

APPENDIX B. Botanical Pharmacopoeia of Echang Hamlet, Koror, Republic of Palau

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	AGAVACEAE <i>Cordyline fruticosa</i> [H] sis [P] sis	AL	yehangahang mataiei	L	dilute decoction with cold water; wash eyes	reduce redness stops pain	x		x	x	home garden/cultivar	A
0	AGAVACEAE <i>Cordyline fruticosa</i> [H] sis [P] sis	AL	pregnancy and postpartum bathing ritual	R	bathe with cold coconut oil infusion	cleanse/kill germs; prevent infection	x		x	x	home garden/cultivar	C
0	AMARANTHACEAE <i>Achyranthes aspera</i> [H] taferi moh, taferi moh † [P] louch beluu	AL	moh	L	coat sores with coconut oil residue, squeeze juice out of leaves into mouth; also bathe with decoction; fish partners: horech, hathi; herisonoboi, herimou, mor tamuch	close the sores; cleanse/kill germs; draw out heat					Tobi	R

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0	AMARANTHACEAE <i>Achyranthes aspera</i> [H] taferi moh, taferi moh † [P] louch beluu	AL	moh	L	pound, put inside uhr cloth, dip into sweet liquid, strain juice until liquid turns blue; coat tongue with coconut oil residue; gargle and swallow cold infusion; eat horech †	cleanse/kill germs; soothe pain; close the sores; draw out heat					Tobi	R
0	AMARANTHACEAE <i>Achyranthes aspera</i> [H] taferi moh, taferi moh † [P] louch beluu	AL	moh	L	pound with yaho and hamahuh ; mix with coconut milk; apply coconut residue to sores; squeeze medicine on sores; eat sashimi. fish partners: horech; hathi	cleanse/kill germs; soothe pain; close the sores; draw out heat					Tobi	R
22	ANACARDIACEAE <i>Spondias pinnata</i> [H] titimel [P] titimel	GH	all types of matamat ; [P] makngitelrakd	R	use outer layer of rhizome; pound with olmalel a rubak and deris ; soak in coconut oil; apply to skin	makes bad skin come off; dry out skin; cleanse/kill germs	x				farm-forest border	C

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33	APIACEAE <i>Centella asiatica</i> [H] hachereng†	GH	matamat; hubuehichichi†	L	soak in coconut oil; apply oil to skin	reduce swelling, soothe pain; anti- itch; cleanse/kill germs	x				forest path	R
33	APIACEAE <i>Centella asiatica</i> [H] hachereng†	GH	hameteri chirfaria	L	place pulverized leaves on breast	soothe pain; improve circulation; cool breast	x				forest path	R
33	APIACEAE <i>Centella asiatica</i> [H] hachereng†	GH	hameterisi; hachouess; hameteri retip	L	pound with yaho, wich, nuhr, haisas; strain juice through uhr; drink	open breathing pathways, improve circulation; stop bleeding; repair internal injuries	x				forest path	R
33	APIACEAE <i>Centella asiatica</i> [H] hachereng†	GH	finchingirichil; ehameteri; baochuch; etewas	L	pound with yaho, wich, nuhr, haisas; massage with coconut oil	soothe pain; reduce swelling; promote circulation; clean/kill germs; connect bone and tissue	x				forest path	R

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0	APOCYNACEAE <i>Plumeria rubra</i> [H] bung sapan † [P] elilai ra ngebard	AL	mehitariga meta	E	apply directly to wound†	stop bleeding			x		home garden/cultivar	R
0	ARACEAE <i>Cyrtosperma chamissonis</i> [H] buroh [P] brak	AD	mehitariga meta	L	place pulverized chaowor leaves inside buroh leaf; cook on hot coals; apply hot poultice	cleanse/kill germs; close wound; stop bleeding; remove waste and pus	x			x	home garden/cultivar; market	C
0	ARACEAE <i>Cyrtosperma chamissonis</i> [H] buroh [P] brak	AD	mehitariga meta; yeturong tafaief	L	place crushed fariap leaves inside buroh leaf; cover medicine pouch with coconut shell; barbecue on coals; apply coconut oil to wound; apply hot poultice; repeat until skin closes	cleanse/kill germs; close wound; stop bleeding; remove waste and pus; connect tissue	x			x	home garden/cultivar; market	C

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0	ARACEAE <i>Colocasia esculenta</i> [H] wot [P] kukao	AD	mut	R	wrap in wich leaf; bake in earth oven; pound until soft; eat before taking bitter medicine	prevent vomiting; use when taking bitter medicines	x			x	home garden/cultivar; market	C
0	ARECACEAE <i>Areca catechu</i> [H] buu [P] buuch	AL	hamete; childbirth	F	chew in quid with slaked lime (aus) and kebui leaf	soothe pain; increases circulation; creates heat		x	x		home garden/cultivar; market	A
0	ARECACEAE <i>Areca catechu</i> [H] buu [P] buuch	AL	ameba; ekeri, pahecha; worms	F	chew and swallow juice	causes vomiting; expels worms		x	x		home garden/cultivar; market	A
0	ARECACEAE <i>Cocos nucifera</i> [H] ruh; ruh melai [P] lius	AL	illness that require tafeieri chouchou and warurani tafei	L	weave into mats for use in massage and sleeping in the medicine	facilitate and prolong exposure to medicine	x	x	x	x	home garden/cultivar; market	A

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							Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian		
0	ARECACEAE <i>Cocos nucifera</i> [H] ruh; ruh melai [P] lius	AL	yungut baut; taringungut meta ngurut	S	massage oil over chest and back and forehead	open breathing pathways; create heat; dislodge phlegm; relax coughing muscles	x	x	x	x	home garden/ cultivar; market	A
0	ARECACEAE <i>Cocos nucifera</i> [H] ruh, ruh melai [P] lius	AL	hamete taring	S	squeeze small drops of oil into both ears	soothe pain; dislodge waste from ear; also prevent infection	x	x	x	x	home garden/ cultivar; market	A
0	ARECACEAE <i>Cocos nucifera</i> [H] ruh, ruh melai [P] lius	AL	suka; ebueihe	E	cook tree sap (haichi) until it is the syrup (richo); lick it when dizzy	reduce dizziness	x	x	x	x	home garden/ cultivar	A
0	ARECACEAE <i>Cocos nucifera</i> [H] ruh, ruh melai [P] lius	AL	mehitariga meta	S	apply freshly shaved copra directly to cut/abrasion	stop bleeding; clean/kill germs	x	x	x	x	home garden/ cultivar, market	A

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0	ARECACEAE <i>Cocos nucifera</i> [H]ruh,ruh melai [P] lius	AL	matamat; [P] bikodel; skin allergy	S	drink juice of young coconut	calms skin	x	x	x	x	home garden/ cultivar, market	A
0	ARECACEAE <i>Cocos nucifera</i> [H]ruh,ruh melai [P] lius	AL	matamat; [P] bikodel; skin allergy	S	mix richo with water, drink	calms skin	x	x	x	x	home garden/ cultivar, market	A
0	ARECACEAE <i>Cocos nucifera</i> [H]ruh,ruh melai [P] lius	AL	hameteri siei; male genital pain, especially testicles	L	husk green coconut and heat over fire; put close enough to the testicles to feel the heat but not on the skin	draws heat to pained area; stimulate blood flow and circulation	x	x	x	x	home garden/ cultivar, market	A
0	ARECACEAE <i>Cocos nucifera</i> [H]ruh,ruh melai [P] lius	AL	hametarisi; ieieou yangisiei	S	scrape soft meat from young coconut (ub); mix with coconut syrup (richo) and coconut oil; drink†	causes diarrhea; soothe stomach; expel heat	x	x	x	x	home garden/ cultivar, market	A

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31	ASTERACEAE <i>Eclipta alba</i> [H] taferi bech	GH	ifou; bechriruh; moh	L	pound, squeeze juice all over the body	lowers fever					Tobi	R
0	BORAGINACEAE <i>Tournefortia argentea</i> [H] cher [P] rirs	AL	ameba; ekeri, pahecha; worms	L	select young leaves and one mature leaf; pound green coconut husk; squeeze out juice; pound juice with leaves; mix with young coconut juice; heat, drink	expels worms	x				Tobi; Babeldaub	R
0	CAPPARACEAE <i>Craeteva speciosa</i> [H] tafach †	AL	pahecha †	L	pound with yaho, haohuh, nuhr ; put into cloth; dip into young coconut juice; squeeze out juice; add coconut oil; drink 2x/day for three days†	stops diarrhea					Tobi	R

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0	CAPPARACEAE <i>Craeteva speciosa</i> [H] tafach †	AL	gonorrhea†; hameteri siei	L	pound with yaho and haohuh ; place leaves in cloth; dip into young coconut juice; squeeze out juice; add coconut oil; drink; follow with one glass hot water; repeat 2x day†	expel heat; remove waste; bitter; cleanse system; move water out					Tobi	R
0	CARICACEAE <i>Carica papaya</i> [H] babai [P] bobai	AL	hameteri chimei	R	pound with kingkang ; mix with coconut oil; inhale the vapors	open breathing pathways; improve circulation in head	x				home garden/ cultivar; market	C
0	CARICACEAE <i>Carica papaya</i> [H] babai [P] bobai	AL	yefeter chanbout; yehochohoch mataiei; yehangahang mataiei	St	hollow of stem used to apply medicine to injured eyes and ears and into nostrils		x				home garden/ cultivar; market	C
34	CASUARINACEAE <i>Casuarina equisetifolia</i> [H] ngach [P] ngas	GH	herisabou	B	pound with fariap , haisas , safang ; bathe in decoction 3x/day	reduce swelling dry the skin; make skin come off; cleanse/kill germs					forest/ littoral borders	C

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34	CASUARINACEAE <i>Casuarina equisetifolia</i> [H] ngach [P] ngas	GH	matamat	B	pound with fariap ; mix with coconut oil; apply to skin	reduce swelling; make skin come off; dry the skin; cleanse/kill germs					forest/littoral borders	C
0	CLUSIACEAE <i>Calophyllum inophyllum</i> [H] safang [P] batches	AL	taferi homoho tetipach	L	pound with fariap, haohuh, hirifou, safairing ; drink cold water infusion	strengthen body; prevent sickness; contains vitamins; improve circulation; bitter/cleanse inside	x			x	Tobi; Rock Islands	R
0	CLUSIACEAE <i>Calophyllum inophyllum</i> [H] safang [P] batches	AL	herisabou	B	pound with fariap, haisas, ngach ; bathe in decoction 3x/day	reduce swelling dry the skin; make skin come off; cleanse/kill germs	x			x	Tobi; Rock Islands	R

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13	COMBRETACEAE <i>Terminalia catappa</i> [H] haisas [P] niich	GH	herisabou	B	pound with safang , fariap , ngach ; bathe in decoction 3x/day	dry the skin; make skin come off; cleanse/kill germs	x				foothpath roadside; littoral borders	C
13	COMBRETACEAE <i>Terminalia catappa</i> [H] haisas [P] niich	GH	mut	L	chew and swallow the juice; or pound and squeeze juice into water or coconut juice and drink	prevent vomiting; use before taking bitter medicine; prevent seasickness	x				foothpath roadside; littoral borders	C
13	COMBRETACEAE <i>Terminalia catappa</i> [H] haisas [P] niich	GH	TB†	B	pound gently with fariap , hirifou , hamahi ; mix with gallon of fresh water and small amount of sea water; drink decoction or cold water infusion; add sugar water if needed; repeat	strengthens; bitter/cleanse inside	x				foothpath roadside; littoral borders	C

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13	COMBRETACEAE <i>Terminalia catappa</i> [H] haisas [P] niich	GH	taferi homoho tetipach; TB; high blood	B	pound with fariap , hirifou , hirio , and hochari ; fill bucket with rain water, drink cold water infusion Note: do not use with coconut juice; bitter	improve circulation	x				foothpath roadside; littoral borders	C
13	COMBRETACEAE <i>Terminalia catappa</i> [H] haisas [P] niich	GH	hametaris; hachouess; hameteri retip	L	pound with yaho , wich , nuhr , and hachereng ; strain juice through uhr ; drink the extract	stop bleeding; heals internal injury	x				foothpath roadside; littoral borders	C
13	COMBRETACEAE <i>Terminalia catappa</i> [H] haisas [P] niich	GH	finchingirichil; ehameteri; baochuch; etewas	L	pound with yaho , wich , nuhr , hachereng ; massage with coconut oil	connect bone and tissue; remove waste and pus inside; soothe pain	x				foothpath roadside; littoral borders	C
24	CONVOLUVULACEAE <i>Ipomoea triloba</i> [H] chaowor [P] torech	JM	finchingerichil; hameteri retip; hamete; baochuch; etewas	L	pound with yaho , nuhr , ngou , mai , hamahi , huh ; mix with coconut oil; use in taferi chouchou and warurani tafei	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue	x				farm borders; forest borders ; roadside	C

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24	CONVOLUVULACEAE <i>Ipomoea triloba</i> [H] chaowor [P] torech	JM	hameteri retip	L	pound with yaho, ngou, chichi, yohoma, yerao ; mix with coconut juice; drink	heal internal injury	x				farm borders; forest borders ; roadside	C
24	CONVOLUVULACEAE <i>Ipomoea triloba</i> [H] chaowor [P] torech	JM	mehitariga meta	L	pound leaves; place inside buroh leaf and make a pouch; cook over smoldering coals; carefully apply hot poultice directly to wound	cleanse/kill germs; draw out pus; stop bleeding	x				farm borders; forest borders ; roadside	C
11	CONVOLUVULACEAE <i>Merremia peltata</i> [H] marumeug [P] kebeas	GH	finchingerichil	L	pound with woripacheche and fariap , apply either as poultice or sleep on medicine; follow with a tonic/massage	soothe pain; connect bone and tissue; remove waste					taro patch ; forest, roadside	C
0	CONVOLUVULACEAE <i>Ipomoea batatas</i> [H] tumucho	AD	taferi homoho tetipach during pregnancy; etai inou harai ; yaoch sewa ;	L	boil with water and juice from huruhu fruit	makes mother's milk come in; stimulate appetite; strengthen fetus	x				home garden/cultivar	C

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11	CONVOLUVULACEAE <i>Merremia peltata</i> [H] marumeug [P] kebeas	GH	moh	L	chew with young coconut leaf, spit medicine into child's mouth	close the sores; clean/kill germs					taro patch; forest, roadside	C
9	CONVOLUVULACEAE <i>Ipomoea violaceae</i> [H] woripacheche	GH	finchingerichil; ehameteri; baochuch; etewas; tobotoborchil	L	pound with siviriyarus and ngou , massage with coconut oil; spread leaves on mat; sleep in medicine	connect bone and muscle; remove waste; soothe pain					forest; farm borders; roadside	C
9	CONVOLUVULACEAE <i>Ipomoea violaceae</i> [H] woripacheche	GH	hamete; baochuch; etewas	W	pound, place inside leaf pouch and barbecue over coals; massage hot medicine into swollen and sore muscles Note: do not add coconut oil or water	create heat; relax muscles; soothe pain; improves circulation					forest; farm borders; roadside	C
9	CONVOLUVULACEAE <i>Ipomoea violaceae</i> [H] woripacheche	GH	finchingerichil	L	pound with marmeug and fariap leaves, apply as poultice or sleep on medicine; follow with a tonic and massage	connects bone and muscle; removes waste; soothe pain					forest; farm borders; roadside	C

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30	CYPERACEAE <i>Cyperus brevifolius</i> [H] ngus [P] dues; eschesiding	GH	taferi homoho tetipach	W	pound with ginger root, leaf, flower; mix with toasted copra; add fresh water; heat a rock and place rock in bowl; drink while warm; Drink when you eat belsiya (pounded taro)	stimulate circulation prevent illness; supplement diet	x				foot path, yard borders; house borders	R
40	DAVALLIACEAE <i>Nephrolepis saligna</i> [H] hamahuh	GH	matamat	L	pound, mix with coconut oil, apply to cuts and abrasions	tighten skin; stop bleeding					home garden/ cultivar; footpaths; roadside ; forest pathways;	A
40	DAVALLIACEAE <i>Nephrolepis saligna</i> [H] hamahuh	GH	moh	L	pound with yaho and taferi moh ; mix with coconut milk; apply coconut residue to sores; squeeze medicine on sores; fish partners: horech, hathi	soothe pain; close the sores; draw out heat; clean/kill germs; blood from the fish heals the open sores					home garden/ cultivar; footpaths; roadside ; forest pathways;	A

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10	EUPHORIBACEAE <i>Macaranga carolinensis</i> [P] bdel	GH	matamat	L	pound, apply to skin	tighten skin; stop bleeding					roadside; forest border	A
7	FABACEAE <i>Canavalia cathartica</i> [H] hahariborot, riborot †	GH	medicine for baby after it is born	L	pound; soak coconut juice, strain; feed juice to baby	strengthen; prevent sickness	x				footpaths ; roadside; forest pathway	
7	FABACEAE <i>Canavalia cathartica</i> [H] hahariborot, riborot †	GH	taferi homoho tetipach for pregnant woman	L	pound, cook with coconut juice; add coconut milk to decoction; drink	improve circulation; prevent sickness; provide vitamins to baby	x				footpaths ; roadside; forest pathway	C

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41	FABACEAE <i>Erythrina variegata</i> [H] haohuh, hawhow† [P] rorou	GH	finchingerichil; hameteri retip; ehameteri; baochuch; etewas	L	pound with hariwa, yaho, nuhr, and siviriyarus; mix with water or coconut juice; use same leaves to make drink; exclude haohuh to prepare warurani tafei; sleep in medicine every day	bitter/cleans inside; move water out; heal internal injuries; connect bone tissue; soothe pain Note: do not use haohuh externally	x				Meyuns	R
41	FABACEAE <i>Erythrina variegata</i> [H] haohuh, hawhow† [P] rorou	GH	taferi homoho tetipach	L	pound with safang, fariap, hirifou, safairing; soak in fresh water until red; drink	prevent sickness	x				Meyuns	C
41	FABACEAE <i>Erythrina variegata</i> [H] haohuh, hawhow† [P] rorou	GH	taferi homoho tetipach	L	pound with yaho and ngou, mix with coconut milk, drink	prevent sickness	x				Meyuns	C

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41	FABACEAE <i>Erythrina variegata</i> [H] haohuh, hawhow † [P] rorou	GH	pahecha †	L	pound with yaho, tafach, nuhr ; squeeze medicine mixed with coconut juice through uhr ; add coconut oil; drink 2x/day for three days†	stop diarrhea	x				Meyuns	C
41	FABACEAE <i>Erythrina variegata</i> [H] haohuh, hawhow † [P] rorou	GH	gonorrhea†; hameteri siei	L	pound with tafach and yaho ; place leaves in cloth; squeeze medicine and coconut juice through uhr ; add coconut oil drink; drink one glass hot water; repeat 2x day †	expel heat; remove waste; bitter/cleanse inside; move water out;	x				Meyuns	C
27	FABACEAE <i>Derris elliptica</i> [H] deris [P] dub, derris	GH	all types of matamat ; [P] makngitelrakd	R	use outer layer of rhizome; pound with titimel and olmalel a rubak ; soak in coconut oil one day before first application; oil is yellow	clean/kill germs; reduce redness; stimulate exfoliation of dead skin				x	foot path ; yard border; farm borders	C

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27	FABACEAE <i>Derris elliptica</i> [H] deris [P] dub, derris	GH	all types of matamat except for cuts and open wounds	L R	pound young leaves and root with hachio ; soak in coconut oil for two days; apply to skin	reduce itching/swelling; soothe pain; clean/kill germs				x	foot path; yard border; farm borders	C
27	FABACEAE <i>Derris elliptica</i> [H] deris [P] dub, derris	GH	matamat masusuhr matamat merifirif ; [P] bikodel; [P] makngitelrakd	B	use peel of bark; pound; soak in coconut oil one day before first application	clean/kill germs; reduce itching; stimulate exfoliation of skin				x	foot path; yard border; farm borders	C
38	FABACEAE <i>Derris trifoliata</i> [P] komokom	GH	poison fish sting	R	pound and mix with coconut oil or water and apply to point of entry	draw out poison					forest littoral borders	C
0	GOODENIACEAE <i>Scaevola taccada</i> [H] hamahi [P] korari, kirrai, railechol	AL	finchingeri-chil ; hameteri retip ; ehameteri ; baochuch ; etewas	L	pound with yaho, nuhr, ngou, chaowor, mai, huh ; mix with coconut oil; use in tafeieri chouchou and warurani tafei	remove waste; heal internal injuries; connect bone and muscle; soothe pain					Tobi; Rock Islands; Helen Reef	R

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No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	GOODENIACEAE <i>Scaevola taccada</i> [H] hamahi [P] korari, kirrai, railechol	AL	TB†	B	pound gently with fariap, hirifou, haisas ; mix with gallon of fresh water; add small amount of sea water; drink decoction or cold water infusion; add sugar water if needed; repeat	improve circulation; strengthen; prevent sickness					Tobi; Rock Islands; Helen Reef	R
39	HERNANDIACEAE <i>Hernandia sonora</i> [H] hochari† [P] doko	GH	taferi homoho tetipach; TB†; high blood	B	pound with fariap, haisas, hirifou, hirio . Note: do not use with coconut juice; very bitter	stimulate circulation; prevent sickness	x				taro patch	R
19	LAMIACEAE <i>Orthosiphon aristatus</i> [H] Chinese kidney plant	GH	hameteri retip	L,F	drink infusion several times a day	bitter/cleanse inside; move water out; weight loss aid	x		x		home garden/cultivar	C
18	LAMIACEAE <i>Ocimum sanctum</i> [H] worung [P] mach	GH	moh	L	pound; squeeze juice, add water; drink; apply coconut oil residue to sores; 2x/day; eat hiri or horech sashimi after the first day	stop bleeding	x		x		footpath; home garden/cultivar	R

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18	LAMIACEAE <i>Ocimum sanctum</i> [H] worung [P] mach	GH	mehitariga meta	L	pound, squeeze the juice onto skin	stop bleeding	x		x		footpath; home garden/ cultivar	R
16	LECYTHIDACEAE <i>Barringtonia racemosa</i> [P] koranges	GH	moh [P] bao	L	chew leaves, spit juice into patient's mouth	reduce swelling; cleanse/kill germs; reduce fever			x		forest littoral borders	R
23	LILIACEAE <i>Dianella caroliensis</i> [P] bakelild; kobesos	GH	taferi homoho tetipach	R	pound with huruhu ; mix with water; drink before working in sun	cleanse; stimulate circulation; prevent sickness	x				roadside; farm borders; forest borders	A
0	MALVACEAE <i>Hibiscus rosa sinensis</i> [P] bussonge	AL	mehitariga meta	Fl	pound; squeeze juice onto cut; repeat	stop bleeding			x		roadside; home garden/ cultivar	A

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0	MALVACEAE <i>Hibiscus tiliaceus</i> [H] hirifou † [P] chermall	GH	taferi homoho tetipach	L	pound with safang, fariap, haohuh, safairing ; drink cold water infusion	stimulate circulation; cleanse; prevent sickness	x				forest littoral borders	C
0	MALVACEAE <i>Hibiscus tiliaceus</i> [H] hirifou † [P] chermall	GH	taferi homoho tetipach; TB; high blood	B	pound with haisas, fariap, hirio, hochari ; fill bucket with rain water, soak until red; drink. Note: do not use with coconut juice; bitter	stimulate circulation; prevent sickness	x				forest littoral borders	C
0	MALVACEAE <i>Hibiscus tiliaceus</i> [H] hirifou † [P] chermall	AL	TB †	B	pound gently with fariap, haisas, hamahi ; mix with a gallon of fresh water add small amount of sea water; boil or soak until red; drink with sugar water if needed; repeat†	strengthen; cleanse inside	x				forest littoral borders	C

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No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	MALVACEAE <i>Hibiscus tiliaceus</i> [H] hirifou † [P] chermall	AL	ifou; bechriruh	L	pound, mix with water; squeeze on body or bathe in medicine; repeat	reduce fever	x				forest littoral borders	C
0	MELASTOMACEAE <i>Melastoma malabathricum</i> [P] matakui	AL	[P] belebel	L	boil in water; massage leaves with hands to make supple; place leaves on skin; repeat	dry blisters; draw out heat; prevent spread of blisters			x		Malakal; Koror; Babeldaub	C
0	MORACEAE <i>Artocarpus atilis</i> [H] bukeriaio [P] arandu, meduu	AL	-	F	same as in any recipe that uses mai	same as mai	x				home garden- cultivar	C
0	MORACEAE <i>Artocarpus mariannensis</i> [H] mai [P] ebiei, meduuliou	AL	hamete ngi	Fl	pound the end of the bud; mix with coconut milk; chew	soothe pain	x			x	home garden- cultivar	C

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0	MORACEAE <i>Artocarpus mariannensis</i> [H] mai [P] ebiei, meduuliou	AL	finchingeri-chil; hameteri retip; ehameteri; baochuch; etewas	L	select young leaves; pound with yaho, nuhr, ngou, chaowor, hamahi, huh; mix with coconut oil; use in tafeieri chouchou and warurani tafei	connect bone and tissue; soothe pain	x			x	home garden- cultivar	C
12 25	MORACEAE <i>Ficus prolixa</i> [H] hirio [P] lulk	GH	taferi homoho tetipach; TB; high blood	B	pound with haisas, fariap, hirifou, hochari; fill bucket with rain water, soak until red; drink Note: do not use with coconut juice; very bitter	stimulate circulation; prevent sickness	x				roadside; footpath border	C
12 25	MORACEAE <i>Ficus prolixa</i> [H] hirio [P] lulk	GH	hamete ngi; ehamete hapiriwohangehi	R	pound small white roots; boil in saltwater; gargle; repeat several times per day	soothe pain	x			x	roadside; footpath	C
12 25	MORACEAE <i>Ficus prolixa</i> [H] hirio [P] lulk	GH	etafaiei; mehitariga meta	R,B	pound together, mix with coconut oil; massage	soothe pain; promote circulation	x			x	roadside; footpath	

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12 25	MORACEAE <i>Ficus prolixa</i> [H] hirio [P] lulk	GH	etafaiei; [P] belebel	F	pound with old dry coconut leaves; apply to scars	fade scars	x			x	roadside; footpath	
0	MUSACEAE <i>Musa sp.</i> [H] wich [P] ilias	AL	mehitariga meta	L	scrape off the chapunung (brown fiber); apply to the cut	stop bleeding	x			x	home garden- cultivar; market	C
0	MUSACEAE <i>Musa sp.</i> [H] wich [P] ilias	AL	hametaris; hachouess; hameteri retip	L	pound with yaho, nuhr, hachereng, haisas; squeeze with water through uhr ; drink	heal internal injury; promote circulation; open breathing pathway	x			x	home garden- cultivar, market	C
0	MUSACEAE <i>Musa sp.</i> [H] wich [P] ilias	GH	finchingirichil; ehameteri; baochuch; etewas	L	pound with yaho, haisas, nuhr, hachereng; massage with coconut oil	connect bone and tissue; soothe pain	x			x	home garden- cultivar; market	C

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0	MUSACEAE <i>Musa sp.</i> [H] wich [P] ilias	AD	mut	L	wrap around wot ; place in earth oven overnight; pound until soft; sit for 1- 3 days; eat before taking bitter medicine	prevent vomiting	x			x	home garden- cultivar; market	C
1	MYRTACEAE <i>Psidium guajava</i> [H] guava [P] kuabang	AL	hameteri retip hametarisi	L	drink infusion;	cleanse stomach	x				home garden/ cultivar	C
1	MYRTACEAE <i>Psidium guajava</i> [H] guava [P] kuabang	AL	hametarisi buchita hametarisi	L	chew leaves, swallow juice	stop diarrhea	x				home garden/ cultivar	C
15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap† [P] kidel	GH	postpartum bathing ritual	L	bathe in decoction 2x/ day for seven days post partum	cleanse/kill germs; prevent illness; cause sweating	x		x	x	yard borders; farm borders; footpath	C

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15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap † [P] kidel	GH	mehitariga meta; yeturong tafaief	L	place pulverized leaves inside buroh leaf and make a pouch; cover with half coconut shell; cook on coals; apply coconut oil to wound; apply hot poultice; repeat	cleanse/kill germs; dry out wound; stop bleeding;	x		x	x	yard borders; farm borders; footpath	C
15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap † [P] kidel	GH	taferi homoho tetipach; etai inou harai; hameterisi; pahecha	F	remove seeds; boil; mix with young coconut juice; drink	stimulate circulation; increase appetite; remove waste	x		x	x	yard borders; farm borders; footpath	C
15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap † [P] kidel	GH	taferi homoho tetipach	L	pound with safang, haohuh, hirifou, safairing ; soak in freshwater until red; drink	stimulate circulation; prevent sickness add vitamins to diet	x		x	x	yard borders; farm borders; footpath	C
15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap † [P] kidel	GH	herisabou	F	pound with safang, haisas, ngach ; boil in fresh water until brown; bathe in decoction 3x/day	dry out skin; cause skin to come off	x		x	x	yard borders; farm borders; footpath	C

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15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap † [P] kidel	GH	hamete taring	L	pound with warimoh and yaho ; combine with salt water or coconut oil; drop into both ears, ending with infected one	dislodge waste; soothe pain; prevent sickness	x		x	x	yard borders; farm borders; footpath	C
15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap † [P] kidel	GH	TB †	B	pound gently with haisas , hirifou , hamahi ; mix with a gallon of fresh water and small amount of sea water; boil or soak until red; drink with sugar water if needed†	strengthen; bitter/ cleanse inside	x		x	x	yard borders; farm borders; footpath	C
15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap † [P] kidel	GH	taferi homoho tetipach ; TB ; High blood	B Br	pound with haisas , hirifou , hirio , hochari ; soak in rain water until red Note: do not use with coconut juice; bitter	improve circulation; strengthen; prevent sickness	x		x	x	yard borders; farm borders; footpath	C
15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap † [P] kidel	GH	finchingerichil	L	pound with marmeug and woripacheche , apply poultice or warurani tafei ; end with tonic or massage	connect bone and tissue; remove waste; soothe pain	x		x	x	yard borders; farm borders; footpath	C

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15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap† [P] kidel	GH	matamat	B	pound with ngach and coconut oil; apply to skin	dry the skin; cause skin to come off	x		x	x	yard borders; farm borders; footpath	C
15	MYRTACEAE <i>Syzygium malaccense</i> [H] fariap† [P] kidel	GH	yungut baut; taringungut meta ngurut; hameteri chimei; matsirip, fahafah	L	pound leaves; make steam bath; follow with cold shower	dislodge phlegm; clear circulatory pathways	x		x	x	yard borders; farm borders; footpath	C
28	NEPENTHACEAE <i>Nepenthes mirabilis</i> [P] meliik, olmalel a rubak	GH	all types of matamat ; [P] makngitelrakd	R	pound with titimel and deris ; soak in oil 1 day before first application	soothe pain; cleanse/kill germs; cause skin to come off				x	farm borders	R
0	PANDANACEAE <i>Pandanus sp.</i> [H] fach [P] ongor	AL	illnesses that require use of warurani tafei / tafeieri chouchou	L	weave into mats for warurani tafei, tafeieri chouchou	facilitate and prolong exposure to medicine	x		x	x	roadside; yard borders	C

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0	PIPERACEAE <i>Piper betle</i> [P] kebui	AL	mehitariga meta; matamat	L	pound, mix with water or coconut oil; apply to skin	stop bleeding		x			home garden/ cultivar; forest pathways; market	A
0	PIPERACEAE <i>Piper betle</i> [P] kebui	AL	ehameteri; childbirth	L	chew in a quid with aus (slaked lime) and bucch	soothe pain; increases circulation; creates heat		x			home garden/ cultivar; forest pathways; market	A
0	POACEAE <i>Saccharum officinarum</i> [H] suka cane [P] deb	AL	matamat; [P] bikodel; skin allergies	L	pound stem, mix with water, drink	soothe skin	x				home garden/ cultivar; market	C
3	POLYPODIACEA <i>Polypodium scolopendria</i> [H] chichi† [P] ebechab	GH	finchingerichil	L	pound new leaves with coconut oil or water; massage; sleep on medicine	draw out heat; connect bone and tissue	x		x		home garden/ cultivar; footpaths, roadside; yard borders;	A

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3	POLYPODIACEA <i>Polypodium scolopendria</i> [H] chichi† [P] ebechab	GH	hameteri retip	L	pound with yaho, ngou, chaower, yohoma, yerao ; mix with coconut juice; drink	heal internal injury	x		x		home garden/ cultivar footpaths, roadside ; yard borders;	A
20	POLYPODIACEAE <i>Pteris tripartite</i> [H] siviriyarus [P] liker bedaoch	GH	hametarisi	L	pound with yaho and ngou , mix with coconut oil, eat; very bitter	cause vomiting					footpath , yard borders; between rocks	C
20	POLYPODIACEAE <i>Pteris tripartite</i> [H] siviriyarus [P] liker bedaoch	GH	finchingeri-chil ; hameteri retip ; ehameteri ; baochuch ; etewas	L	pound with hariwa, yaho, nuhr, haohuh ; mix with water or coconut juice; drink; can use same leaves except haohuh for warurani tafei ; sleep in this medicine daily; drink after using emetic	remove waste; heal internal injury; connect bone and tissue; stimulate circulation					footpath , yard borders; between rocks	C

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20	POLYPODIACEAE <i>Pteris tripartite</i> [H] siviriyarus [P] liker bedaoch	GH	finchingeri-chil; ehameteri; baochuch; etewas; tobotoborchi	L	pound with ngou and woripacheche , massage with coconut oil; sleep in medicine	remove waste; heal internal injury; connect bone and tissue; help circulation					footpath, yard borders; between rocks	C
21	RHAMNACEAE <i>Colubria asiatica</i> [H] hanoh† [P] drikel; ongaitong	GH	metai; yehangahang mataiei; matari wor	L	chew with ngou ; spit through papaya stem into both eyes, ending with injured eye	remove waste; stimulate circulation	x		x		forest	C
8	RUBIACEAE <i>Aidia racemosa</i> [P] kerumes	GH	hametarisi	F	drink cold infusion	bitter/cleanse inside; move water out			x		forest pathway	R
6	RUBIACEAE <i>Ixora casei</i> [H] hachio [P] kerdeu	GH	all types of matamat except cuts and open wounds	L,R	pound with deris ; soak in coconut oil for 2 days; apply oil to the skin	soothe pain; cause skin to come off					forest borders; roadside; yard borders	C

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2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar † [P] ngel	GH	hametarisi; buchita; yarorupu sewa	F	mix with gallon of fresh water; drink several times daily; keep refrigerated	bitter/cleanse inside; move water out; weight loss aid	x				yard borders; roadside; forest borders; footpaths	C
2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar † [P] ngel	GH	hametarisi	F	eat raw	bitter/cleanse inside; move water out; prevent sickness	x				yard borders; roadside; forest borders; footpaths	C
2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar † [P] ngel	GH	hametarisi; hachouess; hameteri retip	L	pound with yaho, wich, hachereng, haisas ; strain through uhr drink extract	stop bleeding; heal internal injury; stimulate circulation	x				yard borders; roadside; forest borders; footpaths	C
2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar † [P] ngel	GH	ehameteri; baochuch; etewas	L	pound; massage with warm coconut oil	create heat; relax muscles; soothe pain	x				yard borders; roadside; forest borders; footpaths	C

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2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar† [P] ngel	GH	finchingerichil hameteri retip; ehameteri; baochuch; etewas	L	pound with hariwa, yaho, siviriyarus, haohuh; mix with water or coconut juice; drink; use same leaves, except for haohuh for warurani tafei; sleep in this medicine every day. Note: drink after taking an emetic	bitter/cleanse inside; move water out;; soothe pain; connect bone and tissue; heal internal injuries Note: do not use haohuh externally	x				yard borders; roadside; forest borders; footpaths	C
2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar† [P] ngel	GH	finchingirichil; ehameteri; baochuch; etewas	L	pound with yaho, haisas, wich, hachereng; massage with coconut oil	connect bone and muscle; soothe pain	x				yard borders; roadside; forest borders; footpaths	A
2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar† [P] ngel	GH	yehangahang mataiei; yehochohoch mataiei; matari wor	F	pound with yaho; squeeze juice into eyes, ending with injured eye; repeat several times a day for 5 days	soothe pain; prevent sickness; stimulate circulation	x				yard borders; roadside; forest borders; footpaths	A

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2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar† [P] ngel	GH	finchingerichil; hameteri retip; ehameteri; baochuch; etewas	L	pound male and female leaves with yaho, ngou, mai, chaowor, hamahi, huh; mix with coconut oil; use in tafeieri chouchou and warurani tafei	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue	x				yard borders; roadside; forest borders; footpaths	A
2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar† [P] ngel	GH	ehameteri; baochuch; etewas	L	pound female leaves with ngou; mix with coconut oil; use for tafeieri chouchou and warurani tafei	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue	x				yard borders; roadside; forest borders; footpaths	A
2	RUBIACEAE <i>Morinda citrifolia</i> [H] nuhr, noar† [P] ngel	GH	pahecha†	L	pound with yaho, tafach, haohuh; squeeze with coconut juice through uhr add coconut oil; drink 2x/day for 3 days†	stop diarrhea	x				yard borders; roadside; forest borders; footpaths	A

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26	RUBIACEAE <i>Mussaenda frondosa</i> [H] eroi [P] cherechroi	GH	mehitariga meta; yeturong tafaief; suka	L	pound with small amount of fresh water; apply to skin	stop bleeding; connect skin			x		roadside	A
26	RUBIACEAE <i>Mussaenda frondosa</i> [H] eroi [P] cherechroi	GH	hametaris	L	boil in water, drink infusion	bitter/cleanse inside; move water out;			x		roadside	A
29	RUTACEAE <i>Citrus hystrix</i> [H] huruhu [P] debechel	GH	taferi homoho tetipach during pregnancy; etai inou harai; yaoch sewa;	F	mix juice, water, and tumucho leaves; drink decoction	help make mother's milk; stimulate appetite; strengthen fetus	x				home garden/ cultivar; market	C
29	RUTACEAE <i>Citrus hystrix</i> [H] huruhu [P] debechel	GH	mehitariga meta	F	squeeze juice onto cut/abrasion	close the skin; cleanse/kill germs; stop bleeding	x				home garden/ cultivar; market	C
29	RUTACEAE <i>Citrus hystrix</i> [H] huruhu [P] debechel	GH	taferi homoho tetipach; yehuh fario	L	pound with bakelild (kobesos); mix with water; drink before working in sun	prevent fainting; strengthen	x				home garden/ cultivar; market	C

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No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	RUTACEAE <i>Citrus microcarpa</i> [P] kingkang	AL	hametarisi; buchita	F	eat fruit and rind	gets rid of air in the stomach	x				home garden/ cultivar; market	C
0	RUTACEAE <i>Citrus microcarpa</i> [P] kingkang	AL	hametarisi; buchita	F	boil rind in water; drink decoction	bitter/cleanse inside; move water out; cleansing	x				home garden/ cultivar; market	C
0	RUTACEAE <i>Citrus microcarpa</i> [P] kingkang	AL	hameteri chimei	R	pound with babai ; mix with coconut oil; inhale vapors	clear air pathways; stimulate circulation	x				home garden/ cultivar; market	C
35 36	SAPINDACEAE <i>Allophylus timoriensis</i> [H] ngou [P] ebeludes	GH	hametarisi	L	pound with yaho and siviriyarus , mix with coconut oil, eat; bitter	causes vomiting; gets rid of air in stomach	x				footpaths; forest pathway	A
35 36	SAPINDACEAE <i>Allophylus timoriensis</i> [H] ngou [P] ebeludes	GH	taferi homoho tetipach	L	pound with yaho and haohuh , mix with coconut milk, drink	strengthen; prevent sickness; stimulate circulation	x				footpaths; forest pathway	A

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines					Habitat	Reported Availability
							Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian		
35 36	SAPINDACEAE <i>Allophylus timoriensis</i> [H] ngou [P] ebeludes	GH	hameteri retip	L	pound with yaho, chaower, chichi, yohoma, yerao ; mix with coconut juice, drink	remove waste; bitter/cleanse inside; move water out; heal internal injury	x				footpaths; forest pathway	C
35 36	SAPINDACEAE <i>Allophylus timoriensis</i> [H] ngou [P] ebeludes	GH	yechohohoch mataiei; yehangahang mataiei; matari wor	L	chew with hanoh ; spit through bobai stem into eyes; injured last	soothe pain; promote circulation; prevent sickness	x				footpaths; forest pathway	C
35 36	SAPINDACEAE <i>Allophylus timoriensis</i> [H] ngou [P] ebeludes	GH	finchingerichil; hameteri retip; ehameteri; baochuch; etewas	L	pound with yaho, nuhr, mai, chaowor, hamahi, huh ; mix with coconut oil; use in tafeieri chouchou and warurani tafei	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue	x				footpaths; forest pathway	C

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
35 36	SAPINDACEAE <i>Allophylus timoriensis</i> [H] ngou [P] ebeludes	GH	ehameteri; baochuch; etewas	L	pound with nuhr ; mix with coconut oil; use for tafeieri chouchou and warurani tafei	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue					footpaths ; forest pathway	C
35 36	SAPINDACEAE <i>Allophylus timoriensis</i> [H] ngou [P] ebeludes	GH	finchingerichil; ehameteri; baochuch; etewas; tobotoborchi	L	pound with siviriyarus and woripacheche , mix with coconut oil; use for tafeieri chouchou and warurani tafei	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue					footpaths ; forest pathway	C
32	SCROPHULARIACEAE <i>Limnophila spp.</i> [P] kare, ukelakel, ilemelakel	GH	post partum medicine for mother	W	pound, mix with water or coconut juice, strain and drink; boil in water and expose womb to steam	clean/kill germs; shrink womb					Koror ; Babeldaub	R
0	SOLANACEAE <i>Capsicum frutescens</i> [P] meringel	AL	matamat [P] makngitelrakd	F	pound, mix with coconut oil; apply to skin	clean/kill germs	x				home garden/cultivar ; market	C

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
14	VERBENACEAE <i>Clerodendrum paniculatum</i> [P] butecherechar	GH	matamat; mehitariga meta; etafaiei	L	pound; mix with coconut oil; cook; add more coconut oil; apply to skin	dry the skin; stop bleeding; repel insects; fade scars	x				forest pathways	U
17	VERBENACEAE <i>Vitex negundo</i> [H] ihaweri † [P] kelsechedui	GH	taferi homoho tetipach	L	pound, drink decoction or cold water infusion	prevent sickness; dietary supplement	x			x	forest littoral/borders	U
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho † [P] osm	GH	moh	L	pound with taferi moh and hamahuh ; mix with coconut milk; apply coconut residue to sores; squeeze medicine on sores; eat horech or hathi	clean/kill germs; soothe pain; close the sores; draw out heat	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho † [P] osm	GH	hametarisi; hachouess; hameteri retip	L	pound with nuhr, wich, hachereng, haisas ; squeeze with water through uhr ; drink	open breathing pathways, improve circulation; stop bleeding repairs internal injuries	x				forest pathways footpaths; garden borders; yard borders	A

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho† [P] osm	GH	hametarisi	L	pound with siviriyarus and ngou , mix with coconut oil, eat	cause vomiting	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho† [P] osm	GH	taferi homoho tetipach	L	pound with ngou and haohuh , mix with coconut milk, drink	strengthen; prevent sickness; stimulate circulation	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho† [P] osm	GH	hameteri retip	L	pound with ngou , chaower , chichi , yohoma , yerao ; mix with coconut juice, drink	bitter/cleanse inside; move water out; heal internal illness	x				forest pathways footpaths; garden borders; yard borders	A

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho† [P] osm	GH	hamete taring	L	pound with warimoh and fariap ; combine with salt water or coconut oil; drop both ears, ending with infected ear	dislodge waste; soothe pain; prevent infection	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho† [P] osm	GH	finchingerichil; hameteri retip; baochuch; etewas	L	pound with hariwa, nuhr, siviriyarus, haohuh ; mix with water or coconut juice; drink; use same leaves, except for haohuh for warurani tafei ; Note:drink after an emetic	soothe pain; stimulate circulation; remove waste; cleanse/kill germs; connect bone and tissue	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho† [P] osm	GH	finchingirichil; ehameteri; baochuch; etewas	L	pound with nuhr, haisas, wich, hachereng ; massage with coconut oil	soothe pain; stimulate circulation; remove waste; cleanse/kill germs; connect bone and tissue	x				forest pathways footpaths; garden borders; yard borders	A

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho † [P] osm	GH	hameteri chimei	L	steam bath	improve circulation	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho † [P] osm	GH	ehameteri; baochuch; etewas	L	pound; massage with warm coconut oil	soothe pain; stimulate circulation	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho † [P] osm	GH	yehangahang mataiei; yechohoch mataiei; matari wor	L	pound with nuhr ; squeeze juice into eyes, ending with injured eye; repeat several times a day for 5 days	remove waste; stimulate circulation	x				forest pathways footpaths; garden borders; yard borders	A

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho † [P] osm	GH	finchingerichil hameteri retip; ehameteri; baochuch; etewas	L	pound with nuhr, ngou, mai, chaowor, hamahi, huh; mix with coconut oil; use in tafeieri chouchou and warurani tafei	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho † [P] osm	GH	pahecha †	L	pound with haohuh, tafach, nuhr; strain medicine and coconut juice; through uhr; add coconut oil; drink 2x/day for three days	stop diarrhea	x				forest pathways footpaths; garden borders; yard borders	A
4	VERBENACEAE <i>Premna obtusifolia</i> [H] yaho † [P] osm	GH	gonorrhea†; hameteri siei	L	pound with tafach and haohuh; strain medicine and coconut juice; through uhr; add coconut oil; drink; drink one glass hot water; repeat 2x day as needed†	cleanse/kill germs; move waste; move water out	x				forest pathways footpaths; garden borders; yard borders	A

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
17	VERBENACEAE <i>Vitex negundo</i> [H] ihaweri† [P] kelsechedui	GH	mehitariga meta; yeturong tafaief	L	pound leaves; apply to skin	stop bleeding; connect tissue	x			x	forest/ littoral borders	U
17	VERBENACEAE <i>Vitex negundo</i> [H] ihaweri† [P] kelsechedui	GH	hameteri retip	L	pound, mix with water, strain juice through uhr , drink	heal internal injury	x			x	forest/ littoral borders	U
37	VITTARIACEAE <i>Vittaria incurvata</i> [P] albeluu	GH	mehitariga meta	W	pound; mix with water or coconut oil, apply to skin	stop bleeding; cleanse/kill germs					yard borders; footpaths	A
0	ZINGIBERACEAE <i>Curcuma longa</i> [H] haeng, chaoriang [P] kesol; telab‡	AL	tobotorich; arthritis	R	boil; pound while warm; apply to body where needed; cover with cloth and wrap	reduce swelling; soothe pain	x		x		home garden/ cultivar; market	C
0	ZINGIBERACEAE <i>Curcuma longa</i> [H] haeng, chaoriang [P] kesol; telab‡	AL	taferi homoho tetipach	L	pound with yerao and rab ; drink decoction while warm	prevent sickness	x		x		home garden/ cultivar; market	C

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	ZINGIBERACEAE <i>Hedychium coronarium</i> [H] white ginger	AL	pregnancy and postpartum birthing ritual	R	pound; soak in coconut oil for 2 days; take steam bath; also inhale vapors; massage with oil	clean/kill germs; prevent illness; cause sweating	x		x		yard borders; home garden/ cultivar	C
0	ZINGIBERACEAE <i>Zingiber officinale</i> [H] ginger [P] sionga	AL	hametarisi; buchita	R	drink decoction	get rid of air in stomach	x		x		home garden/ cultivar; market	C
0	ZINGIBERACEAE <i>Zingiber officinale</i> [H] ginger [P] sionga	AL	taferi homoho tetipach	R L Fl	pound with ngus , mix with toasted copra; add fresh water; heat rock and place in bowl with drink; drink warm; drink with belsiya (pounded taro)	stimulate circulation; prevent illness; supplement diet	x		x		home garden/ cultivar; market	C

Appendix B. Botanical Pharmacopoeia of Echang

No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	- [H] hariwa	-	finchingerichil; hameteri retip; ehameteri; baochuch; etewas	L	pound with yaho, nuhr, siviriyarus, and haohuh; mix with water or coconut juice; drink; use same leaves, except for haohuh for warurani tafei; sleep in this every day; Note:drink after an emetic	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue					Tobi	R
0	- [H] hiyobu†	-	hameteri retip induce vomiting†	B	pound; drink juice; repeat	cause vomiting	x			x	Tobi	R
0	- [H] huh	-	hameteri taringei	Fl	place flowers in cloth and pound; squeeze 3 drops of into both ears, ending with the infected one; use 1x/ day	soothe pain; dislodge waste from ear; also prevent infection					Rock Islands, Tobi	R

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No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	- [H] huh	-	finchingerichil; hameteri retip; ehameteri; baochuch; etewas	Fl L	pound with yaho, nuhr, ngou, chaowor, mai, hamahi; mix with coconut oil; use in tafeieri chouchou and warurani tafei	soothe pain; stimulate circulation; remove waste; clean/kill germs; connect bone and tissue					Rock Islands, Tobi	R
0	- [H] igata	-	matamat	B	pound, soak in coconut oil, apply to skin	reduce redness; soothe pain; stop itching; clean/kill germs					Tobi	R
0	- [H] rap	-	taferi homoho tetipach	L	pound with yerao and chaoriang; drink decoction while warm	prevent sickness	x				Tobi	R
0	- [H] safairing	-	taferi homoho tetipach	L	pound with safang, fariap, hirifou, haohuh; drink cold water infusion	prevent sickness; has vitamins	x				Tobi Rock Islands	R

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No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	- [H] taferi tahu mar	-	tahu mar	L	pound; cook; apply coconut oil onto body, then massage hot medicine; for men only;	soothe pain; improves circulation; removes waste					Tobi	R
0	- [H] wahariruhu	-	induce menstruation	R	pound with green coconut husk to a pulp; mix with coconut juice; drink small amount every day leading up to next period	induce menstruation	x				Tobi	R
0	- [H] wahariruhu	-	taferi homoho tetipach	R L	pound, mix with coconut milk; young boys drink for strength	prevent sickness	x				Tobi	R
0	- [H] wahariruhu	-	hamete ngi; ehamete hapiriwohangehi	R	pound; mix with saltwater; gargle several times a day	soothe pain	x				Tobi	R
0	- [H] warimoh	-	ifou, bechriruh	L	pound; mix with fresh water, bathe or squeeze on body; repeat	reduce fever					Tobi	R

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No.	FAMILY Genus and species [H] Tobi Term [P] Palauan Term	ID	Illnesses [P]Palauan Term	Part(s) Used	Preparation and Administration	Healing properties of medicines	Food	Recreational/Social	Cosmetic/Ornamental	Utilitarian	Habitat	Reported Availability
0	- [H] warimoh	-	hameteri taringei	L	pound with yaho and fariap ; add salt water or coconut oil; drop both ears ending with infected one	soothe pain; dislodge waste from ear; also prevent infection					Tobi	R
0	- [H] yerao	-	hameteri retip	L	pound with yaho, ngou, chaower, chichi, yohoma ; mix with coconut juice; drink	heal internal injury					Tobi	R
0	- [H] yerao	-	taferi homoho tetipach	L	pound with rap and chaoriang ; drink decoction	prevent sickness	x				Tobi	R
0	- [H] yohoma	-	hameteri retip	L	pound with yaho, ngou, chaower, chichi, yerao ; drink with coconut juice	heal internal injury					Tobi	R

Notes: † = indicates that the taxon, term, illness, and/or medical preparation are also reported in Black (1968).

No.: Voucher collection number, "0" indicates that author did not collect a voucher specimen.

ID: GH = Guam Herbarium; JM = Joel Miles; AR = Aurora Del Rosario; AL = Aunchalee Loscalzo, identified by the author based on linguistic comparison and botanical references (Black 1968; Del Rosario 2001; Del Rosario and Esguerra 2003; Fosberg 1979; Fosberg, et al. 1980; Keppler 1992; Space, et al. 2003).

Appendix B. Botanical Pharmacopoeia of Echang

Part: B (bark); Br (branch); E (exudate); F (fruit); L (leaf); R (rhizome/root/tuber); S (seed); St (stem); (W) whole plant

Illnesses: Refer to Appendix A. Tobi term is emboldened. English description and Palauan terms [P] are not. Spellings based on interviews.

Collection notes: Voucher collection habitat is in bold; other sites where taxon is found are also included. This list is not exhaustive.

Other categories of use: The information reflects incidental information provided during interviews on ethnomedicines. It is not an exhaustive survey.

Reported availability: Assessment is based on informant responses to interviews.