

Department of Health Philippine Institute of Traditional and Alternative Health Care
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Major Final Output		Programs and Projects	Other Details
Research and Development Division		Cluster 1 Conservation and Protection of Natural and Cultural Heritage on Philippine Traditional Medicine	
	1	Herbal Garden Establishment in Mindanao	The Herbal Garden Establishment in Mindanao is a strategic initiative aimed at cultivating, conserving, and promoting medicinal plants indigenous to the region. This project is designed to serve as research and learning hub for traditional, complementary, and integrative medicine (TCIM) practitioners, agricultural stakeholders, and local communities. In line with the mandate of the Philippine Institute of Traditional and Alternative Health Care (PITAHC), the initiative seeks to support the integration of herbal medicine into the national healthcare system by ensuring a sustainable and scientifically validated source of raw materials. The project shall be undertaken in collaboration with local government units, academic institutions, and indigenous communities to document, propagate, and validate the therapeutic properties of various medicinal plants. Furthermore, it is envisioned to contribute to economic development through capacity-building programs that equip farmers and traditional healers with the necessary skills in cultivation, processing, and commercialization of herbal products. The establishment of the herbal garden also aligns with biodiversity conservation efforts and environmental sustainability principles, ensuring the protection and responsible utilization of natural resources. Ultimately, this initiative is intended to bridge traditional knowledge and scientific research, fostering a robust framework for the safe and effective utilization of herbal medicine in Mindanao and across the country.
	2	Validating the Traditional Use of Philippine Varieties of Selected Medicinal Plants	The Validation of the Traditional Use of Philippine Varieties of Selected Medicinal Plants aims to establish

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			scientific evidence supporting the efficacy, safety, and therapeutic properties of traditionally utilized herbal medicines. This initiative aligns with the mandate of the Philippine Institute of Traditional and Alternative Health Care (PITAHC) to promote the integration of validated traditional and complementary medicine into the national healthcare system. The study shall employ rigorous scientific methodologies, including phytochemical, pharmacological, and clinical assessments, to substantiate traditional claims and ensure compliance with regulatory standards. Collaboration with research institutions, healthcare practitioners, and indigenous communities shall be undertaken to ensure the accuracy, cultural sensitivity, and applicability of findings. Ultimately, this initiative seeks to strengthen public confidence in Philippine medicinal plants, facilitate policy development, and contribute to the sustainable utilization and commercialization of validated herbal medicines.
	3	Printing and Publication of Encyclopedia of Medicinal Plants of the Philippines, Volume 4	The Printing and Publication of the Encyclopedia of Medicinal Plants of the Philippines, Volume 4 aims to document and disseminate comprehensive scientific and traditional knowledge on Philippine medicinal plants. This initiative is undertaken in furtherance of the Philippine Institute of Traditional and Alternative Health Care's (PITAHC) mandate to promote research, development, and awareness of traditional and complementary medicine. The publication shall undergo a rigorous editorial and peer-review process to ensure accuracy, scientific validity, and compliance with applicable standards. Collaboration with experts, researchers, and relevant institutions shall be pursued to uphold the integrity and credibility of the encyclopedia as an authoritative reference. This initiative is intended to

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			enhance public access to validated information, support evidence-based policy formulation, and contribute to the conservation, utilization, and further study of Philippine medicinal plants.
		Cluster 2 Research and Development on Safety, Efficacy/Benefit and Quality of Natural Products	
	4	Weak Affinity and Herbal Medicines: Bioactivity, Bioavailability, and Drug-Herb Interactions Research (WAHM:Bi2DHI) - WAC - Pancreatic Alpha-Amylase (Part 1)	The Weak Affinity and Herbal Medicines: Bioactivity, Bioavailability, and Drug-Herb Interactions Research (WAHM:Bi2DHI) - WAC - Pancreatic Alpha-Amylase (Part 1) aims to investigate the weak-affinity interactions of herbal compounds with pancreatic alpha-amylase, a key enzyme in carbohydrate metabolism. This study seeks to elucidate the bioactivity and bioavailability of selected medicinal plant extracts, contributing to the scientific validation of their therapeutic potential. In alignment with regulatory and pharmacological standards, the research shall employ advanced analytical techniques to characterize interaction kinetics and assess possible implications for glycemic control. Furthermore, the study shall explore potential drug-herb interactions to ensure the safe and effective integration of herbal medicines in clinical practice. Findings from this initiative shall support evidence-based policy recommendations, enhance the credibility of Philippine herbal medicines, and contribute to the broader field of complementary and integrative medicine.
	5	Engagement to a Consultancy Firm for the Conduct the Improvement of Packaging for Ulasimang Bato 500 mg Tablet of the PITAHC Tacloban Herbal Processing Plant	The Engagement of a Consultancy Firm for the Improvement of Packaging for Ulasimang Bato 500 mg Tablet of the PITAHC Tacloban Herbal Processing Plant aims to enhance the packaging design, quality, and compliance of the product in accordance with regulatory standards. This initiative seeks to ensure that the packaging meets industry best practices in terms of safety, stability, and consumer appeal while maintaining alignment with Good Manufacturing Practices (GMP) and

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			the Philippine Food and Drug Administration (FDA) requirements. The consultancy firm shall be tasked with conducting a comprehensive assessment, proposing innovative and cost-effective packaging solutions, and facilitating the implementation of improvements to enhance product marketability. Additionally, the engagement shall include compliance verification to ensure that the upgraded packaging supports product integrity, extended shelf life, and proper labeling in accordance with applicable laws and regulations. This initiative ultimately aims to strengthen the commercialization potential of the Ulasimang Bato 500 mg tablet, promoting its wider acceptance in both local and international markets.
	6	Procurement of Laboratory Services for Stability Study of Ulasimang bato of the PITAHC Tacloban Herbal Processing Plant	The Procurement of Laboratory Services for the Stability Study of Ulasimang Bato of the PITAHC Tacloban Herbal Processing Plant aims to evaluate the product's shelf life, quality, and safety under various storage conditions. This initiative is essential to ensuring compliance with regulatory requirements set by the Philippine Food and Drug Administration (FDA) and Good Manufacturing Practices (GMP) for herbal medicines. The engaged laboratory shall conduct a comprehensive stability study, including physical, chemical, and microbiological assessments, to determine the product's degradation profile and establish appropriate storage guidelines. The study shall also provide critical data to support product registration, labeling claims, and market expansion efforts. Ultimately, this initiative seeks to uphold the efficacy and safety of Ulasimang Bato tablets, enhancing consumer confidence and facilitating broader acceptance in both local and international markets.
	7	Effects of Organic Concoction (Wood Vinegar, Fish Amino Acid, and Fermented Fruit Juice) on	The Study on the Effects of Organic Concoction (Wood Vinegar, Fish Amino Acid, and Fermented Fruit Juice) on

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		the Growth and Yield of Ulasimang Bato (<i>Peperomia pellucida</i>) under Greenhouse Conditions	the Growth and Yield of Ulasimang Bato (<i>Peperomia pellucida</i>) under Greenhouse Conditions aims to evaluate the impact of organic fertilizers on the cultivation of Ulasimang Bato. This research seeks to determine the optimal combination and application rates of wood vinegar, fish amino acid, and fermented fruit juice to enhance plant growth, biomass production, and phytochemical content. The study shall be conducted under controlled greenhouse conditions to assess key agronomic parameters, including plant height, leaf area, yield, and resistance to pests and diseases. Results from this initiative shall provide scientifically validated recommendations for sustainable and organic cultivation practices, ensuring higher productivity and quality of Ulasimang Bato for medicinal use. Ultimately, this research supports PITAHC's goal of promoting environmentally friendly agricultural methods while strengthening the supply chain for herbal medicine production.
	8	Trial Formulation of Akapulko (<i>Cassia alata</i> L.) with Citronella (<i>Cymbopogon nardus</i>) Lotion	The Trial Formulation of Akapulko (<i>Cassia alata</i> L.) with Citronella (<i>Cymbopogon nardus</i>) Lotion aims to develop and evaluate a novel herbal lotion combining the antifungal properties of Akapulko with the insect-repellent benefits of Citronella. This initiative seeks to establish an optimal formulation that ensures product stability, efficacy, and safety in compliance with pharmaceutical and cosmetic regulatory standards. The study shall involve the selection of appropriate excipients, formulation trials, and preliminary physicochemical and microbiological assessments to determine product viability. Additionally, sensory evaluation and initial efficacy testing shall be conducted to assess consumer acceptability and functional performance. Findings from this research shall contribute

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			to the development of a standardized herbal lotion that offers dual therapeutic benefits, supporting PITAHC's mission to advance the utilization of Philippine medicinal plants.
	9	Phytochemical Profiling, Antioxidant Potential, and Lipid Lowering Effects of Syzygium curranii Leaf Extract: An In Vitro and In Vivo Investigation with a Focus on Developing a Functional Product	The Phytochemical Profiling, Antioxidant Potential, and Lipid-Lowering Effects of Syzygium curranii Leaf Extract: An In Vitro and In Vivo Investigation with a Focus on Developing a Functional Product aims to comprehensively evaluate the bioactive compounds and therapeutic potential of Syzygium curranii. This study shall employ advanced analytical techniques to characterize the phytochemical constituents and assess their antioxidant capacity through in vitro assays. Furthermore, in vivo investigations shall be conducted to determine the extract's lipid-lowering effects, providing critical insights into its potential application for managing hyperlipidemia and related metabolic disorders. The research findings shall serve as the foundation for formulating a scientifically validated functional product, ensuring compliance with regulatory standards for safety and efficacy. Ultimately, this initiative supports PITAHC's mission to promote evidence-based herbal medicine development while fostering the commercialization of Philippine medicinal plants for broader healthcare applications.
	Cluster 3: Research and Development on Safety, Efficacy/Benefit and Quality of Traditional, Complementary and Integrative Medicine (TCIM) Modalities		
	10	Impact Assessment on the Effectiveness of Basic and Advance Acupuncture Training conducted by PITAHC	The Impact Assessment on the Effectiveness of Basic and Advanced Acupuncture Training Conducted by PITAHC aims to evaluate the training program's outcomes in enhancing participants' competencies and the broader application of acupuncture in healthcare settings. This study shall assess knowledge retention, skill acquisition, and practical application among trainees, as

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			<p>well as the program's alignment with established acupuncture standards and best practices. Key performance indicators, including participant feedback, patient outcomes, and the integration of acupuncture into clinical practice, shall be analyzed to determine the training's overall effectiveness. The assessment shall also identify strengths, gaps, and areas for improvement to enhance future training modules. Findings from this study shall support evidence-based recommendations for curriculum refinement, ensuring that PITAHC's acupuncture training programs remain responsive to the needs of healthcare practitioners and regulatory requirements. Ultimately, this initiative contributes to the advancement of traditional and complementary medicine by strengthening the capacity of acupuncture practitioners in the Philippines.</p>
	11	<p>The effects of Sheng Zhen Qigong-meditation on the health and wellness of older people living in select barangays in Quezon City, National Capital Region</p>	<p>The Study on the Effects of Sheng Zhen Qigong-Meditation on the Health and Wellness of Older People Living in Select Barangays in Quezon City, National Capital Region aims to evaluate the physical, mental, and emotional benefits of Sheng Zhen Qigong as a complementary health practice for the elderly. This research shall assess key health indicators, including stress reduction, mobility, balance, cardiovascular function, and overall well-being, through qualitative and quantitative methodologies. The study shall involve structured Qigong sessions, participant self-assessments, and clinical evaluations to determine the intervention's effectiveness. Data gathered shall provide empirical evidence on the potential of Sheng Zhen Qigong to support healthy aging and improve the quality of life among older adults. Findings from this initiative shall inform policy recommendations and contribute to the broader integration of traditional and complementary</p>

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		medicine practices in community-based healthcare programs. Ultimately, this research aligns with PITAHC's mandate to promote scientifically validated traditional healing practices for holistic wellness and disease prevention.
	Cluster 4: Policy, Systems, and Standards Research	
	12	<p>Consultancy Service on the Provision of the Philippine Market of Herbal Medicines, Traditionally-used Herbal Medicines, and Health Supplements from Pharmacies and Industry Sales: Determining the Traditionally-used Herbal Medicines, and Medicines Supply and Demand Size in the Philippines</p> <p>The Consultancy Service on the Provision of the Philippine Market of Herbal Medicines, Traditionally-Used Herbal Medicines, and Health Supplements from Pharmacies and Industry Sales: Determining the Traditionally-Used Herbal Medicines and Medicines Supply and Demand Size in the Philippines aims to conduct a comprehensive market analysis of the country's herbal medicine and health supplement industry. This initiative seeks to evaluate market trends, consumer preferences, and the availability of traditionally-used herbal medicines in pharmacies and other distribution channels. The consultancy service shall assess the supply and demand dynamics, including production capacity, importation, and local sourcing, to provide data-driven insights for policy development and industry growth. The study shall involve stakeholder consultations, sales data analysis, and regulatory compliance reviews to establish a strategic framework for strengthening the herbal medicine sector. Ultimately, the findings shall support evidence-based decision-making, enhance market accessibility, and contribute to the sustainable development of the Philippine traditional and alternative healthcare industry.</p>
	13	<p>Survey on the Utilization of Traditional, Complementary, and Integrative Medicine (TCIM) in Government Health Facilities</p> <p>The Survey on the Utilization of Traditional, Complementary, and Integrative Medicine (TCIM) in Government Health Facilities aims to assess the extent of TCIM practices integrated into public healthcare services across the Philippines. This initiative seeks to</p>

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			identify the types of TCIM modalities utilized, the level of acceptance among healthcare providers and patients, and the challenges and opportunities in implementing TCIM in government health facilities. The study shall employ surveys, interviews, and facility assessments to gather quantitative and qualitative data on TCIM utilization, regulatory compliance, and healthcare outcomes. Findings from this research shall provide valuable insights for policy development, capacity-building initiatives, and resource allocation to strengthen TCIM integration into the healthcare system. Ultimately, this survey supports PITAHC's mandate to promote evidence-based traditional and complementary medicine, ensuring its safe, effective, and sustainable inclusion in government health services.
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