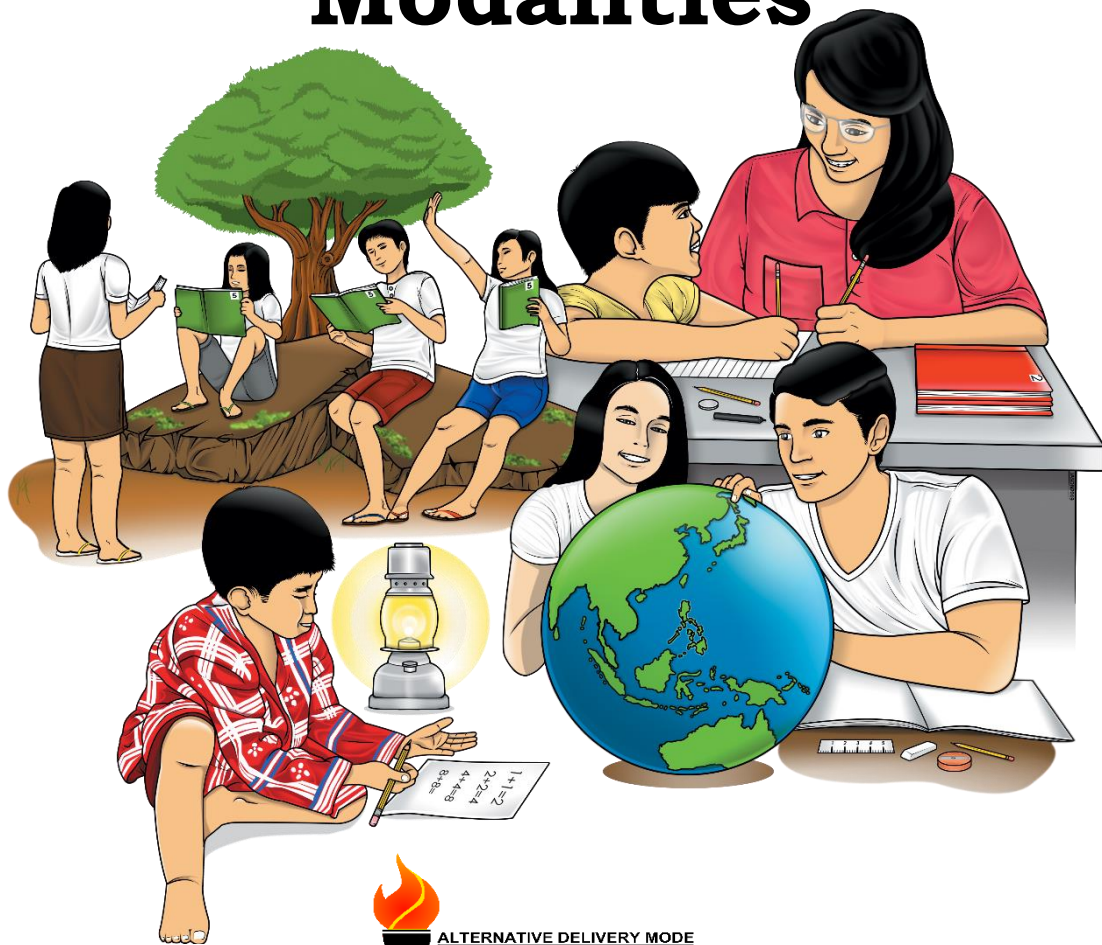


Health

Quarter 1 – Module 3: Complementary and Alternative Healthcare Modalities



Health - Grade 10
Alternative Delivery Mode
Quarter 1 - Module 3: Complementary and Alternative Healthcare Modalities
First Edition, 2020

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Development Team of the Module

Writers:	Jefferson A. Pendaden, Jonathan P. Grabilez
Editors:	Fidel T. Wigan Jr., Pacita L. Basabas, Alexander M. Razo
Reviewers:	Francis A. Domingo, Editha T. Giron, Evangeline A. Cabacungan Florecita G. Razo, Feljone G. Ragma, Gina A. Amoyen, Sheryl S. Villacorta, Jigger Diego G. Matias
Illustrator:	Jerson Rod Acosta, Christian Rey Ricarze
Layout Artists:	Jerson Rod Acosta, Mary Ann L. Cabilan
Management Team:	Tolentino G. Aquino, Arlene A. Niro, Gina A. Amoyen, Ernesto B. Aquino Jr., Alexander M. Razo, Florecita G. Razo Editha T. Giron, Pacita L. Basabas

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Telefax: (072) 607-8137/682-2324

E-mail Address: region1@deped.gov.ph

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Health

Quarter 1 – Module 3: Complementary and Alternative Healthcare Modalities

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

The SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pretest is provided to measure your prior knowledge on lessons in the SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of this module, you need to answer the posttest to self-check your learning. Answer key is provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

In this module, you will learn the different Complementary and Alternative Healthcare Modalities approved by the Department of Health (DOH). This will help you find out the herbs approved by DOH and examples of alternative medicine.

Let us check what you know about *complementary and alternative health care modalities*. Are you ready? Good luck!



Illustrated by: Christian Rey Ricarze

In this module, you are expected to:

1. explain the different kinds of complementary and alternative healthcare modalities (**H10CH-Id-25**); and
2. explain the importance of consumer laws to protect public health (**H10CH-Id-26**).



What I Know

Pretest

Don't worry because the result of this activity will not be graded; it is just my way of checking your prior knowledge about our lesson. Let's get going!



Illustrated by: Christian Rey Ricarze

Activity 1. Know What I Am!

Directions: Unscramble the letters in column A to form the correct name of the herb. The medicinal value of each herb in column B will serve as your clue in unscrambling.

COLUMN A <i>HERBS</i>	COLUMN B <i>MEDICINAL VALUE</i>
1. R E B Y A - N U B E A	for relief from body aches and pains
2. A S A T N G B U G A T	for mouthwash
3. B M N G O A S	for urinary stones
4. Y A S A B A B	for use as an antiseptic to disinfect wounds for mouthwash or tooth decay and gum infection
5. G U A L I N D	for cough and asthma
6. I Y N O G - A I N Y G O N	for intestinal worms, particularly ascaris and trichina
7. N A B W A G	for blood pressure control
8. M A P A L A Y A	for non-insulin-dependent diabetic patients
9. A P N I S T - N A S I T N P A	for arthritis and gout
10. K A O C P L A U	for ringworm and other skin (fungal) infections

Activity 2. My Alternative Medicine

Directions: Identify the alternative medicine being described in each sentence. Choose your answer from the word box below.

Acupressure	Reflexology	Ventosa Cupping Massage Therapy
Acupuncture	Nutrition Therapy	

1. It is a form of energy medicine where long thin needles are inserted to specific parts of the body to affect the energy flow.
2. It is an alternative medicine that focuses on treating specific disorders by massaging the soles of the feet.
3. It is a treatment of a medical condition by providing a tailored diet for the patient.
4. It uses hands instead of needles to apply pressure on specific points of the body.
5. It is a therapy done by placing inverted glasses with flames from burning cotton at specific points on the body.

Activity 3. Violation Or Not?

Directions: Identify whether the following situations describe a consumer right violation or not. Put an (x) mark if it is a violation and a (/) mark if it is not. Use your activity notebook.

1. Jenny went to buy a television, but she was not issued a receipt.
2. Johny bought a bulb. He tried it at home, but it did not function. The hardware replaced the defective item.
3. Jefferson bought a laptop with the condition of unit replacement when found defective in 24 hours. After 20 hours, the laptop naturally shut down. He presented it to the computer shop but was denied of the replacement warranty.
4. Jonathan went to a supermarket, and he saw a buy-one-take-one milk product. Because of advertising, he bought six (6) bottles. Upon returning home, he noticed that some bottles have already exceeded the expiration date.
5. Fidel was attracted to the advertisement in an online shop. He purchased a t-shirt, as seen in the picture. When the order arrived, the product received was the same as the one advertised.

Activity 4. My Consumer Right!

1. Pick any situation in Activity 3 (Violation or Not?). If you are in the same situation, what law and government agency can help protect you as a consumer?

2. How important are the laws to a consumer like you?

Module 3

Complementary and Alternative Healthcare Modalities



What's In

In the previous lesson, you have learned about quackery as a form of a health fraud. Quackery is any advertisement, promotion, or sale of products and services that have not been scientifically proven safe and effective.

The three forms of quackery are: medical quackery, nutrition quackery, and device quackery.

Consumers today face an amazing array of choices when they consider taking action to improve their health for a health problem. There are other forms of healthcare that offer alternatives. These are generally called complementary and alternative medicines.

Complementary and alternative medicines are treatments that are used along with standard medical treatments but are not considered as standard treatment. For example, acupuncture, medical massage, etc.

Republic Act No. 8423 or the Traditional and Alternative Medicine Act of 1997 provided the creation of the Philippine Institute of Traditional and Alternative Health Care (PITAHC), which works closely with the Department of Health.

There are four major domains of complementary and alternative medicine: biology-based practices, energy medicine, manipulative and body-based practices, and mind-body medicine.



What's New

The next activity contains terms and concepts about complementary and alternative healthcare modalities. It aims to introduce the different ideas concerning the lesson you are going to learn. Now that you are done, you may proceed to learn more.

Are you ready? Go ahead! Read and learn more. **ENJOY!**



Illustrated by: Christian Rey Ricarze

Activity 1: Find Me!

Directions: Write down on your notebook the words or terms related to complementary and alternative healthcare modalities in the box.

Y	A	M	P	A	L	A	Y	A	U	R
E	C	T	S	A	B	A	Y	A	B	E
R	U	H	S	A	N	B	O	N	G	F
B	P	E	L	A	G	U	N	D	I	L
A	U	R	U	P	A	D	I	E	T	E
B	N	A	R	U	S	W	Y	T	A	X
U	C	K	E	L	S	H	O	O	T	O
E	T	H	A	C	T	O	G	O	A	L
N	U	Y	N	O	R	M	A	L	D	O
A	R	U	T	S	A	M	B	O	N	G
A	E	V	B	A	W	A	N	G	U	Y
E	R	U	S	S	E	R	P	U	C	A



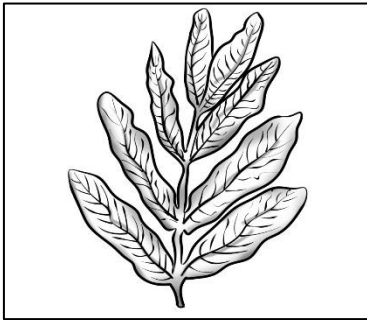
What It Is

Complementary and alternative medicines are treatments that are applied along with typical and accepted medical treatments but are not considered standard. These include herbal medicine, magnetic fields, nutrition therapy, acupressure, movement therapy, mental exercises, etc.

There are four major domains of complementary and alternative medicine: biology-based practices, energy medicine, manipulative and body-based practices, and mind-body medicine. Example of biologically-based practice is taking herbal medicine. Energy medicine uses magnetic fields of biofields. Manipulative and body-based practices are body-kinesthetic are concerned with movement therapy. Mind-body medicine uses mental exercises in the belief that the brain is central to health.

Herbal Medicines

There are ten herbs that are proven and tested to have medicinal value and approved by the Department of Health (DOH).



Illustrated by: Jerson Rod A. Acosta

AKAPULCO (Ringworm bush; *Cassia alata* or *Senna alata*)

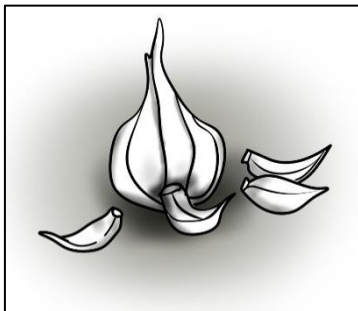
- ✓ For ringworm and other skin (fungal) infections



Illustrated by: Jerson Rod A. Acosta

AMPALAYA (Bitter Gourd/Bitter Melon; *Momordica charantia*)

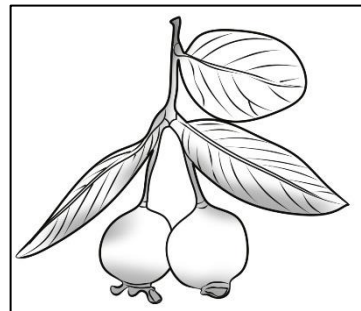
- ✓ For non-insulin dependent diabetic patients



Illustrated by: Jerson Rod A. Acosta

BAWANG (Garlic; *Allium sativum*)

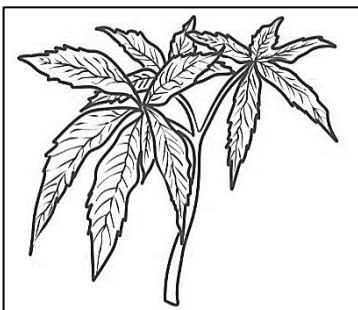
- ✓ For blood pressure control



Illustrated by: Jerson Rod A. Acosta

BAYABAS (Guava; *Psidium guajava*)

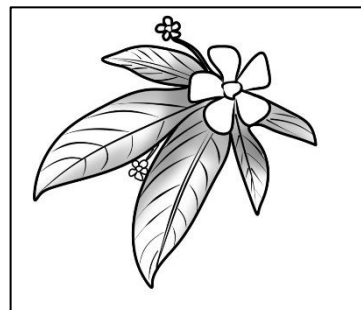
- ✓ For use as antiseptic to disinfect wounds
- ✓ For mouthwash or tooth decay and gum infection



Illustrated by: Jerson Rod A. Acosta

LAGUNDI (5 leaved-Chase tree; *Vitex negundo*)

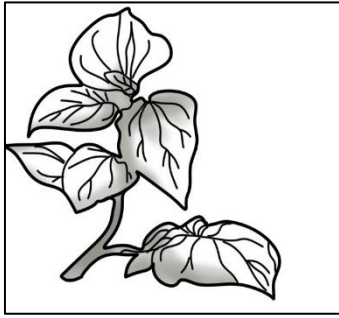
- ✓ For cough and asthma



Illustrated by: Jerson Rod A. Acosta

NIYOG-NIYOGAN (Chinese Honey Suckle; *Quisqualis indica* L.)

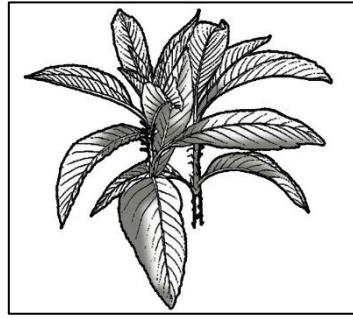
- ✓ For intestinal worms, particularly ascaris and trichina



Illustrated by: Jerson Rod A. Acosta

PANSIT-PANSITAN/ULASIMANG BATO (Silver bush/Shiny bush; *Peperomia pellucida*)

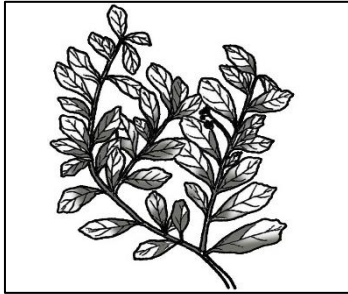
- ✓ For arthritis and gout



Illustrated by: Jerson Rod A. Acosta

SAMBONG (*Blumea balsamifera*)

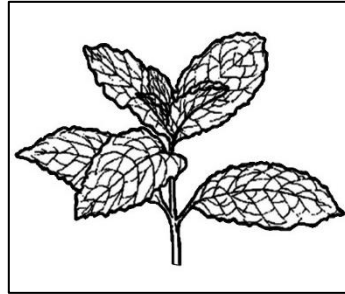
- ✓ For urinary stones



Illustrated by: Jerson Rod A. Acosta

TSAANG GUBAT (Forest Tea/Wild Tea; *Carmona cetusa*)

- ✓ For mouthwash



Illustrated by: Jerson Rod A. Acosta

YERBA BUENA (Peppermint; *Mentha arvensis*)

- ✓ For relief from body aches and pains

Alternative Medicines



Illustrated by: Jerson Rod A. Acosta

ACUPUNCTURE. It is a form of energy medicine where long thin needles are inserted to specific parts of the body to affect the energy flow. Acupuncture is believed to treat musculoskeletal dysfunctions.



Illustrated by: Jerson Rod A. Acosta

REFLEXOLOGY. Similar to acupuncture, reflexology focuses on treating specific disorders through massaging the palms of the hand and soles of the feet.



Illustrated by: Jerson Rod A. Acosta

NUTRITION THERAPY. Nutrition therapy approaches the treatment of a medical condition by providing a tailored diet for the patient.



Illustrated by: Jerson Rod A. Acosta

ACUPRESSURE. Acupressure uses the same technique as that of acupuncture. The only difference is that acupressure does not use needles but hands to apply pressure on specific points of the body.



Illustrated by: Jerson Rod A. Acosta

VENTOSA CUPPING MASSAGE THERAPY. This procedure is done by placing inverted glasses with flames from burning cotton on specific points in the body. It is believed to relieve muscle and joint pains.

Also, as a wise consumer, you need to know the different laws that can protect you and help you in your speedy recovery if you are ill. Some of these are the Traditional and Alternative Medicines Act, Consumer Act of the Philippines, Cheaper Medicines Act, etc.

Some of these laws are discussed briefly:

Laws	Description
Traditional and Alternative Medicines Act (TAMA)	It provides for the improvement of quality and delivery of healthcare services in the country through the development of traditional and alternative healthcare and its integration into the healthcare system.
Consumer Act of the Philippines or RA 7394	It protects the interest of consumers and promotes their general welfare. It also establishes standards of conduct for business and industry.
Cheaper Medicines Act or RA 9502	It is intended to achieve universally accessible and cheaper and quality medicines by pursuing an effective competition policy in the pharmaceutical sector.



What's More

Good job! Now that you have understood the Complementary and Alternative Healthcare Modalities, let's check how much you have absorbed about it. Do the activities and assessments work for you? **Let's see.**



Illustrated by: Christian Rey Ricarze

Activity 1: My Garden Of Herbs

Directions: Draw ☺ if you use the following herbs at home and ★ if not. Write your answers in your activity notebook.

- ___ 1. akapulco
- ___ 2. ampalaya
- ___ 3. bawang
- ___ 4. bayabas
- ___ 5. lagundi

- ___ 6. niyog-niyogan
- ___ 7. sambong
- ___ 8. pansit-pansitan
- ___ 9. tsaang gubat
- ___ 10. yerba buena.

Activity 2: True or False

Directions: Write **True** if the statement is correct or **False** if it is incorrect. Use your activity notebook.

1. Acupuncture is a form of energy medicine where long thin needles are inserted to specific parts of the body to affect the energy flow.
2. Ventosa Cupping Massage Therapy is done by placing inverted glasses with flames from burning cotton on specific points in the body.
3. Acupressure focuses on treating specific disorders through massaging of the soles of the feet.
4. Reflexology uses needles to apply pressure on specific points of the body.
5. Nutrition Therapy approaches the treatment of a medical condition by providing a tailored diet for the patient.

Activity 3: Importance of The Laws

Directions: Below are the laws described in the earlier part of this module. Based on the written description of each, write the importance of each law to you as a consumer.

Laws	Importance
Traditional and Alternative Medicines Act (TAMA)	
Consumer Act of the Philippines or RA 7394	
Cheaper Medicines Act or RA 9502	



What I Have Learned

- The two Healthcare Modalities are **Alternative and Complementary Medicines**. The four major Complementary and Alternative Medicine Domains are biology-based practices, energy medicine; manipulative and body-based practices, and mind-body medicine. The five examples of Alternative Medicine are Acupuncture, Ventosa Cupping Massage Therapy, Reflexology, Acupressure, and Nutrition Therapy.
- Some of the consumer laws are TAMA, the Consumer Act of the Philippines, and the Cheaper Medicines Act. These laws help protect the interest of the consumer. They also promote their general welfare and provide for alternate, cheaper but quality treatment.



What I Can Do

Activity 1. Let's Explore More!

Visit your Barangay Herbarium. Write down all the medicinal plants that you can find there and give their medicinal values. Use your activity notebook.

o



Assessment

Posttest

Activity 1. Know What I Am!

Directions: Unscramble the letters in column A to form the correct name of the herb. The medicinal value of each herb in column B will serve as your clue in unscrambling.

COLUMN A <i>HERBS</i>	COLUMN B <i>MEDICINAL VALUE</i>
1. R E B Y A - N U B E A	for relief from body aches and pains
2. A S A T N G B U G A T	for mouthwash
3. B M N G O A S	for urinary stones
4. Y A S A B A B	for use as an antiseptic to disinfect wounds for mouthwash or tooth decay and gum infection
5. G U A L I N D	for cough and asthma
6. I Y N O G - A I N Y G O N	for intestinal worms, particularly ascaris and trichina
7. N A B W A G	for blood pressure control
8. M A P A L A Y A	for non-insulin-dependent diabetic patients
9. A P N I S T - N A S I T N P A	for arthritis and gout
10. K A O C P L A U	for ringworm and other skin (fungal) infections

Activity 2. My Alternative Medicine

Directions: Identify the alternative medicine being described in each sentence. Choose your answer from the word box below.

Acupressure	Reflexology	Ventosa Cupping Massage Therapy
Acupuncture	Nutrition	

1. It is a form of energy medicine where long thin needles are inserted to specific parts of the body to affect the energy flow.
2. It is an alternative medicine which focuses on treating specific disorders through massaging of the soles of the feet.
3. It is a treatment of a medical condition by providing a tailored diet for the patient.
4. It uses hands instead of needles to apply pressure on specific points of the body.
5. It is a therapy done by placing inverted glasses with flames from burning cotton at specific points on the body.

Activity 3. Violation Or Not?

Directions: Identify whether the following situations describe a consumer right violation or not. Put an (x) mark if it is a violation and a (/) mark if it is not. Use your activity notebook.

1. Jenny went to buy a television, but she was not issued a receipt.
2. Johny bought a bulb. He tried it at home, but it did not function. The hardware replaced the defective item.
3. Jefferson bought a laptop with the condition of unit replacement when found defective in 24 hours. After 20 hours, the laptop naturally shut down. He presented it to the computer shop but was denied of the replacement warranty.
4. Jonathan went to a supermarket, and he saw a buy-one-take-one milk product. Because of advertising, he bought six (6) bottles. Upon returning home, he noticed that some bottles have already exceeded the expiration date.
5. Fidel was attracted to the advertisement in an online shop. He purchased a t-shirt, as seen in the picture. When the order arrived, the product received was the same as the one advertised.

Activity 4. My Consumer Right!

1. Pick any situation in activity 3 (Violation or not?). If you are in the same situation, what law and government agency can help protect you as a consumer?

2. How important are the laws to a consumer like you?



Additional Activity

In two to three paragraphs, write your judgment about the question, “Why are health professionals, whether those offer traditional, alternative, or complementary, not present in a lot of rural municipalities in the country?”

Congratulations! You’re done.



Answer Key

What I Know

Pretest

Know What I Am

1. YERBA-BUENA
2. TSAANG GUBAT
3. SAMBONG
4. BAYABAS
5. LAGUNDI
6. NIYOG-NIYOGAN
7. BAWANG
8. AMPALAYA
9. PANSIT-PANSITAN
10. AKAPULCO

**Activity 2. My Alternative
Medicine**

1. Acupuncture
2. Reflexology
3. Nutrition therapy
4. Acupressure
5. Ventosa cupping massage therapy

**Activity 3. Violation Or
Not?**

1. X
2. /
3. X
4. X
5. /

**Activity 4. My Consumer
Right!**

1. AMPALAYA
2. SAMBONG
3. BAWANG
4. REFLEXOLOGY
5. AKAPULCO
6. LAGUNDI
7. ACUPUNCTURE
8. BAYABAS
9. YERBA BUENA
10. ACUPRESSURE

Find Me
Note: In any order

What's New

What I Know

Posttest

Know What I Am

1. YERBA-BUENA
2. TSAANG GUBAT
3. SAMBONG
4. BAYABAS
5. LAGUNDI
6. NIYOG-NIYOGAN
7. BAWANG
8. AMPALAYA
9. PANSIT-PANSITAN
10. AKAPULCO

Activity 3. My Alternative Medicine

1. Acupuncture
2. Reflexology
3. Nutrition Therapy
4. Acupressure
5. Ventosa Cupping Massage Therapy

Violation Or Not?

1. X
2. /
3. X
4. X
5. /

Activity 4. My Consumer Right!

1. X
2. /
3. X
4. X
5. /

Note: Answers may vary

What I Can Do

Let's Dig More

Answers may vary

Additional Activity

Essay

Answers may vary

What's More

My Garden Of Herbs

Answers may vary

True OR False

1. TRUE
2. TRUE
3. FALSE
4. FALSE
5. TRUE

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For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph