to effectively and efficiently carry out its mandate. The major thrusts in order to achieve its vision are: effective management of the entire organization, creation of policy environment that will aim to standardize training courses of TAHC practitioners, strengthening capacity to do research and development and creating a viable business acumen of the institute.

Over a five (5) year period, PITAHC shall endeavor to achieve its strategic thrusts. In the first three (3) years, the major focus will be on organizational strengthening, policy development, capacity building and building researchers. In the next two (2) years, efforts will focus on strengthening gains that were achieved in the first three (3) years, diversifying interests, conducting research, strengthening collaborations and networks.

FUTURE PLANS

1. Implementation of the new organizational structure and staffing pattern as a research institute.
2. Prioritization of training needs and human resource development needs of staff members in the newly reorganized PITAHC.
3. Implementation of the new strategic plan in relation to its mandate.
4. Legislative amendment and review of Implementing Rules and Regulations (IRR) of the traditional and alternative medicine act (TAMA) law on the regulatory functions and authority of PITAHC.
5. PITAHC to be ISO 9001:2015 certified by 2018.
6. Development and implementation of business plan for the HPPs.
7. Celebration of TAHC Congress in Davao City.

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