MEDICINAL PLANTS OF GUATEMALA

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Investigación y edición FLAAR Mesoamérica

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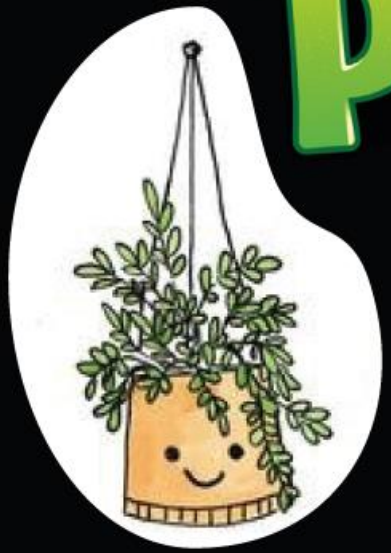
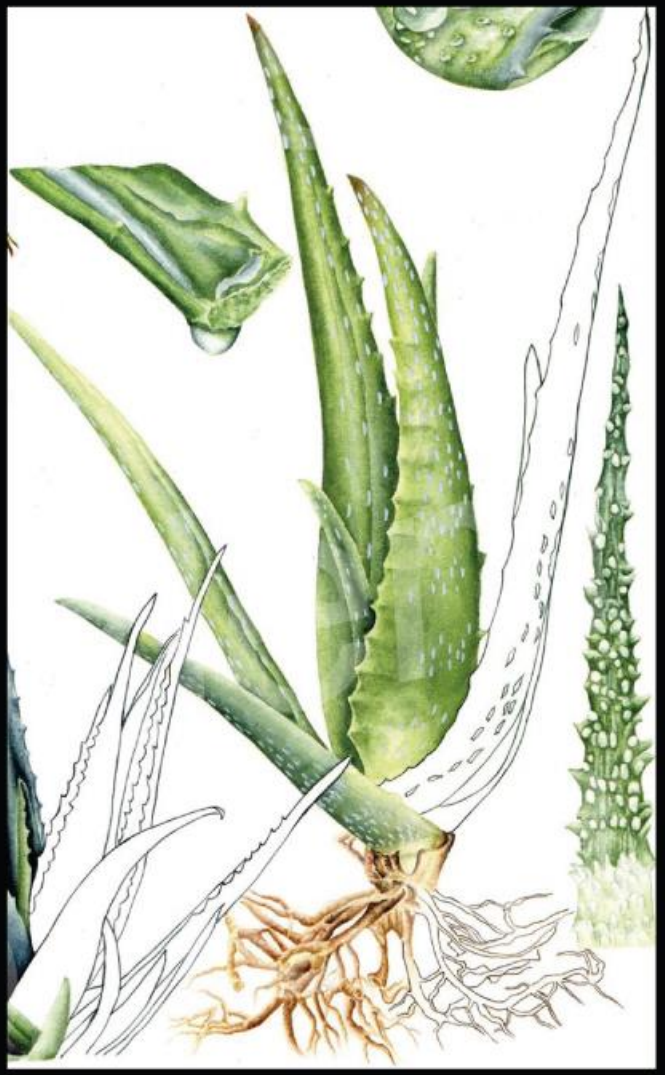
MESOAMÉRICA

PLANTS VS. PILLS

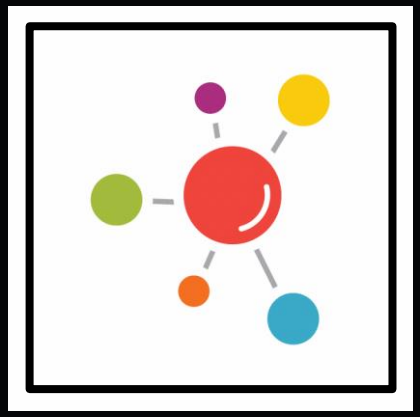


ALOE VERA

Aloe vera



SECONDARY METABOLITES AND ANTIOXIDANTS

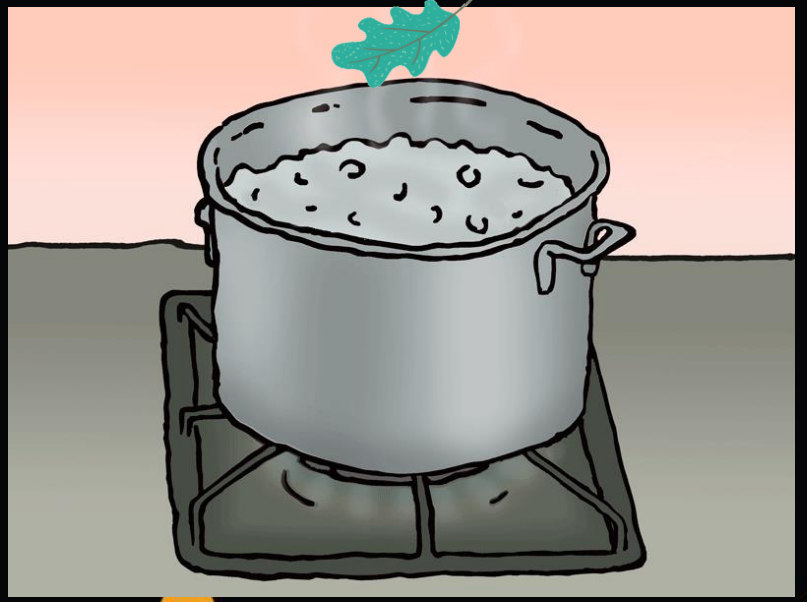


PREPARATION METHODS AND EXTRACTION

BASIL

Ocimum campechianum

INFUSIONS AND DECOCTIONS



INCENSE THERAPY

Therapy with volatile ailments

TINCTURE

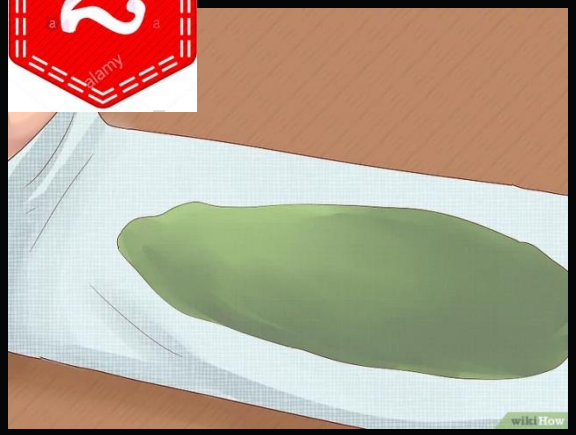
CATAPLASM

1.- Macerate with alcohol

2.- Place over a bandage

3.- Cover with another bandage

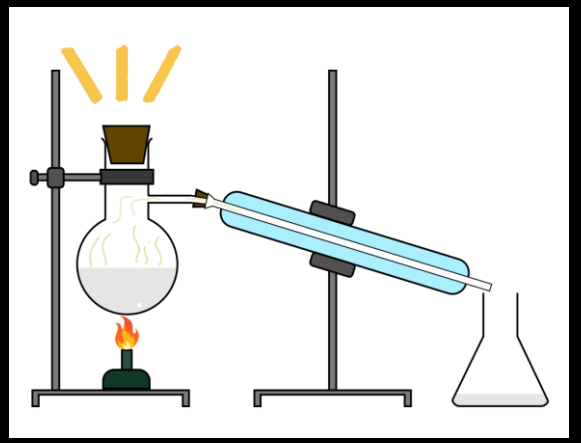
Fuente de imagen: Wikihow, 2010



Fuente de imagen: Wikihow, 2010

Fuente de imagen: Wikihow, 2010

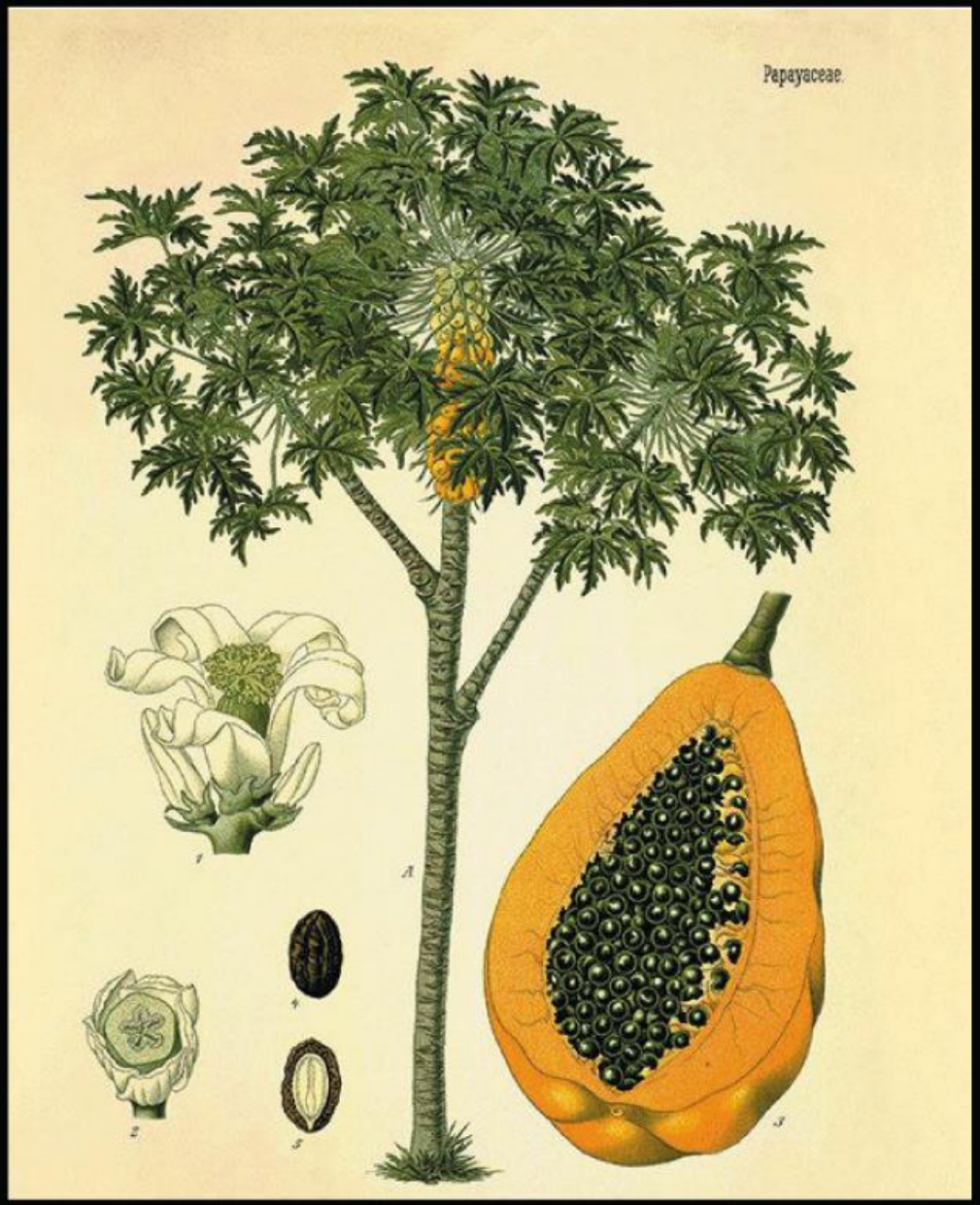
EXTRACTS AND ESSENTIAL OILS



NATIVE FLORA

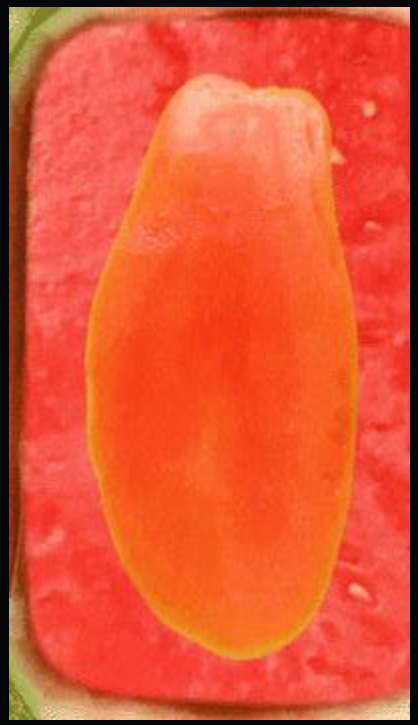
USED TRADITIONALLY

MAYAN MEDICINE
AND THE GIFT OF HEALING



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

Neurolaena lobata

JACKASS BITTERS

BUTTERFLY BUSH

Buddleja americana

PLANTS THAT WERE INTRODUCED INTO THE CULTURE

GARLIC

Allium sativum

LEMON AND ORANGE

Citrus limon & sinensis

ROSEMARY

Rosmarinus offinicalis

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 choleretic, 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, sleepyness, 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

Cough Syrup

- 2 tbsp. ginger
- 3 garlic cloves
- 2 tbsp. dry oregano
- 1 tbsp. lemongrass
- handfull of anise seeds
- 2 cups water
- 1 cup brown sugar

1. Boil water
2. Add powdered ingredients

-Night Syrup: add wild passionflower, chamomille and a bit of rum

Garlic & Jackass bitters Tincture

6 Garlic cloves
- a handful of Neurolaena lobata (Jackass bitters)
1 Bottle of Rum

1. Mix all the ingredients inside the Rum bottle

2. Let the tincture rest away from the sun for at least 2 days

3. Take 2 tablespoons of the Tincture with Lemon and Honey

NATIVE NATURAL REMEDIES INVESTIGATED BY SCIENCE

FLAAR
MESOAMÉRICA

BAY LEAF

Litsea guatemalensis

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

STINKING PASSIONFLOWER

Passiflora foetida

COPAL

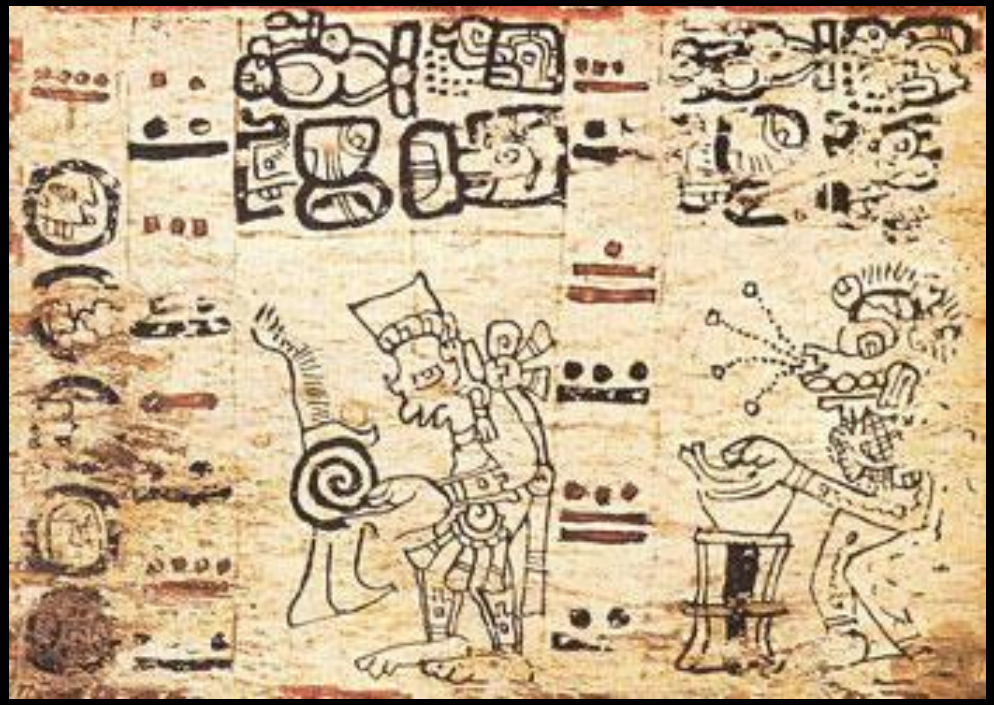
BURSERA SIMARUMBA

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

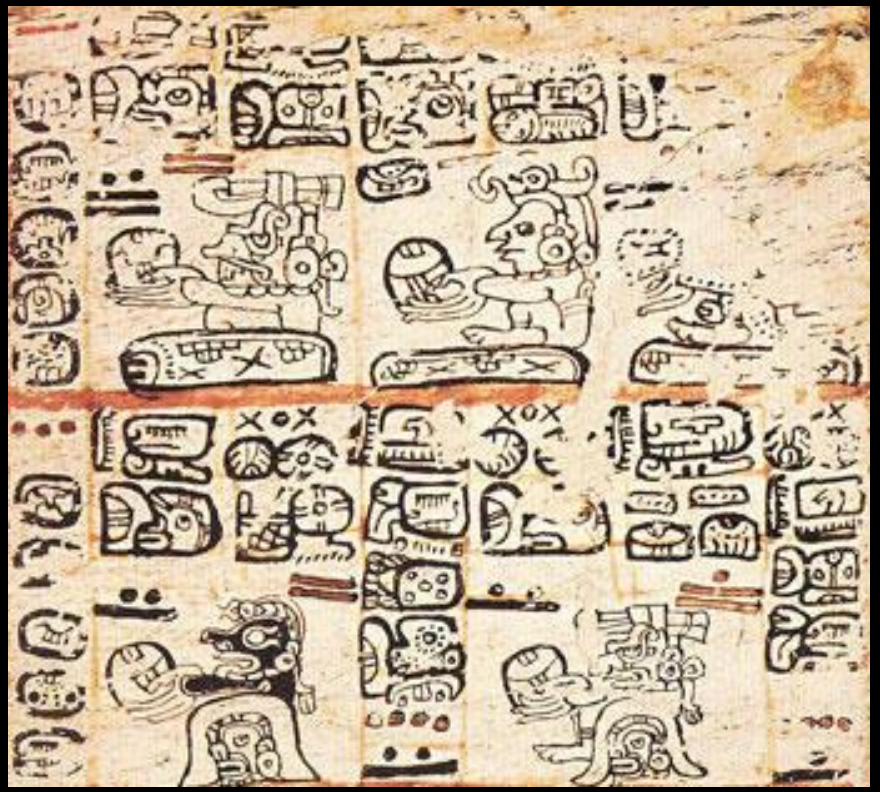
PROTIUM COPAL

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

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