

PLANTAS MEDICINALES

DE GUATEMALA

PLANTS VS. PILLS

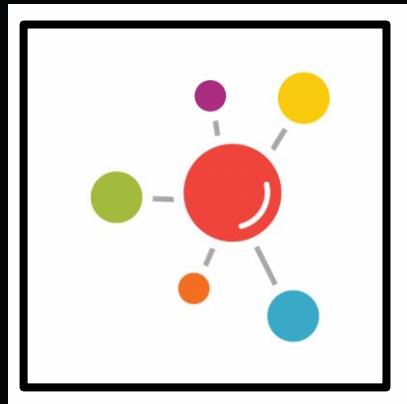


SÁVILA

Aloe vera



METABOLITOS SECUNDARIOS Y ANTIOXIDANTES



MÉTODOS DE PREPARACIÓN Y EXTRACCIÓN



ALBHACA

Ocimum campechianum

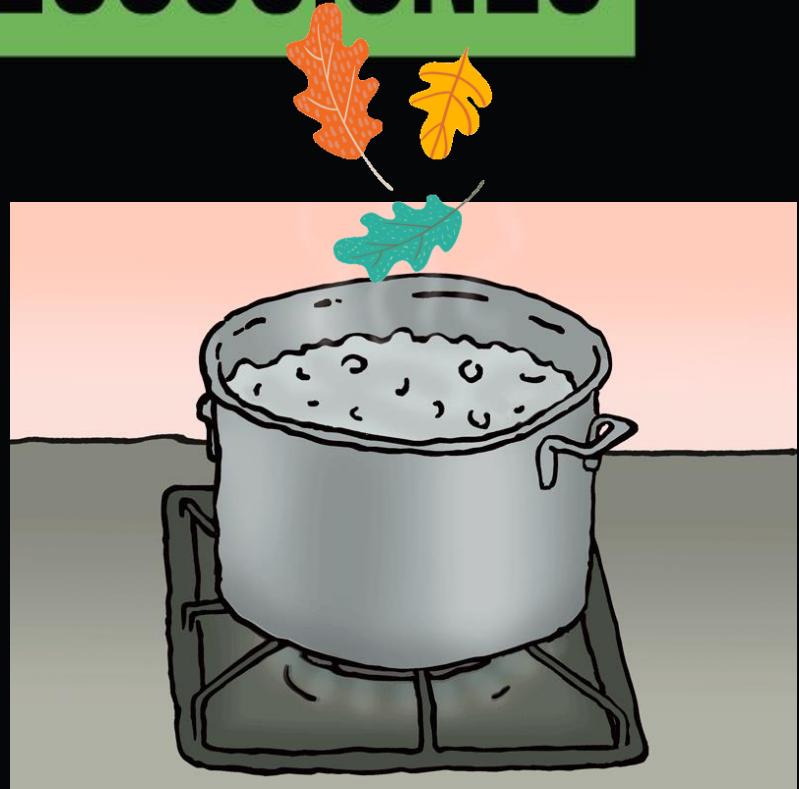


© CreatiVegan.net



INFUSIONES

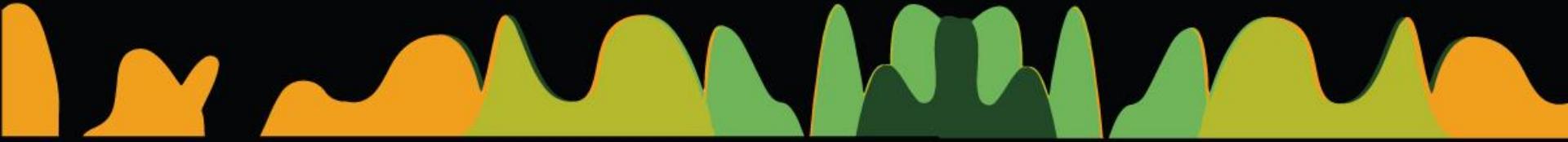
Y DECOCCIONES



SAHUMERIOS



Terapia con humo



TINTURA



CATAPLASMA



Fuente de imagen: Wikihow, 2010



Fuente de imagen: Wikihow, 2010

1.- Macerar con alcohol

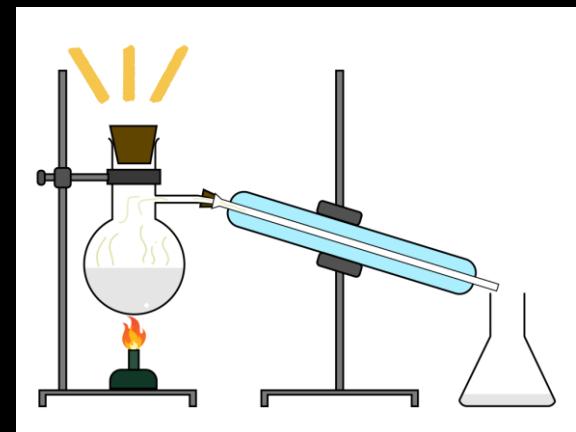
2.- Colocar en gaza

3.- Cerrar con otra gaza



Fuente de imagen: Wikihow, 2010

EXTRACTOS Y ACEITES ESENCIALES





PLANTAS NATIVAS

USADAS TRADICIONALMENTE



EL DON DE CURAR Y LA MEDICINA MAYA

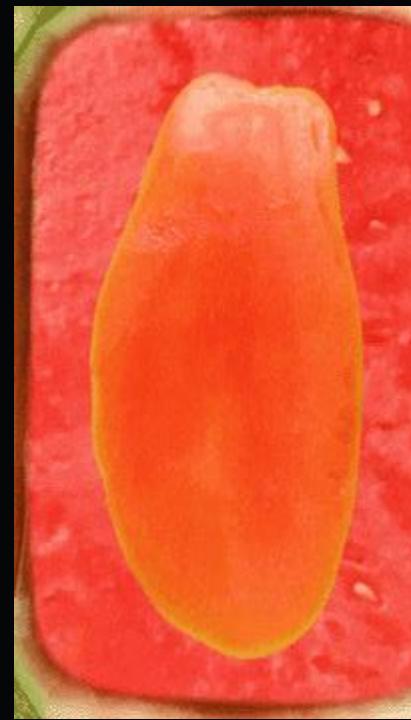


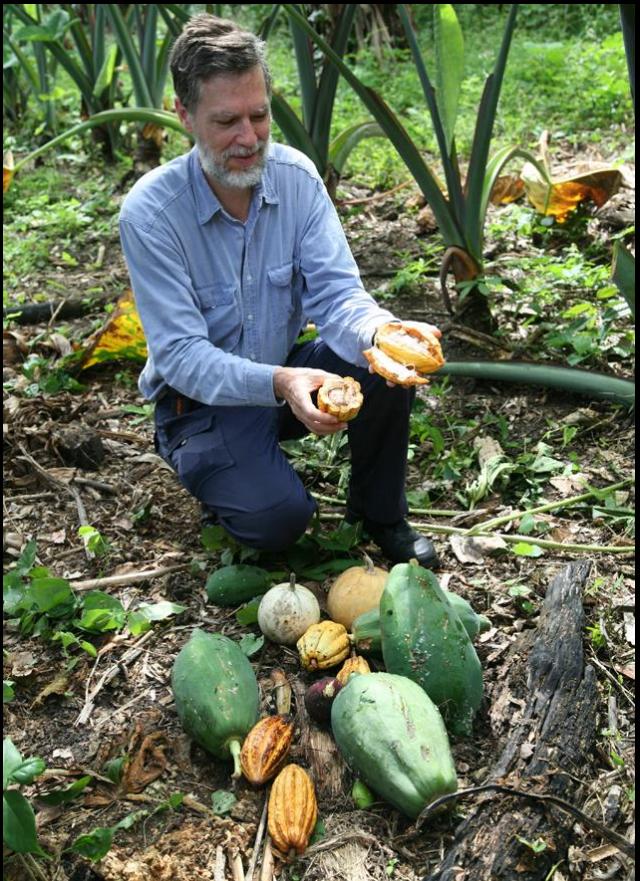
Papayaceae.



PAPAYA

Carica papaya





Dr Hellmuth with several species that fruit from the trunk: several papaya, several cacao pods and calabash (gourd tree).



Papaya (*Carica papaya*) flower at FLAAR office,
FLAAR Photo Archive

SALVIA CIMARRONA

Neurolaena lobata





TEPOSÁN

Buddleja americana



PLANTAS INTRODUCIDAS A LA CULTURA



AJO

Allium sativum



LIMÓN Y NARANJA

Citrus limon & sinensis



ROMERO

Rosmarinus officinalis

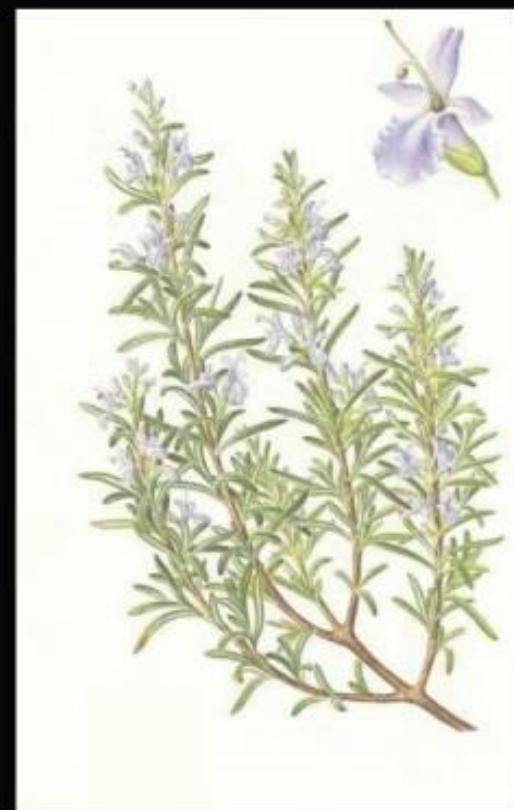


Table 1

Modern and historical medicinal uses of Rosemary (*Rosmarinus officinalis*) (data based on De Cleene and Lejeune, 2003; Aguilar et al., 1994; Argueta, 1994; Pardo-de-Santayana et al., 2006)

Categories of use	Mexican ethnopharmacology	Spanish ethnopharmacology	Historical ancient sources
Skeleto-muscular disorders	Against rheumatic, arthritic and traumatic muscular, joints and bone pains	Against rheumatic, traumatic, sciatic or other muscular, bones and joints pains. Usually as an anti-inflammatory and/or analgesic	To move benumbed joints, or extremities
Gastrointestinal disorders	Against colic and intestinal parasites, haemorrhoids	To stimulate appetite, to help digestion and against stomach pain and dyspepsia, ulcer, diarrhoea, jaundice and liver disorders, as a cholagogue and choleric, flatulence and bloating	To help digestion and against flatulence and bloating, against liver disorders
Skin disorders	To heal wounds, against skin infections, hair loss and dandruff	Against hair loss, emollient in boil and grains, as antiseptic, anti-infectious in wounds	To heal wounds, ulcers, gangrene, scabies and as a skin cleanser
Respiratory disorders	Against coughs, colds and catarrhs, bronchitis, and whooping cough	Against asthma, coughs, colds and catarrhs, bronchitis, pneumonia	Against coughs, colds, catarrhs, tuberculosis
Circulatory disorders	Against heart ache, varicose veins, weakness	To enhance blood circulation, and against cholesterol, as cardiotonic, antihypertensive, and blood depurative, tonic against anemia and weakness	Tonic, against weakness, sleepiness, as a blood purifier
Nervous system disorders	Against headaches, epilepsy	Sedative and relaxant, against depression and headaches	To enhance memory, to recover speech, hysterical attacks, epilepsy
Sense disorders	"Enfriamiento de ojos"		To enhance and procure a clear sight
Gynaecological disorders	For retaining placenta, as a post partum remedy, against vaginal infections, to enhance fertility and avoid abortion		To enhance menstrual flow
Other	Cultural disorders such as "dolor de aire", "susto", "mal de aire", "caída de mollera"		Against pest and to expel pestilence, to freshen breath, for toothache, jaundice, diuretic

Jarabe para la Tos

2 colas de jengibre

3 dientes de ajo

2 colas de oregano seco

1 cola de limoncillo *Cymbopogon citratus*

-semillas de anís

2 tazas de agua

1 lt de agua

1 taza de azúcar morena

-Hervir y luego colar y agregar el azúcar morena

-Tomar unas cucharaditas cada cuatro horas

Jarabe de noche: agregar maracuya silvestre,

manzanilla o melisa y un poco de ron

Tintura de ajo & Neuroleena lobata

1. Juntar los ingredientes enteros en un litro de ron
 - +Toda la cabeza de ajo y un par de cucharadas de gavinala
2. Dejar fuera del sol hasta que la tintura se concentre
3. Tomar un par de cucharadas de este remedio con miel y limón

REMEDIOS NATURALES NATIVOS INVESTIGADOS POR LA CIENCIA



LAUREL

Litsea guatemalensis





Passiflora foetida at Ecolodge El Sombrero,
Yaxha. Photo by David Arrivillaga

MARACUYÁ SILVESTRE

Passiflora foetida

COPAL



BURSERA SIMARUMBA



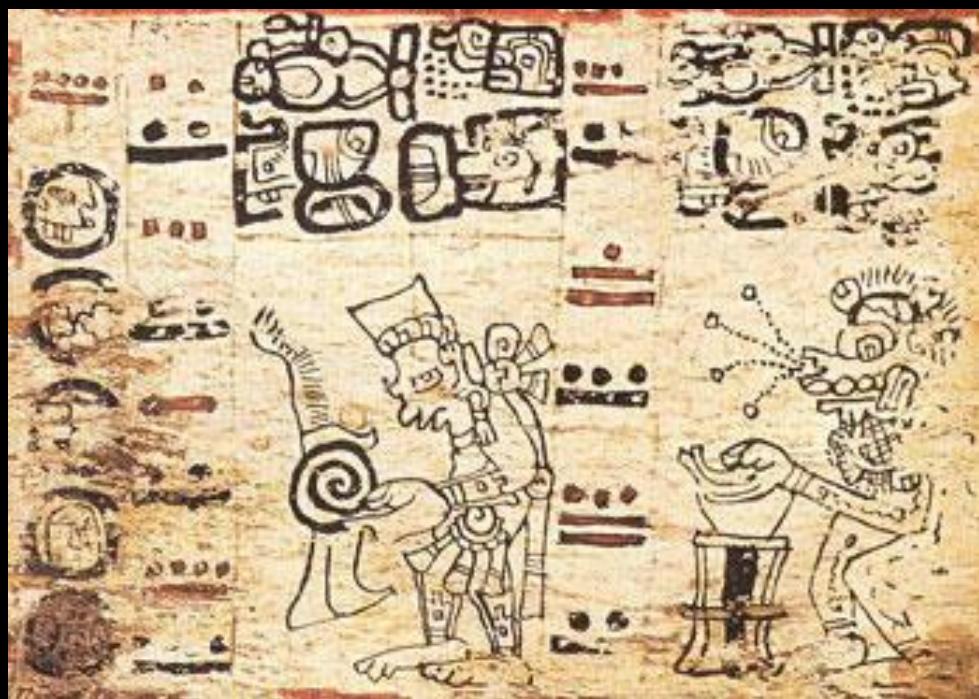
Harvesting copal pom Maya incense, El Portal, Semuc Champey, Alta Verapaz.

PROTIUM COPAL

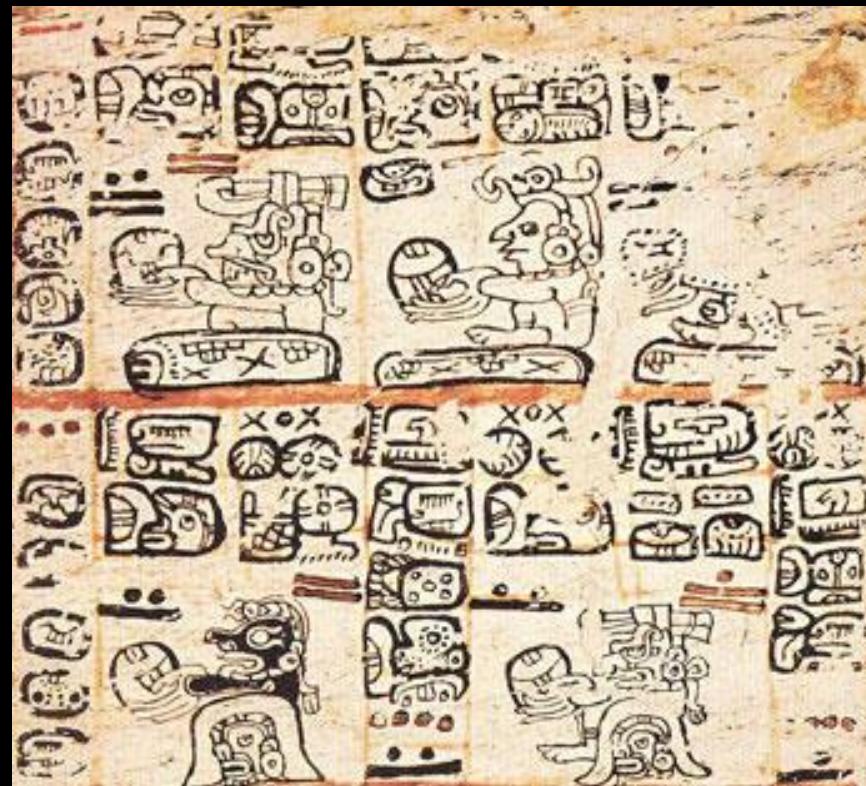


Copal Inciense, pom (*Protium copal*), photographed by Alen Bubanja in Semuc Champey area.

POPOL VUH



Ofrendas de hule y de copal (derecha)
Códice Madrid, pág. 83, fragmento



Ofrendas de copal. *Códice Madrid*, pág. 99,
fragmento

BIBLIOGRAFÍA

1. Arvigo, R., & Epstein, N. (2001). *Rainforest Home Remedies*. HarperCollins.
2. Case, R. J., Tucker, A. O., Maciarello, M. J., & Wheeler, K. A. (2003). Chemistry and Ethnobotany of Commercial Incense Copals, Copal Blanco, Copal Oro, and Copal Negro, of North America. *Economic Botany*, 57(2), 189-202. [https://link.springer.com/article/10.1663/0013-0001\(2003\)057\[0189:CAEOCI\]2.0.CO;2](https://link.springer.com/article/10.1663/0013-0001(2003)057[0189:CAEOCI]2.0.CO;2)
3. FLAAR Mesoamérica. (2008, junio). *FLAAR continues decades long interest in Mayan ethnobotany as related to iconography*. Maya Archeology. https://www.maya-archaeology.org/pre-Columbian_Mesoamerican_Mayan_ethnobotany_Mayan_iconography_archaeology_anthropology_research/sacred_caves_cacao_eco-tourism_Mucbilha_Alta_Verapaz_Chisec_Coban.php

4. FLAAR Mesoamerica. (2020). *Mayan ethnobotany, agriculture, crops, foods, sacred plants, flowers, trees of Guatemala, Belize, Mexico, and Honduras*. - [maya-ethnobotany.org](http://www.maya-ethnobotany.org). Maya Ethnobotany. <http://www.maya-ethnobotany.org/>
5. Gigliarelli, G., Becerra, J., Curini, M., & Marcotullio, M. (2015). Chemical Composition and Biological Activities of Fragrant Mexican Copal (*Bursera* spp.). *Molecules*, 20(12), 22383-22394.
https://www.researchgate.net/publication/286776270_Chemical_Composition_and_Biological_Activities_of_Fragrant_Mexican_Copal_Bursera_spp
6. Harrison, P. D., & Turner, B. L. (1978). *Pre-Hispanic Maya Agriculture*. Amsterdam University Press.
7. Heinrich, M., Kufer, J., Leonti, M., & Pardo-de-Santayana, M. (2006). Ethnobotany and ethnopharmacology—Interdisciplinary links with the historical sciences. *Journal of Ethnopharmacology*, 107(2), 157-160.
<https://doi.org/10.1016/j.jep.2006.05.035>

8. Kufer, J., Heinrich, M., Förther, H., & Pöll, E. (2005). Historical and modern medicinal plant uses - the example of the Ch'orti' Maya and Ladinos in Eastern Guatemala. *Journal of Pharmacy and Pharmacology*, 57(9), 1127-1152. <https://doi.org/10.1211/jpp.57.9.0008>
9. Laboratorio de Investigación de Productos Naturales. (2008, diciembre). *Caracterización química y evaluación de la actividad biológica de Bourreria huanita Hemsl. (Esquisuchil) y Litsea guatemalensis*. Dirección General de Investigación de la Universidad San Carlos de Guatemala.
<https://digi.usac.edu.gt/bvirtual/informes/puicb/INF-2008-087.pdf>
10. Marcotullio, M., Curini, M., & Becerra, J. (2018). An Ethnopharmacological, Phytochemical and Pharmacological Review on Lignans from Mexican Bursera spp. *Molecules*, 23(8), 1976.
<https://pubmed.ncbi.nlm.nih.gov/30096772/>
11. Martínez, M. (1989). *Las plantas medicinales de México*. Ediciones Botas.

12. Mazari, M. E. L., Bye, R., & Peñafiel, B. F. (1990). *Tés curativos de México*. Universidad Nacional Autónoma de México.
13. Mohanasundari, C., Natarajan, D., Srinivasan, K., Umamaheswari, S., & Ramach, A. (2007). Antibacterial properties of Passiflora foetida L. a common exotic medicinal plant. *African Journal of Biotechnology*, 6(23), 2650-2653. <https://doi.org/10.5897/ajb2007.000-2426>
14. Morales Choy, L. (2016). *Na'oj Maya Aq'om: Sabiduría Médica Maya* (1.^a ed.). Xtz'aj Chi Ixmulew.
15. Morgan Szybist, R. J. (2010). *Natural Healing: A Journey to the World of Atitlan*. Ediciones Papiro.
16. Vilar, D. A., Raffin, F. N., & Formiga Melo Diniz, M. F. (2014). Traditional Uses, Chemical Constituents, and Biological Activities of Bixa orellana L.: A Review. *The Scientific World Journal*, 11-22.
<https://pubmed.ncbi.nlm.nih.gov/25050404/>

Presentación por: Alejandra Valenzuela,
editora de FLAAR

Contacto para preguntas:

botany-zoology@flaar.org

www.maya-ethnobotany.org