There are some people, who live in a dream world, and there are some who face reality; and then there are those who turn one into the other.

There are many Filipino myths and legends, most of which are old and have been passed down through generations. There are ghost stories, about legendary creatures. The aswang is initially originated only in the Philippines.

According to the myth, the aswang is a normal looking person during the day and usually prefers an occupation related to meat, like butchery. At night they raid the night looking for animals dead persons in wakes, children and pregnant women to feed upon. Aswangs are known to be particularly fond of liver and heart. During their nocturnal activities, aswang walk with their feet backwards and toenails inverted. The aswangs also assumes the form, of different animals like dog, cats, bats, and snakes to disguise itself from patrolling townsfolk. The aswangs tends to replace its victim with the trunk of banana trees carved in the likeness of the victim. This carved image transforms into sticky body of the victim and eventually dies. The aswang will the butcher the real victim after the replacement is buried. During the day in disguise has red, bloodshot eyes because their nightly raids. Some say aswangs have unkempt hair and witch-like appearance during the day; however, some aswangs appear as beautiful, ageless woman with a shy personality. It is also said that if you look into the eye of an aswang your reflection will appear inverted! Aside from human prey, aswangs are also said to feed on the farmer’s livestock.

Aswangs also refers to several kinds of flesh eating ghouls. One of the most popular is the tik-tik. The tik-tik said to be a type of aswang that transforms into a black bird which makes a "tik-tik" sound. The tik-tik extends along proboscis through nipa roof which it uses to suck the fetus inside the womb of pregnant women.

Another type of aswang is the wak-wak or wuk-wuk. It has big bulging red eyes with long clawed fingers/ It feeds on human entrails and fetuses using also long tubular proboscis similar to tik-tik.

Similar to vampires, aswangs are said to be afraid of salt, vinegar, garlic and light. The tail of a sting ray or buntot-pagi is said to be an effective weapon when facing aswang.

Ref: http://www.mymixideas.com/filipino-myth-%E2%80%9Cthe-aswang%E2%80%9D.html