

MEDICINAL PLANTS OF ULITHI ATOLL

LOOEL

Morinda citrifolia
Noni



- Fruit are consumed to help with diabetes and hypertension.
- Leaves are used to alleviate trauma.
- Stems are used for pain relief.
- Roots are used for cleaning blood vessels and improve circulation. The roots of young plants are used to treat centipede bites.

HARFAD

Syzygium spp.
Local apple



- Leaves are used to treat trauma and fever.
- Bark is used for cleansing baths.

YAABAS

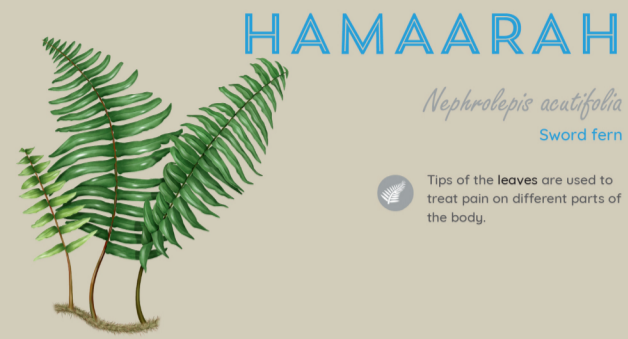
Poultum guajava
Guava



- Leaves are used to treat diarrhea and amoebic dysentery. They are also used for women's baths after childbirth and to make teas for treating symptoms of the flu.

HAMAARAH

Nephrolepis acutifolia
Sword fern



- Tips of the leaves are used to treat pain on different parts of the body.

HALIUW / HAL'AW

Cordia subcordata
Cordia



- Leaves are used to treat boils.
- Bark and leaves are used to treat kidney problems.

WARPIG

Moringa oleifera
Moringa



- Leaves are used to treat diabetes, high blood pressure, urinary tract infections, and kidney problems.

PARBAEL

Ipomoea pes-caprae
Beach morning glory



- Leaves and stem of this vine are used to improve the immune system. The same medicine is also used to induce labor.

L'AAECH

Casuarina equisetifolia
Casuarina



- Medicine from the bark is used to treat liver problems and is helpful for babies with skin diseases.

POELOEW

Theopatia papuana
Portia tree



- Bark of this tree is used in baths for new mothers and can also serve as cleansing baths for menstrual bleeding problems.

BEABAAEY

Carica papaya
Papaya



- Tea made from flowers and yellow leaves is used to clean lungs of mucus, open airways, and to treat shortness of breath and asthma.
- Fruit stems are pounded and used to treat toothache.
- Roots of small papaya trees are pounded and smelled as inhalant to treat headaches.

DOROT

Intsia bijuga
Pacific teak



- Leaves are pounded and heated and applied to bruises or swelling on the skin.
- Skin beneath the bark is scraped and mixed with coconut oil and used to treat skin rashes.

FOELEBONG

Pilea microphylla
Rockweed



- This entire plant is pounded up and the mash is applied as ointment to treat centipede bites.

GUUL

Barringtonia asiatica
Fish poison tree



- Leaves and bark of this tree are used to make cleansing baths for women, especially new mothers.

HATAER


Calliandra cardinals
Beautyberry



- Leaves, flowers, and plant tips are used to treat headache, injury to the head, and amoebic dysentery.

KEEL'

Terminalia catappa
Sea almond



- Leaves are used for burns and skin inflammations.
- Bark is used to treat amoebic dysentery.

WAL' FICHFICH

Ipomoea sp.
Morning glory vine



- Leaves are used to stimulate appetite and give energy. They can be also mixed with copra and used to strengthen women's hair after childbirth.
- Roots are used to treat allergic reactions.

YAAR

Premna serratifolia
Premna



- Leaves are used for muscle and skin trauma, reduce fever, and treat skin parasites, such as scabies. The leaves can also be used for throat infections. The leaves can also be used for cleansing baths for new mothers.

GIYOB

Croton asiaticum
Spider lily



- Fruit is pounded and heated to treat swollen testicles.
- Leaves help treat centipede bites and heal skin wounds.
- Stem base helps clear blood clots and treat leg numbness or paralysis.
- Roots are used as a medicine to clean the ears.

YOROMA

Pipturus argenteus
White nettle



- Bark of this tree is used to stop bleeding and close wounds.

SAWSAW

Annona muricata
Soursop



- Seeds of the fruit are crushed and used to treat head lice.
- Combined leaves, stems and fruits are used to treat hypertension.

MMWOW

Dehrosia oppositifolia
Ochrosia



- Extract from the bark is ingested to treat heart and lung problems.

SAFANG

Calophyllum inophyllum
Beach calophyllum



- Juice from soft, young leaves is ingested to treat cough.

FAACH

Pandanus tectorius
Pandanus



- Young hanging aerial roots are used to treat anemia and nausea. They can be cleaned and chewed on or pounded and squeezed for juice.

BBUW

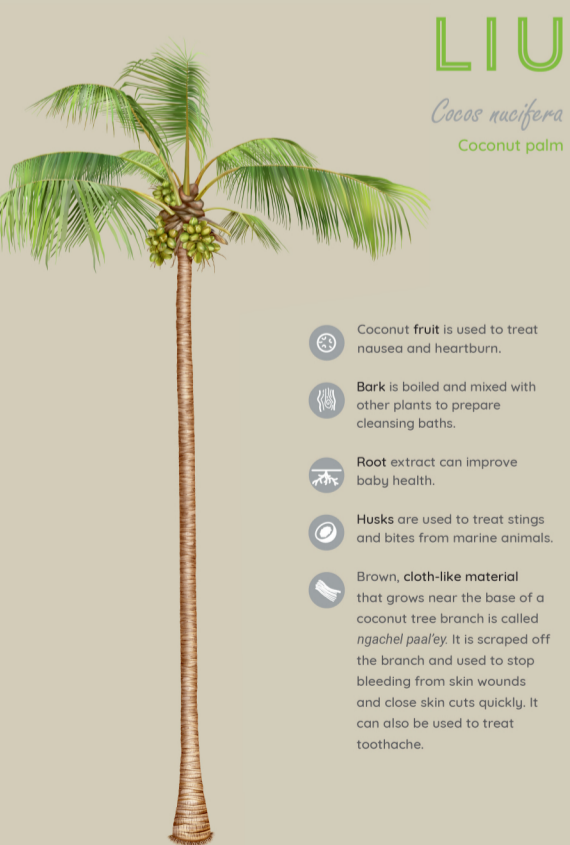
Areca catecha
Betel palm



- Seeds are used in combination with other plants to induce labor.
- The young roots are used as medicine for diarrhea.

LIU

Cocos nucifera
Coconut palm



- Coconut fruit is used to treat nausea and heartburn.
- Bark is boiled and mixed with other plants to prepare cleansing baths.
- Root extract can improve baby health.
- Husks are used to treat stings and bites from marine animals.
- Brown, cloth-like material that grows near the base of a coconut tree branch is called ngachel pa'fy. It is scraped off the branch and used to stop bleeding from skin wounds and close skin cuts quickly. It can also be used to treat toothache.

MAAEY

Artocarpus altilis
Breadfruit



- The beginning of a leaf stem is used for toothache. Young leaves are used for skin cuts to help stop bleeding and speed up healing.

POESEDAL

Hibiscus rosa-sinensis
Rose hibiscus



- Flowers are used as a medicine to treat skin boils.

YABUUCH

Cratogeomys species
Cratogeomys



- Leaves are used to treat abnormal menstrual symptoms and as topical ointment against skin fungus and skin infections.
- Bark is used for earache and cleaning the ears.

LOEFOOES

Mammea odorata
Mammea



- Bark is used to treat kidney problems. It can also be used to treat stomachache or pain.

CCHEL

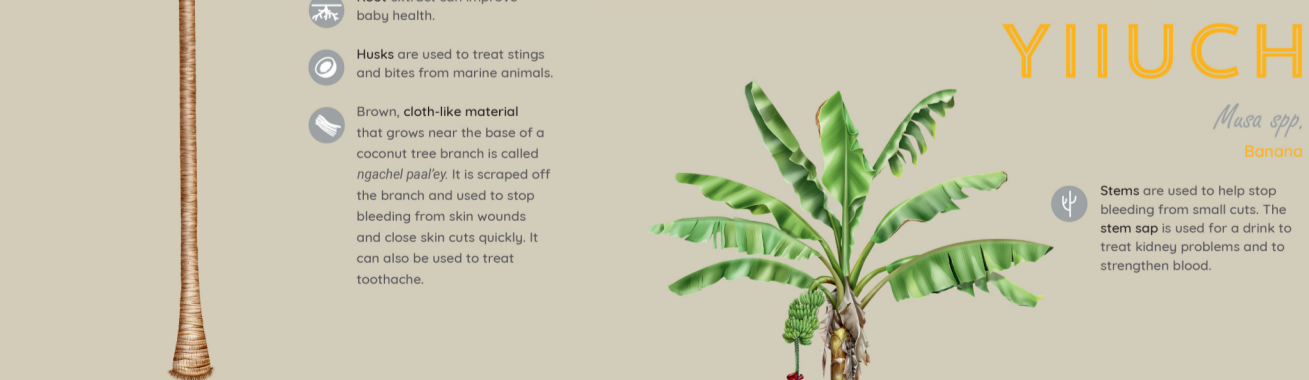
Heliotropium foeniculatum
Tree heliotrope



- The mature yellow leaves are used for gout.
- Bark is used to treat sores in the mouth. The bark and leaves together help as medicine to relieve anxiety.

YIUUCH

Musa spp.
Banana



- Stems are used to help stop bleeding from small cuts. The stem sap is used for a drink to treat kidney problems and to strengthen blood.

LL'AED

Scaevola taccada
Beach cabbage



- Fruit is squeezed and the extract is applied directly to eyes to treat pink eye.
- Leaves are used to make cleansing baths.

YIULIUL

Cassytha filiformis
Love-vine



- The young fruit is used to treat ulcers.
- Stands of these vines are a medicine to treat rash and other skin problems in babies.

CHICHI

Phymatosorus scolopendria
Manarch fern



- The chichi with a single leaf on the stem is used to treat blisters in the mouth (thrush). The chichi with multiple leaves on the stem is used to treat sore muscles or swollen areas on the body caused by injuries.

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