

MEDICINAL PLANTS OF THE REGION

115. TUNGKOD-PARE

Cordyline fruticosa (L.) A. Cheval.
= *Taetsia fruticosa* (L.) Merr.
Family Agavaceae

Common Names: Danga (Ilokaño); dangla (Kabugao and Mindaya-Isnag); tangla (Karagawan-Isnag); changra (Botbot and Dananao-Kalinga); dangnga (Mangali-Kalinga); dangla (Taluktok-Kalinga); dengnga (Maeng-Itneg); bayaya (Bangnin-Kankanai); dangnga (Bontok) dangdangnga (Mountain Province); dongla, donla (Ifugao); dara-dara (Tubababalo); San Jose (Ivatan); alinaw (Zambales-Aeta); tokor-pari (Kapampangan); sagilala, tungkod-obispo, tungkod-pare (Tagalog); kilala (Bikol); kilaa (Waray); kilaa (Sebuano); kilaa (Hiligaynon); baston de San Jose (Guirnaras-Hiligaynon); baston de San Jose (Negros Occidental-HMigaynon); baston ni San Jose (Kinaray-a); tilala (Tiruray).

Tungkod-pare is an erect, smooth shrub that may attain a height of about 3 m. The stems are generally non-branching and marked with prominent leaf-scars. The leaves are usually tinged red or purple, and are crowded towards the upper part of the stem. The flowers are arranged in clusters of 3 to 8 and they are pale straw colored and sweet-scented.

Widely cultivated throughout the Philippines for ornamental purposes. In our region, this plant is generally planted around rice terraces (pa/aw). It is believed to have protective powers in warding-off evil spirits that affect the rice plants. It is also used as a ceremonial plant in certain rites. Probably a native of Malaya, now in all warm regions of the world.

Parts utilized: Flowers, leaves, and roots. Used in the fresh or dried state.

Indications and directions for use:

1. Hemoptysis due to pulmonary tuberculosis.
2. Threatened abortion.
3. Excessive menstrual discharge.
4. Hematuria.
5. Bleeding piles.
6. Enteritis and bacillary dysentery.

For the above conditions, boil 9 to 15 g of the dried flowers in water. Take the decoction orally in 2 divided doses daily. Dosage for other plant parts are as follows: Fresh leaves: 60 to 90 g Dried leaves: 30 to 60 g.

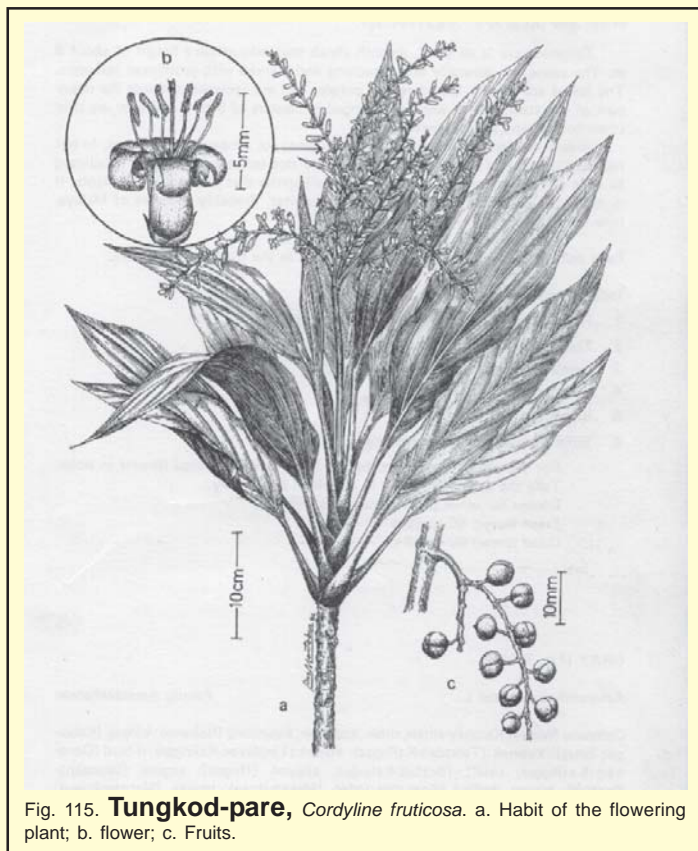


Fig. 115. **Tungkod-pare**, *Cordyline fruticosa*. a. Habit of the flowering plant; b. flower; c. Fruits.