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The Market Medicinal Plants of Monterrey, Nuevo Leon, Mexico

Michael S. Nicholson

Eastern Illinois University

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THE MARKET MEDICINAL PLANTS OF

MONTERREY, NUEVO LEON, MEXICO

(TITLE)

BY

MICHAEL S. NICHOLSON

THESIS

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
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ABSTRACT

The primary purpose of this study was to record the popular uses of various medicinal plants gathered in the vicinity of Monterrey, Mexico.

Two hundred medicinal plant specimens were collected from 11 *hierberias* of two *mercados* and two additional medicinal plant sources. Included is a total of 92 species in 86 genera of 50 plant families.

The plant vendors at the *hierberias* were interviewed to determine the folk uses of the plants. The reports were reviewed in the literature for comparison with previously published citations. Collections are retained in the Ethnobotanical Herbarium, Room 107, Klehm Hall, Eastern Illinois University along with original notes taken in the *mercados*.

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INTRODUCTION

The city of Monterrey, Mexico is located approximately 150 miles south of Laredo, Texas along *carretera* 85, the Pan-American Highway. The city is situated at an elevation of 1765 feet between the Santa Catarina River and the foothills of the Sierra Madre Mountains and has a population of roughly 4 million. Monterrey is the capital of the state of Nuevo Leon, the third largest city and second largest industrial center in Mexico. The city has a rich history of custom and culture, with firm Spanish roots established over 4 centuries ago. Monterrey is rich in respect to its *mercados*, or market places.

The *mercados* are large, enclosed market places where the general populace may purchase various goods or commodities ranging from flowers to food. The *mercados* are divided up into "stalls" or compartments which are either owned or rented by vendors. The herbal stalls or *hierberias* of the *mercados* offer a wide variety of medicinal plants for home use in the treatment of various ailments. It is the medicinal plants of the *mercados*, in general, that this study concerns.

For this study, 13 *hierberias*, one located near the *Instituto Tecnológico y de Estudios Superiores de Monterrey*, one temporarily placed and run by a man on Juarez street, and 11 others, located in two *mercados*, were visited. *Mercado Juarez* is located at the corner of Juarez and Aramberri in downtown Monterrey. The *hierberias* visited there were *Florera las Delicias*, *Hierberia San Juan*, *Hierberia Divina*

Providencia, Mr. Juan Vazquez Rosario's Hierberia at Casilla #298, and Hierberia San Martin Caballero. Mercado Colon is located at the corner of Juarez and Constitution Avenue in downtown Monterrey. The hierberias visited there were Hierberia Oaxaquena, Hierberia Tolteca, Hierberia Don Luis, Hierberia Cortez, Hierberia la Unica, and Hierberia Flor de Mexico. Herbario y Centro Naturista is located at 515-A Rio Nazes. The transient hierberia on Juarez street was only there on one Sunday afternoon.

MATERIALS AND METHODS

Vendors of 13 *hierberias* were interviewed during the summers of 1989 and 1990. The vendors of each *hierberia* were approached and a rapport was established to facilitate future exchanges. Each rapport was based on various criterion contingent to each of the vendors. In some instances, a translator was necessary to establish initial contact. Successive visits to the *hierberias* were made to collect specimens of medicinal plants for study and to interview the individual vendors to record the traditional folk uses of the medicinal plants offered.

The plant specimens were collected either dry or fresh, as they were offered. Fresh specimens were dried immediately after collection. All of the specimens were numbered and packaged in plastic bags with identification cards, and stored in the Ethnobotanical Herbarium, Klehm Hall, Room 107, Eastern Illinois University. A few of the specimens did not survive in transit from Mexico and are labeled as "missing."

Specimens were first identified according to their Spanish common names. Once a scientific name was determined, the plant's morphology was inspected to confirm the identification. In some instances, the plant family or genus was readily ascertained which made certain specimens easier to identify.

Notes taken from the vendors of the *hierberias* were recorded on paper at the time of the interviews. The notes were taken in Spanish or English as a matter of ease and were,

in some cases, written by a translator or by the vendor himself. In the end, all of the notes were translated into English.

A limited amount of notes were recorded on cassette tape, however, the quality of the recordings proved rather poor. As the use of the recorder often made the vendors uneasy, cassette recording was discontinued.

The uses of the plants collected were confirmed by an extensive literary review. Various texts were studied to validate or disprove the recorded uses of the plants collected in the *Hierberias*.

The plants are arranged in this volume in alphabetical order according to genus and species. The family name is provided for each plant as well as the Spanish and English vernacular names. Following the nomenclatural information are details related to the collection of given specimens including where the plant was found and its specimen number in the Ethnobotanical Herbarium. The folk uses of the plants are then presented along with the origin of the information and the literary citations pertinent to each plant. A photograph of each different plant is provided as a visual reference either before or after the respective plant.

Adiantum capillus-veneris L.

POLYPODIACEAE

Spanish common name -- culantrillo
English common name -- maidenhair fern

Collected from *Herbario y Centro Naturista* (#124) and Juan Vazquez Rosario, *pers. comm.* (#138).

Hierberia Divina Providencia -- An infusion of the leaves is used to purify the blood.

Herbario y Centro Naturista -- An infusion of the leaves is abortifacient.

Arias and Costas (n.d.) The plant possesses calminative, expectorant, pectoral, and tonic properties.

Cabrera (n.d.) An infusion of the leaves augments secretions in general and is expectorant and diuretic.

Foster and Duke (1990) An infusion is astringent, expectorant, and pectoral; a wash is used for the hair.

Krochmal (1973, pg. 27) The roots and leaves are used for "coughs, respiratory ailments, and menstrual discomfort."

Mabberly (1989, pg. 10) "...Medicinal and flavoring, in hair tonics and syrups..."

Manfred (1966) An infusion of the plant is used to combat ailments of the chest; the plant is antirheumatic, bitter tonic, digestive tonic, expectorant, and is used to calm pains in the throat.

Martinez (1969) The whole plant is used in infusion as a pectoral. It is also used to cleanse the blood, open up the stomach and liver, and to destroy kidney stones.

Pampa (n.d.) The plant is used for asthma and to cleanse the blood.

Reader's Digest (1986, p. 240) "...Long used as an expectorant, an emmenagogue, and a diuretic, pharmacologists find no evidence for any of its medicinal uses."

Schauemburg and Paris (1977) The plant possesses emmenagogue, expectorant, diaphoretic and pectoral properties.

Uphof (1968, p. 13) "Used medicinally as emmenagogue; as tea in chronic respiratory affectations."

Wood (1926) The plant is employed for pulmonaria catarrh
and as an emmenagogue.



Adiantum capillus-veneris L.



Agastache mexicana (HBK.) Lint et Epling

Agastache mexicana (HBK.) Lint et Epling

LAMIACEAE

Spanish common name -- toronjil morado

English common name -- giant hyssop

Collected from *Hierberia Cortez* (#44) and Juan Vazquez Rosario, pers. comm. (#184).

Hierberia Cortez -- An infusion of the flowers and the leaves is used to combat epilepsy, heartache, and high blood pressure.

Hierberia Oaxaquena -- The infusion is nervine and relaxant.

Altschul (1973, pg. 249) "Smells of anis. Medicinal."

Atzin (n.d.) The infusion of leaves aids is for blood circulation. The infusion is bitter tonic and, when mixed with an infusion of orange leaves and taken before and after sleep, calminative.

Foster and Duke (1990) A tea of the leaves of *Agastache foeniculum* is used for colds, fevers, and coughs; the tea is a cardiac tonic and sudorific.

Linares et al (1988) The infusion is antispasmodic and stomachic.

Agave sp. L.

AGAVACEAE

Spanish common name -- amole dulce

English common name -- American aloe

Collected from *Hierberia Divina Providencia* (#30) and Juan Vazquez Rosario, *pers. comm.* (#151).

Hierberia Divina Providencia -- An infusion of the main stem used as a wash eases pain from bruises and rheumatism.

Gonzalez S. (1979) A tincture of the stem is rubbed on the temples and forehead to relieve headaches.

Manfred (1966) An infusion of the fruits is for coughs, bronchitis, and the affectations of the chest.

Uphof (1968, p. 563) "Fruits used as substitute for soap, used for washing clothes."



Agave sp. L.

Aloe barbadensis Mill.

Aloe barbadensis Mill.

LILIACEAE

Spanish common name -- sabila
English common name -- aloe

Collected fresh from a man on the street selling medicinal plants (#5).

Hierberia Tolteca -- An infusion of the fresh leaf juice is used for urinary and bladder conditions and to clean the blood.

Herbario y Centro Naturista -- Used for burns and skin affections.

Alcorn (1984) Used for burns, erysipelas, inflammation, and sores.

Atzin (n.d.) The plant is cholagogue and stomachic.

Bompard (1964) The juice of the leaves is used as a purgative.

Cabrera (n.d.) The juice of leaves of *Aloe mexicana* is bitter tonic, cholagogue, and purgative.

Fici (1970) The plant is used for the medicinal properties of its juice.

Gonzalez F. (1979) The juice of the leaves is applied directly for infections.

Gonzalez F. and Gonzalez S. (1980) The juice of the leaves is applied directly for burns and taken as a beverage for diabetes and cancer.

Gonzalez S. (1979) The leaf is used in plaster for inflammations and swellings. The juice of the leaf is used in fomentation for spots on skin. An infusion of the leaves cures cancer and diabetes.

Grieve (1967) The plant is purgative and vermifuge.

Hill (1952, p. 252) "Aloes are used chiefly as purgatives."

Hierbas Medicinales (n.d.) The plant is used to clean the blood and for bladder infections and gonorrhoea.

Lewis (1977) The plant is purgative.

Linares et al (1988) The plant is purgative and stomachic. It is used for various skin affections.

Macmillan (1956, p. 364) "Fresh juice of leaves cathartic and cooling; used in fever, spleen and liver troubles, also in eye diseases."

Manfred (1966) The plant is mixed with *tila* in infusion and is laxative, purgative, and stomachic. Aloe is considered to be abortifacient and it relieves congestion of the liver and head.

Pampa (n.d.) The juice serves as a wash for inflamed eyes. An infusion of the leaves is good for gonorrhoea and ulcers of the kidneys.

Pesman (1962) The juice is laxative and is used to treat X-ray burns.

Reader's Digest (1986, p. 83) The juice is emollient; used for burns, minor wounds. "Extract from dried leaves has been administered internally as a strong laxative."

Sanchez C. (1981) The leaves are used for inflammation and to cure acne. The plant is used with *Chenopodium ambrosioides* for intestinal worms.

Sarkis (1985) The plant is considered to be thoracic.

Schauemburg and Paris (1977) *Aloe ferax* is cholagogue, emmenagogue, laxative, and stomachic.

Uphof (1968, p. 27) "Used medicinally." The juice from the leaves is "cathartic, acting on large intestine; vermifuge, emmenagogue."

Wood (1926) The plant is cathartic.

Aloysia macrostachya (Torr.) Moldenke

VERBENACEAE

Spanish common name -- cedron de castilla
English common name -- sweet-stem

Collected from *Hierberia San Martin Caballero* (#177).

Hierberia San Martin Caballero -- An infusion of the stems and leaves is employed against stomach pains.

Linares et al (1988) An infusion is for stomachaches.

Martinez (1969) Possesses antispasmodic, emmenagogue, and vermifuge properties.



Aloysia macrostachya (Torr.) Moldenke



Angelica archangelica L.

Angelica archangelica L.

APIACEAE

Spanish common name -- angelica
English common name -- angelica

Collected from Juan Vazquez Rosario, *pers. comm.* (#128).

Hierberia Divina Providencia -- An infusion of the root, taken 3 times daily, is antidiarrheal and pectoral.

Hierberia San Juan -- An infusion of the root is antitussive, carminative, and stomachic.

Arias and Costas (n.d.) The entire plant is carminative, emmenagogic, stimulant, and sudorific. The root and seeds are of particular medicinal value and should be employed in infusion.

Carvajal (n.d.) The plant is carminative, emmenagogic, and stomachic.

Dorfler and Roselt (1989) The root is carminative and stomachic.

Grieve (1967, pg. 35) "The root, stalks, leaves and fruit possess carminative, stimulant, diaphoretic, stomachic, tonic and expectorant properties, which are strongest in the fruit, though the whole plant has the same virtues."

Lewis (1977, pg. 374) The plant is "rich in coumarin derivatives"... "considered as tonic to improve well-being and mental harmony."

El Libro Supremo (n.d.) The whole plant is medicinal, but the root is the preferred portion. It is used to control loss of appetite, flu, hysteria, indigestion, scrofula, and trembling of the limbs. An infusion of macerated tissue is left to sit for 7 days before being imbibed.

Mabberly (1989) Mentioned as being medicinal.

Manfred (1966) The plant is antipyretic, antiscorbutic, antitussive, and emmenagogic.

Reader's Digest (1986, p. 86) "Stems, seeds, and roots are helpful for calming digestive disturbances and stimulating the appetite and for alleviating coughs."

Schauemburg and Paris (1977) The plant is antispasmodic, carminative, stomachic, and tonic..

Wood (1926) The plant is "used as an aromatic in flatulent colic," as a "domestic diaphoretic and diuretic," and "externally as a counterirritant."

Uphof (1968, p.37) "Decoction of root is used as a tea for bronchial colds and indigestion." The dried rhizome, leaves, and flowers "are used medicinally, being stomachic, carminative, stimulant. Ripe fruits are carminative, stimulant; used in many home remedies."

Arctostaphylos pungens HBK.

ERICACEAE

Spanish common name -- frutos de pinguica, hojas de
pinguica, pinguica
English common name -- point-leaf manzanita

Collected from *Herbario y Centro Naturista* (#s 78, 120) and
Juan Vazquez Rosario, *pers. comm.* (#130).

Hierberia Divina Providencia -- An infusion of the fruits and
leaves are used for kidney problems.

Herbario y Centro Naturista -- The fruits in infusion are for
kidney and prostate gland problems.

Altschul (1973, pg. 215) "Infusion made of leaves for
'tos, catarrhs, sarampeon"

Atzin (n.d.) An infusion is for urinary problems.

Cabrera (n.d.) The leaves and fruits are used in
decoction as a renal tonic.

Gonzalez E. (1981) The plant is sold in the mercados for
its reputed astringent and diuretic properties.

Gonzalez S. (1979) An infusion of the leaves is used for
"disruption" of the kidneys and bladder.

Linares et al (1988) The plant is demulcent, diuretic
and tonic for the kidneys.

Martinez (1969) The fruits and leaves are employed for
kidney and urinary problems. The fruits are astringent.

Pesman (1962) The leaves and fruits are diuretic.

Sanchez C. (1981) The plant is used for kidney problems.

Uphof (1968) The fruits are used as food.

Vines (1960, pg. 805) The "leaves and fruit are used as
household remedies in dropsy, bronchitis, venereal
diseases, and other affections."

Wood (1926) *Arctostaphylos uva-ursi* is used as a catarrh
for the urinary tract.



Arctostaphylos pungens HBK.



Artemisia frigida Willd.
Artemisia ludoviciana Nutt.

Artemisia frigida Willd.
Artemisia ludoviciana Nutt.

ASTERACEAE

Spanish common name -- estafiate
English common name -- sagebrush, wormwood

Collected from *Hierberia Cortez* (#39) and Juan Vazquez Rosario, pers. comm. (#141).

Juan Vazquez Rosario, pers. comm. -- An infusion of the leaves and stems cures indigestion.

Hierberia Cortez -- The ash of the burned plant is mixed with oil and sugar and employed to cure indigestion.

Herbario y Centro Naturista -- An infusion of the leaves is used to cure indigestion and as a vermifuge.

Alcorn (1984) The plant is used for earaches, indigestion, infections, inflammation, rash, swelling, and vomiting.

Foster and Duke (1990) The plant possesses analgesic, astringent, emmenagogic, stomachic, and sudorific properties.

Gonzalez F. (1979) An infusion of the leaves and stem is for stomach aches.

Gonzalez S. (1979) An infusion of the leaves and stem is for colic and diarrhea.

Linares et al (1988) Possesses anthelmintic and bitter tonic properties; cures colic and intestinal pain.

El Libro Supremo (n.d.) An infusion of the leaves is employed as a calminative, emmenagogue, and nervine.

Sanchez C. (1981) The leaves and stem are used in infusion for diarrhea and to cure indigestion.

Uphof (1968, p.50) "It is said to be source of a camphor-like product."

Vines (1960, pg. 966) "It was also formerly much used in pioneer days in the Western states as a diuretic and mild cathartic."

Artemisia mexicana Willd.

ASTERACEAE

Spanish common name -- ajenjo

English common name -- sagebrush, wormwood

Collected from *Hierberia Cortez* (#42).

Hierberia Divina Providencia -- An infusion of the leaves and stems is mixed with cinnamon and *manzanilla* to cure indigestion and stomach problems. A wash of the infusion is used to relieve swelling of the feet.

Herbario y Centro Naturista -- An infusion of the leaves is used to cure indigestion and as a vermifuge.

Ademas (n.d.) Plant possesses antirheumatic and stomachic properties.

Arias and Costas (n.d.) An infusion of the plant possesses antidysenteric, antipyretic, bitter tonic, emmenagogic, stimulant, stomachic, and vermifuge properties.

Atzin (n.d.) An infusion of the plant is anthelmintic, antiseptic, bitter tonic, emmenagogue, and stomachic.

Cabrera (n.d.) A decoction of the plant is bitter tonic, cholagogic, emmenagogic, and mildly laxative.

Hierbas Medicinales (n.d.) Considered to be bitter tonic, digestive tonic, and stomachic.

El Libro Supremo (n.d.) Flowers and leaves in infusion are stimulant, bitter tonic, febrifuge, and vermifuge.

Malaga (n.d.) An infusion of the whole plant is anthelmintic.

Martinez (1969) The leaves and flowers are anthelmintic.

Pampa (n.d.) The plant possesses anthelmintic, antidysenteric, and stomachic properties.

Uphof (1968, p.51) "...For intestinal worms, as a stimulant and emmenagogue."



Artemisia mexicana Willd.



Asclepias setosa Benth.

Asclepias setosa Benth.

ASCLEPIADACEAE

Spanish common name -- tarahumara
English common name -- milkweed

Collected from *Hierberia Divina Providencia* (#15).

Hierberia Divina Providencia -- An infusion of the root is used to dissolve kidney stones.

Borago officinalis L.

BORAGINACEAE

Spanish common name -- borraja
English common name -- borage

Collected from *Herbario y Centro Naturista* (#66) and Juan Vazquez Rosario, *pers. comm.* (#155).

Hierberia Divina Providencia -- An infusion of the leaves lowers body temperature.

Herbario y Centro Naturista -- An infusion is used for fevers.

Arias and Costas (n.d.) The leaves are expectorant.

Ademas (n.d.) The leaves in infusion are for affectations of the heart.

Atzin (n.d.) The leaves in infusion are diuretic, pectoral and sudorific.

Cabrera (n.d.) The leaves and flowers are used in decoction as a sudorific and diuretic

Carvajal (n.d.) The root is diuretic and is used in infusion for fevers and colic.

Grieve (1967, pg. 119) The leaves and flowers are "diuretic, demulcent, emollient." "By virtue of its saline constituents, it promotes the activity of the kidneys and for this reason is employed to carry off feverish catarrhs. Its demulcent qualities are due to the mucilage contained in the whole plant."

Hierbas Medicinales (n.d.) Plant possesses expectorant and sudorific properties.

Linares et al (1988) A decoction of the whole plant is used to alleviate cough with temperature; it is taken after waking in the morning.

El Libro Supremo (n.d.) The flowers are sudorific and leaves are emollient. An infusion combats chills, colds, fevers, and scarlet fever.

Malaga (n.d.) The leaves have sudorific qualities; an infusion cures heart afflictions.

Martinez (1969) The leaves and flowers are used for their diuretic, emollient, and sudorific properties and also used for bronchitis and eruptive fevers.

Pampa (n.d.) An infusion of the flowers is febrifuge, laxative, and sudorific.

Reader's Digest (1986, p. 117) "It has been used for kidney and bladder ailments, to soothe sore throats, to help reduce fevers, and as a poultice to soothe skin inflammations."

Sanchez C. (1981) The plant has febrifuge properties.

Sarkis (1985) The plant possesses antiperiodic, antitussive, and sudorific properties; an infusion promotes lactation.

Schauemburg and Paris (1977) The plant possesses antirheumatic, emollient, and sudorific qualities.

Uphof (1968, p. 81) "Flowers and dried shoots ...were used since the Middle Ages as tea or syrup, as refreshing drink, also as diuretic; in recent times also as diaphoretic."



Borago officinalis L.



Brickellia cavanillesii Gray

Brickellia cavanillesii Gray

ASTERACEAE

Spanish common name -- hamula
English common name -- brickellia

Collected from *Herbario y Centro Naturista* (#83) and *Hierberia San Martin Caballero* (#170).

Hierberia Divina Providencia -- An infusion of the leaves, stems, and flowers is for diabetes from high blood sugar and is cholagogue.

Cabrera (n.d.) The plant possesses cholagogue, gastric tonic, and hepatic tonic properties. The infusion is useful in the treatment of cirrhosis of the liver, colic, diarrhea, and dysentery.

Uphof (1968, pg. 86) "Used as febrifuge, vermifuge; for diarrhoea."

Buddleia perfoliata HBK.

LOGANIACEAE

Spanish common name -- salvia de bolita de mexico

English common name -- butterfly bush

Collected from *Hierberia San Martin Caballero* (#164).

Hierberia Divina Providencia -- An infusion of the leaves, stems, and twigs is used as a sudorific.

Herbario y Centro Naturista -- An infusion arrests perspiration when it is excessive.

Atzin (n.d.) An infusion of the plant is used as an intestinal stimulant and sudorific.

Cabrera (n.d.) "Resins" from the plant are used in tincture as an expectorant and thoracic.

Gonzalez F. (1979) An infusion of the leaves and stems is for stomachaches, diarrhea, and digestive problems of children.

Linares et al (1988) The plant is employed for a diversity of secretions as a sudorific; it is recommended for "air" and for headaches.

Mabberly (1989, pg. 84) In reference to entire genus: "Trees, shrubs, rarely herbs. Cultivated ornamentals and some local medicinals."

Martinez (1969) The whole plant used as a sudorific for a diversity of secretions.



Buddleia perfoliata HBK.



Cacalia descomposita Gray

Cacalia descomposita Gray

ASTERACEAE

Spanish common name -- matarique
English common name -- indian-plantain

Collected from *Herbario y Centro Naturista* (#91) and Juan Vazquez Rosario, *pers. comm.* (134).

Hierberia Divina Providencia -- An infusion of the root improves blood circulation, especially for varicose veins.

Herbario y Centro Naturista -- An infusion of the root is applied externally to cure varicose veins.

Altschul (1973, pg. 334) "This is among the 3 or 4 most important medicinal plants in the Sierra." "Tea used for diabetes and kidneys; also powdered or as a wash for skin irritations." "The roots are valued for their medicinal properties." "Roots valued for their medicinal properties, are collected and transported to the lowland towns, and sold to druggists."

Atzin (n.d.) A decoction of the root cures constipation, and diabetes. A tincture of the root can be applied directly as an antirheumatic and styptic.

Cabrera (n.d.) An aromatic plant. The root is used in decoction for diabetes and as a purgative.

Martinez (1969) The rhizome is used in tincture to relieve rheumatic pain (externally) and as a purgative (internally). The rhizome is also used to combat diarrhea and "congestion of the liver." The active principle is compared to digitalis in respect to it's effect on the heart.

Casimiroa edulis La Llav. et Lex.

SIMAROUBACEAE

Spanish common name -- zapote blanco
English common name -- white sapote

Collected from *Hierberia Divina Providencia* (#32), *Herbario y Centro Naturista* (#115), and *Hierberia San Martin Caballero* (#179).

Hierberia Divina Providencia -- An infusion of the leaves is sedative and combats insomnia.

Hierberia Cortez -- An infusion of the leaves is used to calm the nerves and heart.

Herbario y Centro Naturista -- An infusion of the leaves is useful for high blood pressure.

Arzeni and Spessard (1971) The leaves are used for diarrhea.

Atzin (n.d.) The plant is calminative. An infusion of the leaves cures insomnia.

Cabrera (n.d.) An infusion of the leaves lowers blood pressure, augments secretions, diminishes pain, and induces an hypnotic effect.

Clark (1964) The plant is sedative and, possibly, antirheumatic.

Sarkis (1985) The infusion is used for arteriosclerosis.

Wood (1926) The leaves are used for diarrhea and as an anthelmintic.



Casimiroa edulis La Llav. et Lex.



Cassia fistula L.

Cassia fistula L.

FABACEAE

Spanish common name -- cana fistola
English common name -- purging cassia

Collected from *Hierberia Divina Providencia* (#25), a man on the street selling medicinal plants (#53), *Herbario y Centro Naturista* (#123) and Juan Vazquez Rosario, *pers. comm.* (#148).

Hierberia Divina Providencia -- An infusion of the fruit is used for kidney problems and the dissolution of kidney stones.

Hierberia Oaxaquena -- An infusion of the fruit is used for the kidneys and for constipation.

Herbario y Centro Naturista -- The decoction is a common laxative.

Arias and Costas (n.d.) The pulp of the fruit is moderately laxative and purgative.

Cabrera (n.d.) The pulp of the fruit is a digestive stimulant and laxative.

Hederic (1919, pg. 157) "The pulp of the seeds is a strong purgative."

Macmillan (1956, p. 356) The pods are "valued in medicine for their laxative properties..."

Mabberly (1989, pg. 105) "...seeds embedded in laxative pulp, used against habitual constipation."

Malaga (n.d.) The pulp of the fruit cures rheumatism and cleans the stomach and urinary pathways.

Manfred (1966) The leaves in infusion make a good purgative; the pulp of the fruit is also laxative.

Sarkis (1985) *Cassia sp.* is antirheumatic and diuretic and is for anemia, bronchitis, headaches, hemorrhage of the skin and nose, and lactation.

Uphof (1968, p. 111) "Dried fruit used medicinally as purgative, laxative, for habitual constipation."

Wood (1926) "Cassia pulp is laxative, and may be advantageously given in small doses in cases of habitual costiveness. In quantities sufficient to purge, it occasions nausea, flatulence and griping."

Cassia senna L.

FABACEAE

Spanish common name -- hoja sen, hojas sen
English common name -- cassia

Collected from *Hierberia Divina Providencia* (#26) and *Herbario y Centro Naturista* (#86).

Hierberia Divina Providencia -- An infusion of the leaves is aperient; calms the stomach. Used in conjunction with *rosa de castilla*.

Hierberia Don Luis -- An infusion of the leaves is laxative and purgative.

Sanchez C. (1981) The leaves are used as a laxative.



Cassia senna L.



Castela tortuosa Liebm.

Castela tortuosa Liebm.

SIMAROUBIACEAE

Spanish common name -- chaparro amargo

English common name -- amargoso, chaparro amargosa

Collected from *Herbario y Centro Naturista* (#125).

Hierberia Flor de Mexico -- An infusion of the twigs is antidiysenteric.

Herbario y Centro Naturista -- An infusion is useful against amebiasis.

Cabrera (n.d.) The leaves of *Castela nicholsoni* are used in decoction for amoebic dysentery.

Gonzalez F. (1979) The stem and root of *Castela texana* are used in infusion (or chewed) for stomach ache and ulcers. The plant is bitter tonic, cholagogue, and febrifuge.

Gonzalez S. (1979) The stems and leaves of *Castela texana* are used in infusion for colic and stomach ache. An infusion of the root is a cholagogue.

Gonzalez F. and Gonzalez S. (1980) The plant is used to calm the stomach and as a febrifuge.

Martinez (1969) The twigs and the leaves are used against amoebic dysentery and for fevers.

Sanchez C. (1981) *Castela texana* is cholagogic.

Uphof (1968, p. 113) A decoction of the bark of *Castela texana* "is used as domestic medicine for fevers, excema and intestinal ailments. Is astringent."

Vines (1960, pg. 600) "It is a popular medicinal plant among the Mexican people. Extracts of the bark are used as a remedy for intestinal disturbances, skin diseases, fever, yellow jaundice, and dysentery; also as a tonic. In the treatment of amoebic dysentery it has been found that a fluidacetextract in the proportion of one part in a million is sufficient to render *Entamoeba histolytica* immobile."

Wood (1926) *Castela nicholsoni* var. *texana* is used for amoebic dysentery.

Chenopodium ambrosioides L.

CHENOPODIACEAE

Spanish common name -- epazote
English common name -- Mexican tea

Collected fresh from a man on the street selling medicinal plants (#58) and *Hierberia San Martin Caballero* (#193).

Hierberia Cortez -- An infusion of the whole plant is employed as an antidiysenteric and vermifuge.

Hierberia Cortez -- The whole plant is used as an ingredient in regional cooking.

Alcorn (1984) The plant possesses vermifuge and taenifuge properties. It serves to cure colic of children, and is used traditionally during childbirth and post-partum.

Altschul (1973, pg. 63) "Concoction taken to cure fright." "Medic. herbage boiled and eaten for colic." "Remedy for tropical anemia."

Atzin (n.d.) The plant augments intestinal and bile secretions; it is considered antiperiodic, cholagogic, and emmenagogic.

Foster and Duke (1990) The plant possesses antidiysenteric and vermifuge properties.

Gonzalez F. (1979) The plant is used as a vermifuge.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves is for intestinal parasites and colic. The leaves are applied externally with fat for rash of children.

Gonzalez S. (1979) An infusion of the leaves and the stem is for stomachache and is used as a wash for rash of young children. The plant is antidiysenteric.

Hill (1952, p. 261) "Used in the treatment of hookworm infections."

Krochmal (1973) The plant augments lactation and is anthelmintic and emmenagogic in nature.

Lewis (1977) The plant is used against intestinal worms.

Linares et al (1988) The whole plant is considered to be anthelmintic, emmenagogic, and pectoral. It is used as a condiment.

Mabberly (1989, pg. 119) "Cultivated for medicinal oil, a vermifuge."

Macmillan (1956, p. 364) "Oil obtained from fruit heads used in hookworm treatment."

Manfred (1966) An infusion of the plant is good for the stomach, aids digestion, and cures intestinal colic.

Martinez (1969) The leaves and flowers are used as an anthelmintic and emmenagogue and are commonly eaten in food.

Reader's Digest (1986, p. 347) "Tests by scientists confirm that wormseed oil is a valid anthelmintic."

Sanchez C. (1981) The plant is used with *Aloe vera* as a vermifuge.

Sarkis (1985) The plant is antidysenteric, for fractures, sprains and bruises, for tooth-aches, tapeworms, skin ulcers and liver affectations.

Uphof (1968, pg. 123) "Used medicinally as anthelmintic for round worms, hook worms, intestinal amoeba."

Wood (1926) The fruits yield wormwood oil, which is anthelmintic.



Chenopodium ambrosioides L.



Chenopodium graveolens Lag.

Chenopodium graveolens Lag.

CHENOPODIACEAE

Spanish common name -- epazote de zorrillo

English common name -- goosefoot, pigweed

Collected fresh from *Hierberia San Martin Caballero* (#190).

Hierberia San Martin Caballero -- An infusion of the leaves cures bronchitis.

Herbario y Centro Naturista -- The infusion is a traditional vermifuge.

Altschul (1973, pg. 63) "...Medicinal."

Gonzalez S. (1979) An infusion of the leaves is for colic, diarrhea, indigestion, and stomach ache. The plant is antidiysenteric and carminative.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves and the stem is used against indigestion and muscular pains.

Linares *et al* (1988) An infusion of the plant is for coughs, and is anthelmintic.

Martinez (1969) The whole plant used to combat cough.

Sanchez C. (1981) The plant is used with *Aloe vera* as a vermifuge and is used to cure bronchitis.

Chiranthodendron pentadactylon Larr.

STERCULIACEAE

Spanish common name -- flor de manita, manita

English common name -- "little hand" flower

Collected from *Herbario y Centro Naturista* (#77) and Juan Vazquez Rosario, *pers. comm.* (#162).

Hierberia Divina Providencia -- An infusion of the flowers is calminative and combats high blood pressure.

Hierberia Oaxaquena -- An infusion of the flowers is a cardiac medicine.

Atzin (n.d.) The infusion cures cardiac infirmities.

Linares et al (1988) The plant is useful for the heart and nerves.

Mabberly (1989, pg. 121) "Flowers used for eye disorders and piles."

Martinez (1969) The flower is for the heart and to counter epilepsy.

Sanchez C. (1981) An infusion of the flower is for a bad heart. The infusion is antiepileptic when mixed with *Turnera diffusa*.

Uphof (1968, p. 126) "Flowers are used by the Mexicans and Indians for ailments of the eyes; also for hemorrhoids."



Chiranthodendron pentadactylon Larr.



Chrysactinia mexicana Gray

Chrysactinia mexicana Gray

ASTERACEAE

Spanish common name -- san nicolas

English common name -- damianita

Collected from *Hierberia Cortez* (#41) and *Hierberia San Martin Caballero* (#198).

Hierberia Cortez -- An infusion of the leaves and stems aids infertile women in their efforts to become pregnant.

Atzin (n.d.) Medicinally, the plant is considered to be demulcent, deobstruent, laxative, and sudorific; it is used for bronchitis, pneumonia, and stomach problems.

Gonzalez S. (1979) An infusion of the whole plant is used for "coldness" of the spleen. An infusion of the leaves and stems is for stomachaches.

Mabberly (1989, pg. 124) The plant is referred to as "medicinal."

Sanchez C. (1981) The leaves are used in decoction for colic and stomachaches.

Uphof (1968. p.128) "Source of a domestic medicine; considered antispasmodic, aphrodisiac, diuretic and sudorific."

Vines (1960, pg. 1013) "All parts of the plant were used medicinally by the Indians for fever, rheumatism, and as a diuretic, sudorific, antispasmodic, and aphrodisiac."

Cinchona succirubra Pavon.

RUBIACEAE

Spanish common name -- quina

English common name -- redbark cinchona

Collected from *Herbario y Centro Naturista* (#98) and Juan Vazquez Rosario, *pers. comm.* (#133).

Hierberia Divina Providencia -- An infusion is for diabetes and is an excellent febrifuge.

Hierberia San Martin Caballero -- The infusion is for fevers.

Arias and Costas (n.d.) The bark is known for its febrifuge properties.

Bompard (1974) The bark is used to combat pallor of the skin and fevers.

El Libro Supremo (n.d.) A febrifuge.

Manfred (1966) The bark is tonic and febrifuge.

Uphof (1968, pg. 130) "Source of Red Bark used for pharmaceutical preparations; used as febrifuge."



Cinchona succirubra Pavon.



Citrus limetta Risso

Citrus limetta Risso

RUTACEAE

Spanish common name -- raiz de lima
English common name -- lime root

Collected from *Herbario y Centro Naturista* (#99) and Juan Vazquez Rosario, *pers. comm.* (#163).

Hierberia Flor de Mexico -- An infusion of the root is used to assist in losing weight.

Hierberia Tolteca -- An infusion of the root is good for the stomach and digestion.

Alcorn (1984) The leaves or bark in infusion is for coughs.

Manfred (1966) A tincture of the bark is used as a bitter tonic.

Spanish common name -- azahar, hojas de naranja
English common name -- orange leaves, sweet orange leaves

Collected from *Hierberia San Juan* (#6) and *Herbario y Centro Naturista* (#64).

Hierberia San Juan -- An infusion of the flowers and or leaves is calminative.

Hierberia Unica -- An infusion of the leaves is for the nerves.

Arias and Costas (n.d.) An infusion of the leaves and flowers is used for weakness of the stomach.

Atzin (n.d.) The flowers are useful as a digestive stimulant and for the control of insomnia and nervous tension. The leaves are calminative and sedative.

Cabrera (n.d.) The leaves and flowers in infusion are sedative and calminative.

Carvajal (n.d.) The flowers are aromatic and calminative in infusion.

Gonzalez S. (1979) *Citrus aurantium* leaves are used in infusion as a calminative and sedative.

Linares et al (1988) The leaves are abortifacient and emmenagogic. An infusion is for headaches. A tincture is for the kidneys, rheumatism and is antiseptic.

El Libro Supremo (n.d.) The leaves are antispasmodic, febrifuge, and stomachic. The infusion is used to control stomach infirmities, nervousness, and convulsions.

Pampa (n.d.) The leaves calm headaches, regulate menstruation, and fevers, are good for the liver and nerves, and are carminative.

Sanchez C. (1981) The leaves or flowers, with *Hedeoma drummondii*, are used in a tea for insomnia.

Sarkis (1985) *Citrus* spp. is antiperiodic, antirheumatic, antitussive, bitter tonic, nervine, vermifuge, and vulneary; useful for diarrhea, headaches, stomachaches, liver affectations, insect stings, insomnia, and vaginal hemorrhage.



Citrus sinensis Osbeck



Clematis drummondii Torr. et Gray

Clematis drummondii Torr. et Gray

RANUNCULACEAE

Spanish common name -- chivo, chivo pez

English common name -- clematis

Collected from *Hierberia Divina Providencia* (#28) and Juan Vazquez Rosario, pers. comm. (#145).

Hierberia Flor de Mexico and Juan Vazquez Rosario, pers. comm. -- An infusion of the root is used as a gargle to relieve toothaches.

Hierberia Divina Providencia -- A piece of the moistened root may be applied directly to a toothache to relieve pain.

Alcorn (1984) The root of *Clematis gross* is used (chewed) for toothaches, inhaled (powdered) for colds, drunk (infusion) for coughs, and employed as a wash (infusion) for rash or itch.

Altschul (1973) The plant is medicinal.

Gonzalez F. (1979) For toothaches, macerate the leaves and apply to the cavity.

Mabberly (1989, pg. 130) There are "several medicinal" species.

Sanchez C. (1981) An infusion of the plant is for the kidneys.

Conyza filaginoides DC.

ASTERACEAE

Spanish common name -- simonillo
English common name -- conyza

Collected from *Hierberia Divina Providencia* (#18).

Hierberia Divina Providencia -- An infusion of the flowers, leaves, and stems is used as a stomachic.

Hierberia Divina Providencia -- An infusion is used against diabetes.

Atzin (n.d.) An infusion of the leaves is antidysenteric and cures gastritis.

Cabrera (n.d.) An infusion is used for gastritis.

Martinez (1969) The entire plant is used for gastrointestinal problems.



Conyza filaginoides DC.



Crataegus mexicana Moc. et Sess.

Crataegus mexicana Moc. et Sess.

ROSACEAE

Spanish common name -- tejocote

English common name -- hawthorn

Collected from *Herbario y Centro Naturista* (#108) and Juan Vazquez Rosario, *pers. comm.* (#127).

Hierberia Divina Providencia -- An infusion of the bark is used to purify the blood and lower high blood pressure. The same infusion is also useful for losing weight and curing kidney ailments. The bark is calminative.

Atzin (n.d.) The root in decoction is diuretic and renal tonic.

Cabrera (n.d.) The leaves in infusion are antiinflammatory and diuretic for the urinary tract.

Foster and Duke (1990) The fruits and flowers are heart tonic.

Mabberly (1989) The plant is medicinal.

Martinez (1969) The fruits and roots are used in infusion. The fruit is used for coughs and root is used as a diuretic.

Uphof (1968, p. 157) "Fruits are used in Mexico as preserves and jellies."

Croton monanthogynus Michx.

EUPHORBIACEAE

Spanish common name -- gato, hierba del gato

English common name -- prairie-tea

Collected from *Hierberia Divina Providencia* (#17) and *Herbario y Centro Naturista* (#175).

Hierberia Divina Providencia -- An infusion of the leaves is diuretic and used for kidney problems.

Herbario y Centro Naturista -- The infusion is a drastic purgative and its use is not recommended.

Atzin (n.d.) The plant is employed in infusion and taken twice daily for its antispasmodic and sedative properties.

Gonzalez S. (1979) An infusion of the leaves is for diarrhea and helps to calm stomach pain.

Mabberly (1989, pg. 155) "Some timbers, teas, but especially medicinal (fever bark)."

Sarkis (1985) *Croton* sp. is bitter tonic and sudorific, and for stomachaches, toothaches, and insect stings.



Croton monanthogynus Michx.



Croton torreyanus Muell.

Croton torreyanus Muell.

EUPHORBIACEAE

Spanish common name -- salvia
English common name -- croton

Collected from *Hierberia San Juan* (#10) and *Hierberia Cortez* (#43).

Hierberia Cortez -- An infusion of the leaves and the stems is mixed with milk for infant weight-gain and ailments. The infusion also purifies and increases the blood supply.

Arias and Costas (n.d.) The plant possesses aromatic, diuretic, stomachic, tonic, and vulneary properties.

Gonzalez S. (1979) An infusion of the young leaves and the stem enriches the blood of children.

Gonzalez E. (1981) The leaves and the stems in infusion are for lactation.

Gonzalez F. (1979) An infusion is for stomachache and is a tonic for the blood.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves and the stem, with or without milk, enriches blood of children. It is also used to cure stomachaches of children and to increase lactation of women.

Mabberly (1989, pg. 155) "Some timbers, teas, but especially medicinal (fever bark)."

Sanchez C. (1981) The plant is employed as a blood tonic.

Sarkis (1985) *Croton* sp. is a bitter tonic and sudorific and is used for stomachaches, toothaches, and insect stings.

Cunila lythrifolia Benth.

LAMIACEAE

Spanish common name -- poleo
English common name -- dittany

Collected from *Herbario y Centro Naturista* (#97) and *Hiereberia San Martin Caballero* (#166).

Hierberia Oaxaquena -- An infusion of the leaves is calminative and sedative.

Herbario y Centro Naturista -- An infusion is sedative.

Altschul (1973, pg. 261) "Poleo, remedial." "Concoction taken for fright."

Foster and Duke (1990) A tea of the leavess of *Cunila origanoides* is for colds, fevers, and headaches; the infusion is emmenagogic and sudorific.

Linares et al (1988) Useful for wounds and poisoning. Used for bronchitis as a decongestant.

Pampa (n.d.) The leaves and the flowers are emmenagogue and pectoral and are useful for controlling epilepsy.

Uphof (1968, p. 163) *Cunila origanoides* was "used as tea by the Indians and early settlers for colds and fevers."



Cunila lythrifolia Benth.



Cymbopogon citratus (Nees.) Stapf.

Cymbopogon citratus (Nees.) Stapf.

POACEAE

Spanish common name -- sacate limon, te limon
English common name -- lemon grass

Collected from *Herbario y Centro Naturista* (#107) and *Hierberia San Martin* (#165).

Hierberia Cortez -- An infusion of the leaves, in combination with other plants, is used to aid in weight-loss.

Hierberia Flor de Mexico -- An infusion of the leaves is bitter tonic and stomachic.

Alcorn (1984) The plant is used for gastrointestinal and kidney pain and is used as a diuretic and laxative.

Atzin (n.d.) The plant is carminative and stomachic.

Cabrera (n.d.) An infusion of the leaves is bitter tonic and calms gasteritis.

Gonzalez S. (1979) An infusion of the leaves is for influenza and chills.

Linares et al (1988) The plant is used for spasmodic flatulence of the intestines and is applied superficially as antirheumatic.

Mabberly (1989, pg. 165) "Many yield aromatic essential oils used in scent, medicine and flavoring."

Martinez (1969) An infusion is carminative and is used exteriorly to combat rheumatism.

Sanchez C. (1981) The plant is considered to be calminative.

Sarkis (1985) The plant is used for colds.

Equisetum giganteum HBK.

EQUISETACEAE

Spanish common name -- cola de caballo

English common name -- horsetail, scouring rush

Collected from *Hierberia San Juan* (#8), *Hierberia Divina Providencia* (#35), *Herbario y Centro Naturista* (#72), and *Hierberia San Martin Caballero* (#189).

Hierberia San Juan and *Hierberia Divina Providencia* -- An infusion of the plant is diuretic and combats renal problems.

Hierberia San Martin Caballero -- An infusion of the plant is diuretic and combats renal and bladder problems.

Ademas (n.d.) The plant is astringent and diuretic.

Arias and Costas (n.d.) The plant is astringent and diuretic.

Atzin (n.d.) The plant is employed for the elimination of kidney stones. It possesses antidiysenteric and antitussive properties and is used superficially for hemorrhoids, abscissions and ulcers.

Dorfler and Roselt (1989) For *Equisetum arvense*, the whole plant is used for kidney disorders, cystitis and dropsy; the plant is considered to be diuretic.

Foster and Duke (1990) *Equisetum hyemale* and *Equisetum arvense* are diuretic.

Gonzalez S. (1979) An infusion of the whole plant is for diabetes and kidney ailments.

Grieve (1967, pg. 420) "Diuretic and astringent. Horsetail has been found beneficial in dropsy, gravel and kidney affections generally..." "A strong decoction acts as an emmenagogue; being cooling and astringent, it is of efficacy for hemorrhage, cystic ulceration and ulcers in the urinary passages."

Hierbas Medicinales (n.d.) The plant cures diarrhea and cleanses the blood; it is used for hemorrhages, and as a tonic for the liver and the kidneys.

Malaga (n.d.) Used to cure inflammation of the kidneys.

Manfred (1966) The plant is used for affectations of the kidneys and bladder; it is diuretic.

Martinez (1969) The plant is used to dissolve kidney stones and is also used for dysentery, gonorrhoea, and problems of the urinary system. It possesses astringent and diuretic properties.

Sanchez C. (1981) The plant is used, in general, for kidney problems.

Sarkis (1985) The infusion of the whole plant is used for diarrhoea, skin hemorrhage, internal hemorrhage, chills and the kidneys.

Uphof (1968, p. 201) "Used in Colombia as an astringent, diuretic, antihemorrhagic, antidysenteric, antigonorrhoeic. Used in Venezuela for diabetes; in Peru as diuretic."



Equisetum giganteum HBK.



Eryngium comosum L.

Eryngium comosum L.

APIACEAE

Spanish common name -- hierba del sapo
English common name -- rattlesnake master

Collected from *Herbario y Centro Naturista* (#85).

Hierberia Flor de Mexico -- An infusion of the flowers and leaves is diuretic and emmenagogic.

Hierberia San Martin Caballero -- An infusion of the flowers and leaves is diuretic.

Herbario y Centro Naturista -- Used for gall stones.

Alcorn (1984) The root is used for whooping cough.

Foster and Duke (1990) The plant is applied as a poultice for snake bites and toothaches; is good for bladder trouble; possesses antirheumatic, antitussive, diuretic, emetic, and emmenagogic properties.

Martinez (1969) The juice of the root is used as an aphrodisiac and diuretic and to provoke contractions of the uterus. Chiefly used as a diuretic, the plant is also recommended for combating gonorrhoea.

Sarkis (1985) *Eryngium foetidum* is used for anemia, the heart, liver, kidneys, and nerves; possesses aperitif properties.

Uphof (1968) In Central America, the decoction of *Eryngium carlinae* is given to children for the treatment of digestive upset.

Erythraea tetramera Scheide.

GENTIACEAE

Spanish common name -- tlanchalagua

English common name -- canchalagua

Collected from *Herbario y Centro Naturista* (#109).

Hierberia Oaxaquena -- An infusion of the wood is bitter tonic and is used to calm upset stomach.

Uphof (1969, pg. 204) *Erythraea chilensis* is "bitter tonic and stimulant; used in dyspepsia and complaints of digestion."



Erythraea tetramera Scheide.



Eucalyptus globulus Labill.

Eucalyptus globulus Labill.

MYRTACEAE

Spanish common name -- eucalipto

English common name -- blue gum eucaliptus

Collected from *Herbario y Centro Naturista* (#73) and Juan Vazquez Rosario, pers. comm. (#131).

Hierberia Divina Providencia -- An infusion of the leaves is antitussive and expectorant.

Hierberia Tolteca -- An infusion of the leaves is for pectoral and thoracic.

Arias and Costas (n.d.) An infusion of the leaves for influenza, colds, bronchitis, asthma, and tuberculosis. The infusion is also employed for diabetes.

Atzin (n.d.) The infusion is used for respiratory ailments such as asthma, bronchitis, influenza, laryngitis, and pulmonary catarrh. The vapors of the boiling infusion may be inhaled for further relief.

Bompard (1964) The leaves are antiseptic and expectorant.

Cabrera (n.d.) A decoction of the leaves is antitussive, expectorant, febrifuge, and pectoral.

Gonzalez S. (1979) The vapor from the leaves in hot water is inhaled for cough.

Grieve (1967 pg. 289) "Stimulant, antiseptic, aromatic."

Hill (1952, p. 255) "Eucalyptus oil, obtained from dried leaves, is used chiefly in the treatment of nose and throat disorders, malaria, and other fevers."

Hierbas Medicinales (n.d.) The leaves are used for asthma, dispepsia, fevers, influenza, and tuberculosis.

Krochmal (1973) The vapors of the leaves in boiling water is used for respiratory ailments, a poultice of the leaves is for abscesses, and an infusion of the leaves is vermifuge.

El Libro Supremo (n.d.) An infusion of the leaves is used against asthma, bronchitis, colds, fevers, and influenza.

Malaga (n.d.) An infusion is antiseptic and febrifuge and is used for colds.

Manfred (1966) An infusion of the leaves is used against colds and chills, also against colds of the bladder. A gargle is used for inflammation of the mouth. A bath prepared with the leaves is good for rheumatism. The vapors of the boiling decoction is inhaled for bronchitis and coughs.

Martinez (1969) Counters laryngitis and bronchitis when the vapors of the infusion are inhaled. Also used to combat coughs.

Ramirez (1989) The leaves and the flowers are used to cure asthma, fevers, and influenza. The infusion combats diabetes.

Reader's Digest (1986) The plant is antiseptic and antitussive.

Sanchez C. (1981) The leaves in infusion are for cough.

Sarkis (1985) The plant is used for rheumatism.

Schauemburg and Paris (1977) The plant is used as an antibiotic, pectoral, and respiratory disinfectant against asthma and bronchitis.

Uphof (1968, p. 208) The oil is "antiseptic, expectorant, febrifuge antiperiodic, diaphoretic." "Dried leaves are used medicinally as febrifuge, antiseptic, antimalarial, antiperiodic."

Wood (1926) The "active principle acts directly upon the heart and respiration;..."it is not an irritant to the skin, but in large doses it is to the gastric mucous membrane." It is used "with asserted excellent results in the treatment of asthma and bronchitis."

Euphorbia prostrata Ait.

EUPHORBIACEAE

Spanish common name -- hierba de la golondrina
English common name -- ground-fig

Collected from *Hierberia San Martin Caballero* (#196).

Hierberia Oaxaquena -- An infusion of the whole plant is used for diarrhea and cataracts.

Herbario y Centro Naturista -- An infusion of the whole plant is used as a wash for skin infections.

Atzin (n.d.) The plant is considered to be antidiysenteric. It is used for inflammation of the tonsils, hemorrhoids, conjunctivitis, and vaginitis.

Cabrera (n.d.) A decoction of *Euphorbia maculata* is antidiysenteric, cholagogue, and demulcent. It can be used as a douche or enema.

Gonzalez S. (1979) An infusion of the whole plant of *Euphorbia maculata* is for washing spots on the skin.

Gonzalez F. (1979) An infusion of the plant is for diabetes; a plaster of the plant is for skin infections or acne.

Gonzalez F. and Gonzalez S. (1980) The plant is used for skin infections. An infusion of the plant is used for diabetes.

Krochmal (1973) An infusion of the root of *Euphorbia maculata* is laxative. The plant itself is emetic.

Martinez (1969) The plant is used for snake bites and for bad eyes. An infusion of the whole plant used to cure diarrhea. The milky juice is used to clear up spots on the cornea and on the skin.

Sanchez C. (1981) The plant cures "bad urine" in conjunction with *Equisetum giganteum* and *Zea mays*.

Wood (1926) *Euphorbia* spp. is emetic and cathartic.



Euphorbia prostrata Ait.



Euphrasia officinalis L.

Euphrasia officinalis L.

SCROPHULARIACEAE

Spanish common name -- eufousio, eufrasia

English common name -- drug eyebright

Collected from *Herbario y Centro Naturista* (#118).

Hierberia San Martin Caballero -- An infusion is used as a wash for the eyes.

Arias and Costas (n.d.) A wash of the infusion is useful for inflammed eyes. Drinking the infusion is diuretic and laxative.

Manfred (1966) A wash of the leaves is for the eyes. The leaves can also be eaten.

Uphof (1968, pg. 216) "The herb was formerly extensively used in medicine as a tonic-exitans and for diseases of the eye."

Eysenhardtia texana Scheele

FABACEAE

Spanish common name -- palo azul, vara dulce
English common name -- Texas kidneywood

Collected from *Hierberia Cortez* (#48), *Herbario y Centro Naturista* (#95) and *Hierberia San Martin Caballero* (#183).

Hierberia Cortez -- An infusion of the wood is used for urinary and kidney problems; drink at least 4 liters of water during the day in conjunction with the tea. The wood is also given to animals in their water to prevent illness.

Herbario y Centro Naturista -- An infusion is tonic for the urinary system and is given to animals to prevent sickness.

Alcorn (1984) The bark of *Eysenhardtia polystachya* is for kidney trouble.

Gonzalez F. (1979) An infusion of the stem or twigs is used for the kidneys, liver, and urinary problems.

Mabberly (1989, pg. 222) *Eysenhardtia polystachya* is "imported for medicine."

Martinez (1969) Related species are used for treating ailments of the urinary system.

Vines (1960, pg. 528) The name "kidneywood" is derived from the fact that "...closely related species are used in the treatment of renal disorders."

Vines (1960, pg. 529) For *Eysenhardtia polystachya*: "In Mexico drinking troughs made from the wood are used for watering fowls, or a piece of the wood is put in their drinking water to ward off diseases." "A decoction of the wood is given as a refreshing drink to fever patients. The wood is used in some localities for kidney and bladder infections."



Eysenhardtia texana Scheele



Flourensia cernua DC.

Flourensia cernua DC.

ASTERACEAE

Spanish common name -- hojase, hojasen
English common name -- tarbush

Collected from *Hierberia San Juan* (#1), and *Hierberia San Martin Caballero* (#173).

Hierberia San Martin Caballero -- An infusion is a mild laxative.

Herbario y Centro Naturista -- An infusion of the leaves is astringent.

Ademas (n.d.) The leaves are purgative.

Altschul (1973, pg. 321) The plant is medicinal for the stomach. The vernacular name is "ojasen."

Atzin (n.d.) The leaves are used in infusion to relieve constipation.

Gonzalez F. (1979) An infusion of the leaves and stems is for diarrhea, indigestion, and stomach aches; is antidiarrhetic and vermifuge.

Gonzalez F. and Gonzalez S. (1980) An infusion of the twigs alleviates stomach aches, is for digestion, colic, liver pains, and for the kidneys. An infusion of the leaves can be employed as a wash for bruises and swellings.

Gonzalez S. (1979) An infusion of the leaves is stomachic and against for diarrhea; alleviates indigestion and colic in young children.

Martinez (1969) A tincture of the leaves is for indigestion.

Pesman (1962) The leaves and flowers are for indigestion.

Sanchez C. (1981) The leaves are used with *Artemisia frigida* for "alleviating bile."

Uphof (1968, p. 229) "Leaves and flower heads are used for the treatment of indigestion. Sold in markets under the name of Hojase in some parts of the S.W. United States."

Vines (1960, pg. 993) "In Mexico, a decoction is made from the leaves and flower heads as a remedy for indigestion, and is also used for female ailments."

Foeniculum vulgare L.

APIACEAE

Spanish common name -- hinojo
English common name -- sweet fennel

Collected from *Herbario y Centro Naturista* (#84) and Juan Vazquez Rosario, pers. comm. (#152).

Hierberia Divina Providencia, *Hierberia Cortez*, and *Hierberia Tolteca* -- An infusion of the flowers, leaves and seeds is carminative.

Ademas (n.d.) Decoction is for flu.

Arias and Costas (n.d.) The seeds are used in infusion as a carminative and stomachic.

Atzin (n.d.) Used to cure headaches. The plant is aperitif, carminative, diuretic, emmenagogic, and promotes lactation.

Bompard (1964) The seeds are emmenagogic and promote lactation.

Carvajal (n.d.) The seeds are carminative.

Dorfler and Roselt (1989) The fruits are aperitif, carminative, expectorant, laxative, and sedative.

Foster and Duke (1990) The seeds and decoction of leaves is diuretic, carminative, expectorant, and laxative; for infant colic and to augment lactation.

Gonzalez F. (1979) An infusion of the leaves is for stomach aches.

Grieve (1967 pg. 296) "On account of its aromatic and carminative properties, Fennel fruit is chiefly used medicinally with purgatives to allay their tendency to griping..."

Hierbas Medicinales (n.d.) carminative.

Linares et al (1988) An infusion of the plant is calminative and carminative.

El Libro Supremo (n.d.) An infusion of leaves is carminative, diuretic, and renal tonic; augments lactation and destroys obstructions in the mammary glands.

Malaga (n.d.) Leaves are diuretic and emmenagogic.

Martinez (1969) The leaves, fruits and roots (sometimes) are employed as a stimulant and carminative and to combat colic.

Pampa (n.d.) The leaves are carminative and diuretic.

Reader's Digest (1986, p. 180) "A tea made from its crushed seeds is used to treat indigestion and cramps."

Sanchez C. (1981) The leaves are for inflammation of the throat and for augmenting lactation.

Uphof (1968, p.230) "Fruits used medicinally and in home remedies, being stomachic, carminative, stimulant, prevents colic in infants."

Wood (1926) The plant is "a grateful aromatic carminative."



Foeniculum vulgare L



Fucus vesiculosus L.

Fucus vesiculosus L.

FUCACEAE

Spanish common name -- fucus

English common name -- black tang, bladder wrack, sea
ware

Collected from *Herbario y Centro Naturista* (#117).

Juan Vazquez Rosario, *pers. comm.* -- An infusion of the plant is used to control obesity.

Hierberia San Martin Caballero -- An infusion of the plant is used to control obesity.

Grieve (1967 pg. 111) "It has alterative properties, has been used in scrofula, and is thought by some authorities to reduce obesity through stimulating the thyroid gland."

Manfred (1966) For escrofula and syphilis. Used to assist in weight loss. High in vitamin content.

Uphof (1968) "Considered antiscorbutic; used for goiter; for the treatment of obesity and as alterative."

Gaultheria acuminata Schl. et Cham.

ERICACEAE

Spanish common name -- axocopaque

English common name -- wintergreen

Collected from *Herbario y Centro Naturista* (#63).

Hierberia Divina Providencia -- An infusion of the leaves is antirheumatic, and antiseptic; used as a wash externally.

Atzin (n.d.) The infusion is useful as a diuretic and a laxative. An infusion of the leaves in tincture with some lemon juice may be applied externally for rheumatic pain.

Martinez (1969) The leaves are considered to be analgesic, antiseptic, antirheumatic, and aromatic.



Gaultheria acuminata Schl. et Cham.



Gnaphalium obtusifolium L.

Gnaphalium obtusifolium L.

ASTERACEAE

Spanish common name -- gordolobo

English common name -- cudweed, everlasting

Collected from *Hierberia San Juan* (#2), *Herbario y Centro Naturista* (#81), and *Hierberia San Martin Caballero* (#169).

Hierberia Divina Providencia -- An infusion of the whole plant is useful for coughs and bronchitis; expectorant.

Hierberia San Martin Caballero -- An infusion of the whole plant is for the treatment of coughs and lung affectations.

Arias and Costas (n.d.) The flowers, in infusion, are emollient, pectoral, and vulneary.

Atzin (n.d.) Infusion of the plant calms cough and throat pain and combats colds. The plant possesses antidiysenteric and antitussive properties.

Cabrera (n.d.) A decoction of *Gnaphalium indicum* is antitussive and expectorant, and stimulates circulation of blood through the alveoli of the lungs.

Foster and Duke (1990) The leaves and flowers are used for affectations of the respiratory system and upset stomach; antispasmodic, diuretic, and sedative.

Gonzalez S. (1979) Thd young twigs and leaves are used to combat whooping cough.

Linares *et al* (1988) A decoction cures cough and is sudorific.

Martinez (1969) The plant is used for its emollient and pectoral properties. It is recommended for the control of throat pain and occasionally for bronchitis.

Sanchez C. (1981) An infusion of is used for throat coughs and for bronchitis. The vapors of the infusion are useful for same.

Uphof (1968, pg. 247) "Herb was used by the Indians for intestinal and pulmonary catarrh; also for fomentation of bruises. Plant is supposed to be anodyne."

Wood (1926) *Gnaphalium margaritaceum* is used for intestinal and pulonary catarrh.

Guazuma tomentosa HBK.

STERCULIACEAE

Spanish common name -- guazima, guazimo

English common name -- cablote, tablote, guacima

Collected from *Hieberia y Centro Naturista* (#82) and *Hierberia San Martin Caballero* (#187).

Hierberia Divina Providencia -- An infusion of the fruits is antitussive.

Hierberia Tolteca -- An infusion of the fruits is pectoral.

Altschul (1973, pg. 190) "Fruit taken in tea for "kidney trouble"."

Hederic (1919, pg. 295) "The fruit is filled with mucilage."

Pesman (1962) *Guazuma ulmifolia* yields medicinal preparations.

Sanchez C. (1981) The fruit fortifies and helps hair grow when used in a wash.

Uphof (1968, p. 255) Bark of *Guazuma ulmifolia* "formerly used for asthma, at the present as a remedy for promoting hair growth."



Guazuma tomentosa HBK.



Haematoxylon brasiletto Karst.

Haematoxylon brasiletto Karst.

FABACEAE

Spanish common name -- palo brasil
English common name -- Brasilwood

Collected from Juan Vazquez Rosario, *pers. comm.* (#139).

Hierberia Divina Providencia -- An infusion of the wood dissolves kidney stones; is mixed with *colcomeca* to aid in losing weight. The infusion is also used as an analgesic and calminative.

Herbario y Centro Naturista -- Often used as an astringent to cure diarrhea in children and for bleeding gums.

Gonzalez S. (1979) The stems and the leaves in infusion are for kidney and bladder pain.

Martinez (1969) The plant is used to clean teeth.

Hartmannia rosea (Ait.) Don.

ONAGRACEAE

Spanish common name -- golpe
English common name -- hartmannia

Collected from Juan Vazquez Rosario, *pers. comm.* (#158).

Juan Vazquez Rosario, *pers. comm.* -- An infusion of the flowers and the leaves is used as a bath for cooling swollen feet.

Hierberia Divina Providencia -- An infusion of the flowers and the leaves is febrifuge.



Hartmannia rosea (Ait.) Don.



Heterotheca inuloides Cass.

Heterotheca inuloides Cass.

ASTERACEAE

Spanish common name -- arnica

English common name -- telegraph weed

Collected from *Hierberia Divina Providencia* (#29), *Herbario y Centro Naturista* (#62), and Juan Vazquez Rosario, pers. comm. (#144).

Hierberia Divina Providencia -- An infusion of the leaves and stems is used as a wash to clear acne, skin ulcers, and infections.

Juan Vazquez Rosario, pers. comm. -- An infusion of the leaves is used as a wash for poor skin, bruises, and infections.

Atzin (n.d.) An infusion of flowers is for bronchitis and is antipyretic. For hemorrhoids and bruises, an infusion of the whole plant is recommended. The plant possesses analgesic and antirheumatic properties.

Cabrera (n.d.) The whole plant in tincture is used as a compress to heal "strikes."

Hierbas Medicinales (n.d.) The plant is considered to be antipyretic and antidysenteric.

Linares et al (1988) An infusion of the plant is applied as a wash for piles.

Martinez (1969) The "heads" are used and applied in tincture to contusions and bruises.

Hibiscus sabdariffa L.

MALVACEAE

Spanish common name -- jamaica

English common name -- jamaica sorrel, roselle

Collected from *Herbario y Centro Naturista* (#87).

Hierberia Cortez -- An infusion of the flowers is febrifuge.

Herbario y Centro Naturista -- Considered to be diuretic and mildly laxative.

Hederic (1919, pg. 304) The flowers are "fermented into a cooling beverage."

Manfred (1966) An infusion of the flowers is used as a refreshing drink.

Schauemburg and Paris (1977, pg. 292) "An acid tonic, well tolerated by patients with fever. It is also used to give medicines an acidic flavour."

Uphof (1968, p. 268) "Red fleshy calyx used for jellies and sauces."



Hibiscus sabdariffa L.

Ipomoea purga Hayne.

Ipomoea purga Hayne.
= (*Exogonium jalapa* Nutt. and Coxe.)

CONVOLVULACEAE

Spanish common name -- hojas de jalapa
English common name -- jalap

Collected from *Hierberia Cortez* (#50).

Hierberia Flor de Mexico -- An infusion of the root is purgative.

Hierberia Cortez -- An infusion of the root is laxative.

Atzin (n.d.) The root is used as an emetic and vermifuge.

Bompard (1964) A drastic purgative and vermifuge for certain intestinal parasites.

Uphof (1968, pg. 283) "Dried tuberous root is used medicinally, being purgative, hydragogue and cathartic."

Jatropha dioica Sess.

EUPHORBIACEAE

Spanish common name -- drago, sangre de drago
English common name -- rubber plant

Collected from *Hierberia Divina Providencia* (#16), *Herbario y Centro Naturista* (#76), and *Hierberia San Martin Caballero* (#172).

Hierberia Divina Providencia -- An infusion of the plant is used as a wash which prevents hair from falling out.

Hierberia San Martin Caballero -- An infusion of the plant is astringent.

Herbario y Centro Naturista -- A wash of the plant used for bleeding gums by rural people. The fresh open root may be used to massage the gums directly.

Altschul (1973, pg. 161) "Tea used to tighten teeth, invigorate hair."

Gonzalez F. (1979) To prevent loss of hair or cure varicose veins, use a wash of the infusion of the root. Chew the root to reinforce the teeth in the gums. The macerated root is applied directly to skin spots to cure them.

Vines (1960, pg. 623) "The juice has astringent properties and is for hardening the gums, for skin eruptions, sores, dysentery, hemorrhoids, and venereal diseases, to prepare a gargle for sore throat, as a wash to restore and give luster to hair, and to remove stains from teeth. The roots are also chewed to relieve toothache."



Jatropha dioica Sess.



Juglans regia L.

Juglans regia L.

JUGLANDACEAE

Spanish common name -- nogal
English common name -- English walnut

Collected from *Herbario y Centro Naturista* (#94) and Juan Vazquez Rosario, pers. comm. (#146).

Hierberia Divina Providencia -- An infusion of the bark improves the circulation of the blood and is used for kidney and urinary problems.

Herbario y Centro Naturista -- The infusion is a tonic for the blood and renal system and a wash helps to prevent hair loss.

Arias and Costas (n.d.) The bark is considered to be calminative, sudorific, and vermifuge.

Atzin (n.d.) An infusion of the bark purifies the blood, and cures conjunctivitis and tonsillitis.

Cabrera (n.d.) The bark of *Juglans mexicana* is used in decoction as an antibiotic and a purgative.

Carvajal (n.d.) The fruit is astringent.

Dorfler and Roselt (1989) The leaves are astringent.

El Libro Supremo (n.d.) An infusion of the leaves is used against scrofula and as a blood purifier.

Malaga (n.d.) An infusion of the leaves is used for cough.

Martinez (1969) The leaves are used as against scrofula and as a vaginal wash.

Uphof (1968, p. 289) "Hulls of fruits are used medicinally as astringent; in home remedies employed for "cleaning" the blood, as astringent, antiscrophulosum and for intestinal worms."

Vines (1960, pg. 126) "A decoction of the inner bark of the root (of *Juglans cinerea*) was once used as a cathartic."

Wood (1926) *Juglans cinerea* is a mild cathartic and laxative.

Juliana adstringens Schl.

JULIANACEAE

Spanish common name -- cuachalalate, cuacharalate

English common name -- juliana

Collected from *Hierberia Divina Providencia* (#24), *Herbario y Centro Naturista* (#70), and Juan Vazquez Rosario, pers. comm. (#160).

Hierberia Divina Providencia -- An infusion of the bark and wood is gargled to strengthen the gums.

Herbario y Centro Naturista -- An infusion is used for gastric and peptic ulcers.

Atzin (n.d.) An infusion of the bark controls typhoid fever and gastric ulcers. The infusion is also used as a vaginal wash and to correct "deviation of the womb."

Martinez (1969) A wash of the infusion of the root is used for animal bites and as a gargle to strengthen gums.



Juliana adstringens Schl.



Kohleria deppeana (Schl. et Cham.) Fritsch.

Kohleria deppeana (Schl. et Cham.) Fritsch.

GESNERIACEAE

Spanish common name -- tlachinchinole

English common name -- kohleria

Collected from *Hierberia Divina Providencia* (#31), *Herbario y Centro Naturista* (#110) and Juan Vazquez Rosario, pers. comm. (#161).

Hierberia Divina Providencia -- An infusion of the leaves and the stems is prepared with *golondrina* and *creolina* to be used as a wash for ulcers of the womb.

Hierberia Oaxaquena -- An infusion of the leaves and the stems is used for ulcers and diarrhea.

Martinez (1969) An infusion of the leaves and the flowers are used to cure inflammation of the gastrointestinal tract, ulcers and chronic diarrhea. The same infusion is also used as an ulcer and vaginal wash.

Larrea tridentata (DC.) Cav.

ZYGOPHYLLACEAE

Spanish common name -- gobernadora
English common name -- creosote bush

Collected from *Hierberia Cortez* (#51), *Herbario y Centro Naturista* (#80), and *Hierberia San Martin Caballero* (#178).

Hierberia San Juan -- An infusion of the leaves and the stems helps to calm the stomach and break down kidney stones.

Hierberia San Martin Caballero -- An infusion of the leaves is used as an antiseptic and vulnerary and, when imbibed, for kidney stones.

Herbario y Centro Naturista -- An infusion of the leaves is antiseptic and fungicidal and is used for skin infections.

Altschul (1973, pg. 127) "Leaves resinous - considered diuretic, and, in decoction said to be superior remedy in disuria etc."

Atzin (n.d.) Used for kidney stones and to control rheumatism.

Gonzalez F. (1979) An infusion of the leaves is for stomach aches and kidney stones and is used to wash wounds, skin infections and bruises. The plant is also antirheumatic.

Gonzalez S. (1979) An infusion of the leaves is for stomachaches and kidney pains; the leaves are powdered and snuffed for sea-sickness; a fomentation of leaves is applied for rheumatism.

Mabberly (1989, pg. 316) The "twigs steeped in boiling water (will) yield (an) antiseptic lotion."

Martinez (1969) The leaves are used for skin problems. An infusion dissolves kidney stones.

Reader's Digest (1986, p. 137) Used as "an antitussive, an antiarthritic, and a cancer remedy..."

Sanchez C. (1981) The crushed leaves are put into shoes to cure athlete's foot and bad foot odors. The same is used in tea for the kidneys. A wash of the infusion is for acne and a bath with the leaves before bed will relieve rheumatic pain during sleep.

Uphof (1968, p. 302) A decoction of the twigs and the leaves of *Larea mexicana* is a source of "an antiseptic lotion; used for sores and wounds of men and domestic animals." The "plant is employed in some parts of Mexico for rheumatism. Decoction of leaves is used in baths and fomentations."

Vines (1960, pg. 574) "Extractions from the leaf were formerly used as an antiseptic dressing for cuts, bruises, and sores of both domestic stock and human beings. It is also employed as a treatment for rheumatism, venereal diseases, tuberculosis, and intestinal disorders, and used as an emetic."



Larrea tridentata (DC.) Cav.



Lavandula sp. L.

Lavandula sp. L.

LAMIACEAE

Spanish common name -- alucema
English common name -- lavender

Collected from Juan Vazquez Rosario, pers. comm. (#149).

Hierberia Divina Providencia -- An infusion of the flowers is antipyretic and relieves "air" in the stomach.

Juan Vazquez Rosario, pers. comm. -- An infusion of the flowers is used as a "female" wash.

Manfred (1966) An infusion of *Lavandula vera* is used to wash clothes with to impart a pleasant scent. Is also taken as calminative, emmenagogue, and nervine.

Uphof (1968, pg. 304) Several species of *Lavandula* are medicinal. Some uses of note are: *Lavandula latifolia* for "home remedies as emmenagogue and abortive;" *Lavandula officinalis* for its use as a "mild stimulant (and) carminative;" and *Lavandula stoechas* for "cramp, asthma and lung ailments."

Leucophyllum texanum Benth.

SCROPHULARIACEAE

Spanish common name -- cenizo, hierba ceniza

English common name -- Texas silverleaf

Collected from *Herbario y Centro Naturista* (#68), Juan Vazquez Rosario, pers. comm. (#143) and *Hierberia San Martin Caballero* (#188).

Hierberia Flor de Mexico -- An infusion of the leaves and twigs is used as a wash to cure hepatitis.

Hierberia Divina Providencia -- An decoction of the leaves and twigs is used for affectations of the liver and bile.

Arzeni and Spessard (1971) The plant is used for chills and fevers.

Gonzalez E. (1981) A tea prepared from the leaves is frequently used medicinally.

Gonzalez F. (1979) An infusion of the leaves is used as a wash for cutaneous affectations. The infusion of leaves is taken for blood tonic. An infusion of the leaves and the stems is for anemia, asthma, bladder problems, and coughs. The plant is cholagogic.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves is for asthma, coughs, jaundice, the liver, rheumatic pain, skin problems, and stomach pains.

Gonzalez S. (1979) An infusion of the plant is used as a wash to cure hepatitis and jaundice.

Martinez (1969) The plant is used to combat fever and liver ailments.

Sanchez C. (1981) The plant is used to calm coughs and dispel weakness. It is used against asthma, bile, hepatitis, and jaundice.

Vines (1960, pg. 920) For *Leucophyllum frutescens*: "It is used by the Mexican Indians for the treatment of chills and fever."



Leucophyllum texanum Benth.



Linum usitatissimum L.

Linum usitatissimum L.

LINACEAE

Spanish common name -- linaza

English common name -- common flax plant

Collected from *Herbario y Centro Naturista* (#89) and Juan Vazquez Rosario, pers. comm. (#136).

Hierberia Divina Providencia -- An infusion of the seeds is antidiysenteric.

Herbario y Centro Naturista -- An infusion is antidiysenteric, aperient, and mildly laxative; useful for skin affections.

Cabrera (n.d.) A decoction of the seeds is demulcent and antidiysenteric and can be used to cleanse the skin to cure inflammation and itches.

Dorfler and Roselt (1989) The seeds are laxative and are used in poultice for excema and burns.

Foster and Duke (1990) An infusion of the seeds is emollient to the mucous membranes. The seeds are considered to be antiinflammatory, antirheumatic, febrifuge, and laxative.

Grieve (1967 pg. 318) "Emollient, demulcent, pectoral."

Hierbas Medicinales (n.d.) The seeds are for gastroenteritis, stomach problems, dysentery, kidney inflammation, and urinary problems in general.

Manfred (1966) Flour made from seeds is used in poultice to cool the chest and for pains in general. The seeds are used as a purgative and laxative. A decoction of the seeds cures chronic diarrhea.

Reader's Digest (1986, p. 186) "A soothing mucilage obtained from the seed is used externally as a poultice for boils and burns, and internally as a demulcent, soothing inflamed or irritated mucous membranes, and as a laxative."

Sarkis (1985) The seeds are for hypertension, intestinal irritation, excema and rheumatism.

Schauemburg and Paris (1977) The seeds are laxative, soothing, and pain-relieving.

Uphof (1968, p. 314) "Dried ripe seeds used medicinally, being demulcent, emollient; used internally as demulcent, laxative; externally for scalds and burns. Contains a mucilage."

Litsea novoleontis Bartlett.

LAURACEAE

Spanish common name -- laurel
English common name -- litsea

Collected from *Herbario y Centro Naturista* (#88) and *Hierberia San Martin Caballero* (#199).

Hierberia Divina Providencia -- An infusion of the leaves is used as an antitussive and to strengthen the throat.

Hierberia Tolteca -- An infusion of the leaves is used as a calminative, carminative, and pectoral.

Hierberia San Martin Caballero -- An infusion is used for affectations of the throat and chest.

Arias and Costas (n.d.) The leaves are antispasmodic, carminative, and stomachic. Used superficially as a resolute wash to calm rheumatic pain.

Atzin (n.d.) The plant is bitter tonic, calminative, expectorant, sudorific, and resolute.

Foster and Duke (1990) For *Litsea benzoin*: A tea of berries is for coughs, cramps; the bark is sudorific, purifies blood.

Gonzalez S. (1979) An infusion of leaves is used to calm coughs and relieve headaches.

Lewis (1977) The leaves used in tea as stimulant.

Linares et al (1988) The smoke from the burning plant will cure paralysis and the decoction is used as a wash.

Martinez (1969) The leaves are a popular condiment, their infusion is used for colic.

Sanchez C. (1981) A decoction of the leaves is for colic and is used to refresh the respiratory tract in general.

Uphof (1968, p. 317) "Induces perspiration."

Vines (1960, pg. 294) For *Litsea benzoin*: "The leaves, twigs, bark, and fruit contain an aromatic oil which was made into a fragrant tea by the pioneers. The bark is aromatic, tonic, astringent, stimulant, and pleasant to chew."



Litsea novoleontis Bartlett.

Lophophora williamsii (Lem.) Coult.

CACTACEAE

Spanish common name -- peyote

English common name -- peyote

Encountered fresh at *Hierberia Divina Providencia*.

Hierberia Divina Providencia -- An infusion or tincture of the whole plant is effective as an analgesic, antirheumatic, and general tonic.

Gonzalez F. (1979) A plaster of the macerated root and stem with alcohol is applied for rheumatism, macerated stem is applied locally for toothaches. Maceration in water is taken as febrifuge.

Gonzalez S. (1979) The plant possesses antirheumatic properties.

Martinez (1969) The whole plant is used as a cardiac tonic and it also kills pain, fatigue, and hunger.

Uphof (1968, p. 319) "Contains a narcotic substance, anhalonin, an alkaloid, causing remarkable visions, hallucinations and a feeling of well-being."

***Marrubium vulgare* L.**

LAMIACEAE

Spanish common name -- marrubio

English common name -- common horehound

Collected from *Hierberia Cortez* (#46), *Herbario y Centro Naturista* (#116), and *Hierberia San Martin Caballero* (#168).

Hierberia Divina Providencia -- An infusion of the flowers, leaves, and stems is useful for weight loss and diabetes. The infusion is stomachic.

Hierberia Flor de Mexico -- An infusion of the flowers and leaves is pectoral and stomachic.

Arias and Costas (n.d.) The plant possesses emmenagogue, stomachic, and tonic properties.

Atzin (n.d.) The infusion, being bitter tonic, regulates digestion and may be used as a wash for falling hair. The infusion is also antitussive and emmenagogic.

Foster and Duke (1990) The plant is used for coughs, bronchitis, sore throats, stomach and gal bladder disorders, jaundice, hepatitis; the plant is considered to be cholagogue, expectorant, and vulnerary.

Gonzalez F. (1979) The plant is used in infusion to cure *sustos* (frights) and to cure stomachaches; the infusion is a febrifuge.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves and the stem is for coughs, stomach pains, diarrhea, colic, and constipation.

Gonzalez S. (1979) The leaves in infusion are used to calm coughs, stomachaches, colic and diarrhea.

Grieve (1967 pg. 416) "It may, indeed, be considered one of the most popular pectoral remedies, being given with benefit for chronic cough, asthma, and some cases of consumption."

Hederic (1919, pg. 355) "Medicinal for coughs."

Hill (1952, p. 256) "The dried leaves and flowering tops are used medicinally." "It is a favorite domestic remedy for breaking up colds, and is also used for rheumatism, dyspepsia, and other ailments."

Krochmal (1973) The plant is used to treat coughs, colds, asthma, diarrhea, menstrual irregularities, kidney ailments.

Linares et al (1988) The plant is useful for the treatment of coughs, intestinal worms, and as febrifuge, antispasmodic, diuretic and astringent.

El Libro Supremo (n.d.) The plant is diuretic, expectorant and sudorific.

Mabberly (1989, pg. 358) A "much used medicinal herb as tea."

Malaga (n.d.) An infusion is for chronic bronchial asthma.

Manfred (1966) The plant used for its expectorant, febrifuge, and pectoral properties.

Martinez (1969) Breath in vapors of tea to control catarrh; dring tea for expulsion of intestinal worms. The plant is antispasmodic, astringent, diuretic, and febrifuge; it is good for asthma, obesity, and liver ailments, particularly of the bile gland.

Reader's Digest (1986) The plant possesses bitter tonic, expectorant, laxative, and sedative properties.

Sanchez C. (1981) The infusion is used as an ulcer and vaginal wash and for bad kidneys and rheumatism.

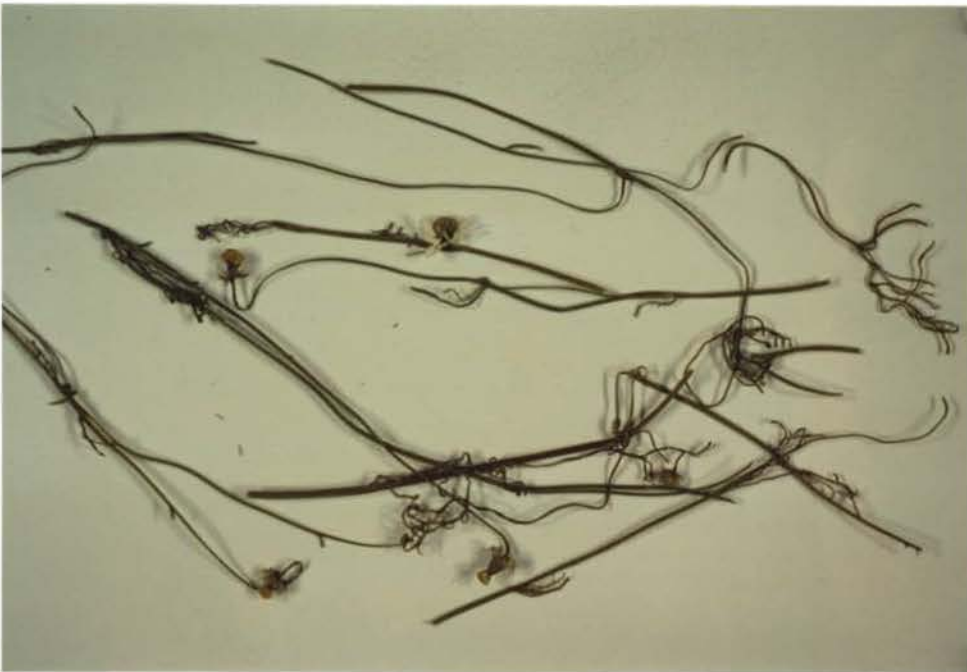
Schauemburg and Paris (1977) The plant is expectorant.

Uphof (1968, p. 332) "A tea from the dried, bitter herb is used as home remedy for debility and colds; is expectorant and promotes perspiration; in large doses it is laxative." "Much used in certain candies; used for coughs and to relieve sore throat."

Wood (1926) The plant is tonic and, in large doses, laxative. It is used to combat bronchitis resulting in copious expectoration.



Marrubium vulgare L.



Matricaria chamomilla L.

Matricaria chamomilla L.

ASTERACEAE

Spanish common name -- manzanilla

English common name -- chamomille

Collected fresh from a man on the street selling medicinal plants (#56) and from *Hierberia San Martin Caballero* (#181).

Hierberia San Martin Caballero -- An infusion of the whole plant is used as a carminative for infants.

Hierberia Divina Providencia -- An infusion of the flowers is used to control colic of infants.

Herbario y Centro Naturista -- An infusion of the plant is used in many ways; for menstrual ache, to clean the skin, as eye and nose drops, and for congestion.

Arias and Costas (n.d.) The flowers are used for their antispasmodic, carminative, emmenagogue, febrifuge, purgative, stimulant, tonic, and vermifuge properties. The dried flower heads may be pulverized and mixed with oil and applied to arthritic or rheumatic joints to relieve pain.

Atzin (n.d.) An infusion is bitter tonic, carminative, and emmenagogue. The infusion is also used as a wash in cases of conjunctivitis or as a vaginal wash in unspecified cases.

Bompard (1964) An infusion is carminative.

Cabrera (n.d.) The plant is a bitter tonic for those who are in a debilitative state of amenia. It is also considered to be an antispasmodic and tonic for the digestive tract, carminative, and emmenagogic. A wash of the plant is used as a douche and for the eyes in cases of conjunctivitis.

Carvajal (n.d.) An infusion of the plant is bitter tonic, carminative, and stomachic. The flowers are febrifuge.

Dorfler and Roselt (1989) The flowering heads are antiinflammatory, antispasmodic, and carminative.

Foster and Duke (1990) The flowers are used in a tea for arthritis, colds, colic, cramps, diarrhea, fevers, flu, gout sciatica, headaches, insomnia, and indigestion.

Gonzalez F. (1979) An infusion of whole plant is for stomachaches and is tonic for the kidneys.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves and the stem is used to cure stomachaches and colic of children.

Gonzalez S. (1979) An infusion of the whole plant is used to cure colic, diarrhea, and stomachaches.

Grieve (1967 pg. 188) "Carminative, sedative and tonic." "It proves useful during dentition in cases of earache, neuralgic pain, stomach disorders and infantile convulsions. The flowers may also be used externally as a fomentation."

Hill (1952, p. 257) "Infusions of chamomile are used as tonics and gastric stimulants."

Hierbas Medicinales (n.d.) An infusion of the flowers and stems is used as a gargle to alleviate irritation of the throat and mouth. An infusion of the flowers and the stems possesses antispasmodic, bitter tonic, blood tonic, calminative, and carminative properties.

Lewis (1977, pg. 374) "Widely cultivated for bitter tonic tea."

El Libro Supremo (n.d.) The flowers are antispasmodic, emmenagogue, febrifuge, stimulant, and tonic. The whole plant is carminative, cathartic, and laxative.

Linares et al (1988) An infusion is used against stomach pain and to wash children's eyes.

Malaga (n.d.) An infusion of leaves is used for spasmodic colic.

Martinez (1969) The flowers are employed in an infusion for the control of spasms, colic and nervous gastritis. The flowers possesses stomachic, sudorific, and tonic properties.

Reader's Digest (1986) An infusion is anti-inflammatory, antispasmodic, and sedative.

Sanchez C. (1981) The plant is used to cure stomachaches, and as emetic. It is also used for sexual impotence.

Sarkis (1985) The infusion is used for child-birthing, colic, diarrhea, kidneys, menstruation, and stomachache.

Schauemburg and Paris (1977) The plant possesses antiallergic, antispasmodic, carminative, emollient, stomachic, and vulnerary properties.

Uphof (1968, p. 334) "Source of an aromatic and bitter tea; used in home remedies as anthelmintic and antispasmodic. Dried flowerheads are used medicinally as stimulant, diaphoretic, carminative, nervine."

Wood (1926) The plant is antispasmodic, anthelmintic, and a mild tonic; emetic in large doses.

Mentha piperita L.
Mentha spicata L.

LAMIACEAE

Spanish common name -- menta, mentha
English common name -- peppermint, spearmint, mint

Collected fresh from *Hierberia San Juan* (#3) and a man on the street selling medicinal plants (#52).

Hierberia Divina Providencia and *Hierberia Oaxaquena* -- An infusion of the leaves is carminative and calminative.

Herbario y Centro Naturista -- An infusion is carminative.

Hierberia San Martin Caballero -- An infusion is carminative.

Alcorn (1984) The plant is used to relieve gastrointestinal pain. It is also used during childbirth.

Arias and Costas (n.d.) An infusion of the leaves is useful for insomnia, nerves and loss of appetite.

Dorfler and Roselt (1989) The leaves are anticonvulsive, antidiarrhoetic, carminative, and cholagogue.

Foster and Duke (1990) *Mentha piperita* is for fevers, colds, headaches, and insomnia; it is calminative and carminative. *Mentha spicata* is antiseptic, antispasmodic, carminative, and stomachic.

Gonzalez F. (1979) An infusion of the leaves and the stems is for stomachaches, digestion, and chills.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves is emmenagogue; the stem and leaves is for stomach pains.

Gonzalez S. (1979) *Mentha sp.* is used as a barrier for *sustos* (frights). *Mentha spicata* stems and leaves in infusion are for the stomach, menstrual colic, and to alleviate influenza.

Hierbas Medicinales (n.d.) The plant is antidysenteric and carminative.

Krochmal (1973) The plant is used for colic, diarrhea, indigestion, and neuralgia; it is stimulant. A poultice of the plant is used for rheumatism.

El Libro Supremo (n.d.) The plant is considered to be calminative and carminative.

Mabberly (1989) *Mentha spicata* is mentioned as being medicinal.

Macmillan (1956, p. 361) Oil of *Mentha piperita* is antiseptic, stimulant and carminative.

Manfred (1966) A tea of *mentha* and *manzanilla* subdues asthma attacks. A mix of the infusion with vinegar is used in cases of vomiting with blood. The infusion is a remedy for insomnia.

Ramirez (1989) The leaves are for colic, insomnia and the nervous system.

Reader's Digest (1986) The plant is carminative.

Sanchez C. (1981) The plant is used as a condiment. It possesses calminative properties.

Sarkis (1985) *Mentha sp.* is for colic.

Uphof (1968, p. 342) *Mentha piperita* is "used medicinally, being carminative, nervine, stimulant." *Mentha spicata* leaves and tops are "used medicinally, being a stimulant, carminative, nervine."

Wood (1926) *Mentha piperita* is an aromatic stimulant used to allay nausea, relieve spasmodic pains of the stomach and bowels, expel flatus, and cover the taste or nauseating quality of another medicine.



Mentha sp. L.



Mimosa malacophylla Gray

Mimosa malacophylla Gray

FABACEAE

Spanish common name -- charrasquilla
English common name -- mimosa

Collected from *Hierberia San Martin Caballero* (#194).

Hierberia Cortez -- An infusion of the leaves and twigs cures kidney ailments.

Hierberia Oaxaquena -- An infusion of the leaves and twigs is used for the bladder and kidney stones.

Herbario y Centro Naturista -- An infusion is taken to dissolve kidney stones.

Gonzalez S. (1979) The leaves and stems are used in infusion for kidney and bladder pain. The root in infusion with *caballos de maiz* is used for kidney ailments. An infusion is also good for stomach pains.

Sanchez C. (1981) The plant is used for insomnia and nerves in conjunction with *tila*, *cola de caballo*, and *pinguica*.

Sarkis (1985) *Mimosa sp.* is for asthma, insomnia, the kidneys, and toothaches.

Mimosa tenuiflora Poir.

FABACEAE

Spanish common name -- tepezcohuite
English common name -- mimosa

Collected from *Herbario y Centro Naturista* (#121) and Juan Vazquez Rosario, *pers. comm.* (#142).

Juan Vasquez Rosario, *pers. comm.* -- The powdered bark is applied to burns for relief and treatment.

Sarkis (1985) *Mimosa sp.* is for asthma, insomnia, the kidneys, and toothaches.



Mimosa tenuiflora Poir.



Ocimum basilicum L.

Ocimum basilicum L.

LAMIACEAE

Spanish common name -- albacar

English common name -- basil

Collected fresh from *Hierberia Cortez* (#38) and Juan Vazquez Rosario, pers. comm. (#147).

Hierberia Cortez -- An infusion of the leaves and stems is used as a calminative and stomachic. It is particularly good for headaches.

Herbario y Centro Naturista -- An infusion is carminative and sedative. The plant is "important in ritual curing" and is "very much used for *barridas* ("sweeps")."

Alcorn (1984) The plant is used for cardiovascular and neurological disorders.

Atzin (n.d.) An infusion of the plant is used for canker sores, headaches and rheumatism. The plant is considered to be antiparastic and emmenagogue.

Gonzalez F. (1979) An infusion of the leaves is for stomachaches, bad heart, *sustos*, "air" pains; the plant is calminative.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves and the stem is for discomfort of the heart, pains of "air", digestive problems, to combat coughs, and to calm the nerves.

Gonzalez S. (1979) An infusion of the whole plant is used to alleviate stomach pains, colds, and headaches.

Hierbas Medicinales (n.d.) The plant is used for headaches and as a renal tonic. It is considered to be antiparasitic, emmenagogue, and stimulant.

Linares et al (1988) The plant is used in infusion as a sudorific to combat fevers. It is also used for stomachaches.

Malaga (n.d.) An infusion of the plant is good for nausea and tuberculosis.

Manfred (1966) A decoction of the plant in warm wine augments lactation and is purgative.

Ramirez (1989) The leaves and the flowers are used in infusion as an antiparasitic and carminative.

Reader's Digest (1986, p. 92) An infusion of the leaves is used for "nausea, gas pains, and dysentery."

Sanchez C. (1981) The plant is used to cure *sustos*.

Sarkis (1985) The plant is used for earaches.

Schauemburg and Paris (1977) The plant possesses carminitive, gastric antispasmodic, and stomachic properties.

Uphof (1968) Used as a condiment and in cosmetics. *Ocimum micranthum* is used in El Salvador, where the leaves are put in the ears to relieve earaches.

Wood (1926) The plant is used as a condiment.

Olea europaea L.

OLEACEAE

Spanish common name -- olivo
English common name -- olive

Collected from Juan Vazquez Rosario, pers. comm. (#159).

Hierberia Divina Providencia -- An infusion of the leaves are febrifuge.

Herbario y Centro Naturista -- An infusion of leaves helps to combat high blood pressure.

Arias and Costas (n.d.) The leaves and the bark are used in infusion to clean ulcers of the skin.

Grieve (1967 pg. 599) "The leaves are astringent and antiseptic." "Both leaves and bark have valuable febrifugal qualities."

El Libro Supremo (n.d.) An infusion of the leaves is used as a febrifuge.

Manfred (1966) An infusion is bitter tonic and stimulant and is recommended for scarlet fever.

Pampa (n.d.) The pulverized leaves are used to cure canker sores.

Sanchez C. (1981) The leaves used for varicose veins.



Olea europaea L.



Origanum vulgare L.
Poliomintha versicolor Gray

Origanum vulgare L.

LAMIACEAE

Spanish common name -- oregano

English common name -- oregano

Origanum vulgare was collected from a man on the street selling medicinal plants (#54) and Juan Vazquez Rosario, pers. comm. (#156).

Hierberia Flor de Mexico -- An infusion of the leaves is used as a carminative. The crushed leaves are used in food.

Hierberia San Juan -- An infusion of the leaves is used as a carminative.

Herbario y Centro Naturista -- Both *Origanum* and *Poliomintha* are used extensively for coughs.

Alcorn (1984) Used for *sustos* ("frights").

Arias and Costas (n.d.) The plant is used as an aromatic, expectorant, stimulant, and stomachic.

Atzin (n.d.) The plant is antiparasitic, emmenagogue, expectorant, stomachic, and tonic.

Cabrera (n.d.) A decoction of the leaves is used for intestinal infections, intestinal worms, and dysentery.

Dorfler and Roselt (1989) The herbage is anticonvulsive, bitter tonic, cholagogue, emetic, and pectoral.

Gonzalez F. (1979) An infusion of the leaves and stem is for coughs.

Gonzalez S. (1979) An infusion of the leaves and stem is for bronchitis, calming colds, and as an antitussive.

Grieve (1967) The plant is carminative, diaphoretic, emmenagogue, and stimulant.

Hierbas Medicinales (n.d.) The plant is carminative and stomachic; it is used in compress for gangrene.

Mabberly (1989) Mentioned as being medicinal.

Manfred (1966) The plant is antispasmodic, emmenagogue, expectorant, and sudorific.

Martinez (1969) The plant is used as a condiment and as a sedative, a diffusive stimulant and an emmenagogue.

Pampa (n.d.) aromatic stomachic and antispasmodic.

Reader's Digest (1986) The plant is used for stomach disorders, as a diuretic and carminative.

Sanchez C. (1981) The plant is used for "air" pains. An infusion is used for coughs, stomachaches, and colic.

Schauemburg and Paris (1977) The plant possesses antispasmodic, carminative, diaphoretic, expectorant, and stomachic properties.

Uphof (1968, p. 376) "Used as a condiment and in home remedies, for intestinal pains, diseases of the air passages and toothache."

Wood (1926) *Origanum marjorana* is used chiefly as a condiment.

Passiflora edulis Sims.

PASSIFLORACEAE

Spanish common name -- pasiflora

English common name -- passion fruit, purple grenadilla

Collected from *Herbario y Centro Naturista* (#96).

Hierberia Divina Providencia -- An infusion is sedative.

Uphof (1968) Various species of this plant are considered to be medicinal for the nerves.



Passiflora edulis Sims.



Peumus boldus Molina

Peumus boldus Molina.

MONIMIACEAE

Spanish common name -- boldo

English common name -- boldo

Collected from *Hierberia San Juan* (#11), *Hierberia Divina Providencia* (#34), and *Herbario y Centro Naturista* (#65).

Hierberia Divina Providencia -- An infusion of the leaves is used for kidney and liver problems and as a carminative.

Hierberia Flor de Mexico -- An infusion of the leaves is employed as a cholagogue and general liver tonic.

Altschul (1973, pg. 77) "Leaves fragrant; infusion used for troubles of stomach and liver."

Arias and Costas (n.d.) Employed to combat congestion of the liver.

Atzin (n.d.) The leaves in infusion are used to cure some stomach ailments and are for liver and kidney affectations. The plant is bitter tonic, calminative, cholagogue, febrifuge, stimulant, and tonic.

Bompard (1964) An infusion stimulates the liver; is cholagogue.

Grieve (1967 pg. 118) "Tonic, antiseptic, stimulant. Useful in chronic hepatic torpor."

Malaga (n.d.) An infusion of the leaves is for hepatic colic and liver problems.

Martinez (1969) An infusion of the leaves is imbibed after meals to facilitate digestion. A fomentation of the leaves is applied as an antirheumatic. The plant is useful against liver infections.

Schauemburg and Paris (1977) The plant is bitter tonic and cholagogue.

Uphof (1968, p. 399) "Dried leaves are used medicinally as a mild diuretic, aromatic stimulant. Was formerly used in hepatic ailments."

Wood (1926) The plant possesses a volatile oil which is "used in man in the treatment of hepatic infections."

Pimpinella anisum L.

APIACEAE

Spanish common name -- anise

English common name -- anise plant

Collected from *Herbario y Centro Naturista* (#60).

Hierberia Oaxaquena -- An infusion of the fruits is carminative; the fruits are added as an ingredient to certain dishes.

Florera las Delicias -- The fruits are carminative.

Arias and Costas (n.d.) The seeds are carminative and stimulant.

Atzin (n.d.) The plant is used as a digestive aid, and for headaches; it is antispasmodic, antivomitory, aperitif, carminative, diuretic, and emmenagogic.

Cabrera (n.d.) An infusion of seeds is carminative and digestive tonic.

Dorfler and Roselt (1989) The fruits are antispasmodic, aperitif, carminative, and expectorant; they promote lactation.

Grieve (1967 pg. 41) "Carminative and pectoral."

Hierbas Medicinales (n.d.) The plant is carminative and stomachic.

Manfred (1966) The plant is carminative.

El Libro Supremo (n.d.) The seeds are used for stomach aches, ailments of the digestive tract, headaches, and vertigo.

Mabberly (1989) Mentioned as being medicinal.

Malaga (n.d.) The plant is carminative and purgative.

Martinez (1969) The plant is used as a carminative to relieve intestinal gas which leads to colic and may also be used to augment lactation.

Pompa (n.d.) The plant is carminative and stomachic.

Reader's Digest (1986, p. 87) The plant is carminative.

Schauemburg and Paris (1977) The plant is carminative, diuretic, expectorant, spasmolytic, and stomachic.

Uphof (1968, p. 406) "Ripe seeds used medicinally as a carminative, aromatic stimulant, diaphoretic." "Used in many home remedies."



Pimpinella anisum L.

The photo of *Poliomintha versicolor* is on page 120 with *Origanum vulgare*.

Poliomintha versicolor Gray

LAMIACEAE

Spanish common name -- oregano

English common name -- oregano

Collected from *Hierberia San Juan* (#4)

Poliomintha versicolor is used in the same exact manner as *Origanum vulgare*, and is, in fact, sold synonymously in the *mercados*.

Quassia amara L.

SIMAROUBIACEAE

Spanish common name -- cuasia

English common name -- bitter wood, surinam quassia

Collected from *Hierberia Divina Providencia* (#27) and *Hierberia Cortez* (#49).

Hierberia Divina Providencia -- The consumption of small amounts of the bark is considered to be cholagogic; it alleviates the accumulation of bile.

Hierberia Flor de Mexico -- An infusion of the wood combats diabetes.

Atzin (n.d.) The bark possesses bitter tonic, cholagogue, digestive tonic, diuretic, and laxative properties.

Cabrera (n.d.) The bark is used in infusion as a bitter tonic and cholagogue.

Hill (1952, p. 252) "Used as a tonic and in the treatment of dyspepsia and malaria."

Mabberly (1989, pg. 490) The plant is "source of bitters, vermifuge and poison in fly papers."

Malaga (n.d.) The plant is used for the liver and kidneys.

Manfred (1966) The bark and the root is used as a tonic to fortify the stomach and improve digestion.

Martinez (1969) The plant is considered to be stomachic. An infusion promotes gastric secretions. The plant is laxative against intestinal parasites.

Uphof (1968, p. 438) "Wood used medicinally, bitter stomachic, stimulates gastric functions; anthelmintic against pinworms."



Quassia amara L.



Quercus sp. L.

Quercus sp. L.

FAGACEAE

Spanish common name -- encino
English common name -- oak

Collected from Juan Vazquez Rosarion *pers. comm.* (#129).

Hierberia Divina Providencia -- An infusion of the bark is a good wash for the scalp.

Hierberia Oaxaquena -- An infusion of the bark is used as a gargle for bleeding gums.

Arias and Costas (n.d.) The bark, leaves and fruits are medicinal, being astringent, febrifuge, and tonic.

Atzin (n.d.) The bark in infusion is astringent, decongestant, and diuretic. It is for gingivitis, tonsillitis, intestinal hemorrhage, and gastric ulcers.

Cabrera (n.d.) The bark is astringent and a decoction is useful to cleanse the blood, the mouth, and the stomach. The decoction also cures hemorrhoids and ulcers.

Carvajal (n.d.) The bark is astringent and is used for gangrene, hemorrhoids and chronic diarrhea.

Foster and Duke (1990) A tea of the bark of *Quercus alba* is astringent.

Krochmal (1973) The bark of *Quercus alba* is for sore eyes and bleeding hemorrhoids.

El Libro Supremo (n.d.) The bark is astringent and is good for infections, as a styptic, and for uterine hemorrhage.

Malaga (n.d.) The bark is astringent and is used to combat gangrene, hemorrhoids, and chronic diarrhea.

Manfred (1966) The bark is used to calm nausea leading to vomitiation. The bark is discutient; gargling an infusion is good as an antiinflammatory of throat and mouth. Bathing the feet with the infusion dissipates bad odor, and sweat. The powdered bark is used for toothaches to ease pain.

Martinez (1969) The tea (of the bark) is good to calm the nerves and against diarrhea. It is supposedly good for cancer of the stomach and intestines.

Reader's Digest (1986) The bark of *Quercus alba* is astringent.

Sanchez C. (1981) The bark is chewed to harden the gums and used in infusion for diabetes.

Sarkis (1985) (The bark) is used for rheumatism and as a vaginal wash.

Uphof (1968) The bark contains tannins. Many species are used for their astringent properties.

Vines (1960, pg. 150) "The dried, powdered inner bark of this (*Quercus alba*) and other oaks has some medicinal value because of the quercitanic acid it contains. It is used almost solely as an astringent wash, or occasionally as an injection into leucorrhea or hemorrhoids."

Wood (1926) The bark of *Quercus alba* is astringent.

Rhamnus purshiana DC.

RHAMNACEAE

Spanish common name -- cascara sagrada

English common name -- bearberry, bearwood, cascara
buckthorn

Collected from *Hierberia Divina Providencia* (#33) and Juan Vazquez Rosario, pers. comm. (#140).

Hierberia Divina Providencia -- An infusion of the bark combats diabetes.

Hierberia San Martin Caballero -- An decoction of the bark is used as a purgative.

Herbario y Centro Naturista -- The main use is as a laxative in infusion.

Atzin (n.d.) The bark is laxative and febrifuge.

Grieve (1967 pg. 136) "Cascara sagrada is a mild laxative, acting principally on the large intestine." "It acts also as a stomachic tonic and bitter in small doses, promoting gastric digestion and appetite."

Hill (1952, p. 248) "Cascara is a tonic and laxative."

Krochmal (1973) The bark is laxative and tonic. The berries are laxative.

Mabberly (1989, pg. 499) The bark is a "source of commercial purgatives."

Macmillan (1956, p. 362) "Extract from bark forms a well-known aperient."

Manfred (1966) The plant is effective against chronic constipation and it clears lactation obstructions.

Reader's Digest (1986, p. 133) "Cascara sagrada is a key ingredient of many commercial laxatives."

Uphof (1968, p. 448) The "dried bark is used medicinally, being tonic, laxative, acts in the colon..."

Vines (1960) The drug cascara sagrada is obtained from this species.

Wood (1926) The bark is cathartic.



Rhamnus purshiana DC.



Rosmarinus officinalis L.

Rosmarinus officinalis L.

LAMIACEAE

Spanish common name -- romero
English common name -- rosemary

Collected fresh from *Hierberia Cortez* (#40), *Herbario y Centro Naturista* (#100), and *Hierberia San Martin Caballero* (#176).

Hierberia Cortez -- An infusion of the whole plant is calminative and deobstruent.

Hierberia Flor de Mexico -- An infusion of the whole plant is calminative and sudorific.

Hierberia Don Luis -- An infusion is for the nerves and is used superficially as a wash.

Altschul (1973, pg. 248) "(Used for rheumatism)" "Used medicinally as a tea."

Arias and Costas (n.d.) The plant is considered to be aromatic and stimulant. An infusion of the plant is used as a bitter tonic and sudorific.

Ademas (n.d.) The plant is emmenagogue and stomachic.

Atzin (n.d.) The plant is emmenagogue, it regulates digestion, combats asthma, influenza, vertigo, nervous tension, headaches, and rheumatism. A wash of the plant keeps hair from falling out.

Cabrera (n.d.) A decoction of the leaves is bitter tonic and emmenagogue.

Gonzalez F. (1979) An infusion of the leaves and the stem is for headaches and "air" pain.

Gonzalez S. (1979) An infusion of the leaves is for stomach aches; young leaves and stems in infusion are for diarrhea. A wash of the infusion is for rheumatic pain.

Grieve (1967 pg. 681) "Tonic, astringent, diaphoretic, stimulant. Oil of Rosemary has the carminative properties of other volatile oils and is an excellent stomachic and nervine, curing many cases of headache."

Hierbas Medicinales (n.d.) The plant possesses bitter tonic, carminative, and stimulant properties. It is used as a blood purifier, a heart and nerve tonic, and for affectations of the liver and kidneys.

Linares et al (1988) The plant is cholagogue and stomachic; a decoction is used as a douche, and a wash of the decoction can prevent loss of hair from head.

El Libro Supremo (n.d.) The plant is used as a febrifuge in infusion.

Mabberly (1989) Mentioned as being medicinal.

Manfred (1966) A poultice of the plant with oil is excellent for wounds. An infusion of the leaves is good for the nerves, is carminative, and emmenagogue.

Martinez (1969) The leaves are used in infusion as a stomachic. Hair may be washed with the infusion to prevent it from falling out; a wash of the infusion is used as a vaginal wash. The plant is good as a digestive stimulant.

Pampa (n.d.) An infusion of the plant is astringent and is used as a poultice for hemorrhoids.

Reader's Digest (1986, p. 285) "Pharmacologists find that oil of rosemary's use in diluted form as a carminative is valid."

Sanchez C. (1981) The plant is used to cure *sustos* (frights) in conjunction with *Schinus molle*.

Sarkis (1985) The plant is used for colds, toothaches, wounds, rheumatism, eyes, and heart.

Schauemburg and Paris (1977) The plant is considered to be antispasmodic, cholagogue, and stimulant.

Uphof (1968, p. 455) The oil is used medicinally, "being carminative, stimulant; for liniments as a rubefacient." A home remedy of the herb is the use of an infusion for the relief of nervous headaches.

Wood (1926) The plant is a gentle stimulant and emmenagogue. It is valued as a condiment.

Ruta chalepensis L.

RUTACEAE

Spanish common name -- ruda

English common name -- fringed rue

Collected fresh from *Hierberia Cortez* (#45) and *Herbario y Centro Naturista* (#101).

Hierberia Cortez -- An infusion of the leaves is used as abortifacient and an emmenagogue. The infusion cures earaches.

Ademas (n.d.) The infusion is used for colic.

Arias and Costas (n.d.) The plant is used in infusion as an emmenagogue.

Atzin (n.d.) The plant is used as an emmenagogue. An infusion calms gastritis and regulates the heart beat. It is used superficially as a wash for skin ulcers and to eliminate lice from hair.

Bompard (1964) The plant is abortifacient and emmenagogic.

Carvajal (n.d.) An infusion of the leaves is calminative and vermifuge.

Gonzalez F. (1979) The plant is antirheumatic when a tincture is applied to the affected area and for stomachaches and headaches when used in infusion.

Gonzalez S. (1979) The infusion of leaves combats diarrhea and menstrual pain. An infusion of the stems and the leaves is for stomach aches.

Gonzalez F. and Gonzalez S. (1980) An infusion of the leaves and the stems is used for stomach pains and to relieve appendicular pain.

Mabberly (1989) Mentioned as being medicinal.

Manfred (1966) A plaster of the plant is used as a rubifacient.

Martinez (1969) The leaves are used in infusion as an abortifacient and emmenagogue. Strong doses of the infusion may provoke gasteritis.

Pampa (n.d.) The plant is considered to be emmenagogic.

Ramirez (1989) The leaves and the flowers are antispasmodic and calminative. The wash of the infusion is used to cleanse the womb.

Sanchez C. (1981) The plant possesses emmenagogue properties.

Sarkis (1985) The plant is used for diarrhea, fractures/sprains/bruises, toothaches, earaches, gland inflammation, nerves, and rheumatism.

Uphof (1968, p. 461) The juice of the plant is "used as anthelmintic, emmenagogue and abortive."



Ruta chalepensis L.



Sambucus mexicana Presl.

Sambucus mexicana Presl.

CAPRIFOLIACEAE

Spanish common name -- sauco

English common name -- Mexican elderberry

Collected from Juan Vazquez Rosario, pers. comm. (#154).

Hierberia Tolteca -- An infusion of the flowers is stimulant and sudorific.

Herbario y Centro Naturista -- The infusion is frequently used for coughs.

Alcorn (1984) An infusion of the leaves and shoots is used for coughs.

Altschul (1973, pg. 291) The herb is for coughs. "Blossom used in medicinal drink."

Arias and Costas (n.d.) The flowers in infusion are used for colds. An infusion is used as a wash for skin infections.

Cabrera (n.d.) The flowers are used in the same manner as the leaves; in decoction as diaphoretic, emetic, purgative, and sudorific.

Gonzalez F. (1979) An infusion of the flowers is febrifuge; for whooping cough, indigestion.

Gonzalez S. (1979) A wash of the infusion of the flowers is used for inflammation.

Hierbas Medicinales (n.d.) A wash is used superficially for burns and piles.

El Libro Supremo (n.d.) The flowers are sudorific and resoluteive.

Manfred (1966) An infusion of the flowers is sudorific.

Martinez (1969) The flowers are employed as a stimulant and sudorific and are used externally as an antiphlogistic. Another common use is as an antitussive.

Pampa (n.d.) The juice of the leaves is emetic. The flowers are antiphlogistic and sudorific in fomentation.

Ramirez (1989) The flowers and leaves are used for chills, and colds and are considered to be diuretic and stimulant.

Sanchez C. (1981) Is used with *Cestrum nocturnum* for hills and hepatitis. Also used for coughs; the seeds are used for bronchitis.

Sarkis (1985) The plant is good in infusion for coughs, hypertension, and for the hair (as a wash).

Uphof (1968) The fruits of *Sambucus paruviana* are made into a syrup which is used in Peru to cure ulcers and for throat troubles. The leaves have excitant properties.

Wood (1926) The plant is considered to be both diaphoretic and diuretic. It is used as an alterative for syphilis and rheumatism.



Sassafras albidum (Nutt.) Nees.



Schinus molle L.

Sassafras albidum (Nutt.) Nees.

LAURACEAE

Spanish common name -- zarzafras, zarzafraz corteza
English common name -- common sassafras

Collected from *Hierberia Divina Providencia* (#22) and
Hierberia San Martin Caballero (#182).

Hierberia Divina Providencia -- An infusion of the bark of
wood is used to improve circulation and cure diabetes.

Foster and Duke (1990) A tea of the bark of the root
purifies the blood, is antirheumatic and stomachic, and
is for fevers, colds.

Grieve (1967, pg. 716) "Aromatic, stimulant,
diaphoretic, alterative."

Mabberly (1989) Mentioned as being medicinal.

Vines (1960, pg. 298) "The inner bark contains a
mucilaginous, aromatic, somewhat pungent, volatile oil
which is used medicinally. Mucilage of sassafras is
prepared from the pith of the root, and was formerly used
to soothe eye inflammations." "A hot tea, prepared from
various parts of the plant, is sometimes taken as a
sudorific, and in weaker portions as a pleasant
beverage."

Schinus molle L.

ANACARDIACEAE

Spanish common name -- pirul
English common name -- pepper tree

Collected fresh at *Hierberia San Martin Caballero* (#197) and fresh from a man on the street selling medicinal herbs (#55).

Juan Vazquez Rosario, *pers. comm.* -- A plaster of the leaves is used to combat and/or cure *sustos*, or "frights", and also aids in prayers.

Hierberia Cortez -- The leaves are used as ingredients in regional dishes and are considered to be both stomachic and deobstruent.

Hierberia Divina Providencia -- An infusion of leaves is gargled 3 times daily to cure "ulcers of the mouth."

Cabrera (n.d.) The leaf, bark, and resin is antiseptic and expectorant.

Gonzalez F. (1979) Used to cure *sustos*.

Gonzalez S. (1979) Used to cure *sustos*.

Linares *et al* (1988) The seeds are antirheumatic, astringent, carminative, diuretic, and styptic; used to clear film from eyes, strengthen the limbs, firm the gums and cure canker sores.

Manfred (1966) The plant is for colds and bronchitis if taken as infusion with brandy in the morning.

Martinez (1969) Use the fruit, leaf, or resin from the bark. The extract of the fruit or leaf is for the stomach, kidney and lungs. The resin from the bark is a dangerous purgative. The plant is also used as a defense against tuberculosis and to combat gonorrhoea.

Sanchez C. (1981) Used as an ingredient for curing *sustos*.

Uphof (1968, p.474) "Much used in local medicine. Powdered bark is used as a purgative for domestic animals."

Vines (1960, pg. 642) "The powdered bark or its decoction is used as a remedy for swollen feet and as a purgative in domestic animals; it is reported to have astringent and balsamic properties." "The leaves are chewed to harden the gums and to heal ulcers of the mouth." The leaves contain an emmenagogic glycoside.

Selaginella rupestris Spring.

SELAGINACEAE

Spanish common name -- flor de pena
English common name -- resurrection plant

Collected from *Herbario y Centro Naturista* (#79) and Juan Vazquez Rosario, pers. comm. (#135)

Hierberia Flor de Mexico, *Hierberia San Martin Caballero*, and *Hierberia Tolteca* -- An infusion of the whole plant is astringent and styptic.

Herbario y Centro Naturista -- The plant is employed against kidney stones.

Alcorn (1984) The plant is used in a diagnostic manner to predict the course of an illness.

Gonzalez F. (1979) An infusion of *Selaginella sp.* is applied as a wash to check hemorrhaging.

Gonzalez S. (1979) An infusion of the plant is used during difficult child-birth.

Mabberly (1989) The species is mentioned as being medicinal.

Sarkis (1985) The plant is used for lactation and internal hemorrhage.

Uphof (1968, p. 479) *Selaginella lepidophylla* is "used in some parts of Mexico as a diuretic."



Selaginella rupestris Spring.



Smilax sp. L.

Smilax sp. L.

SMILACACEAE

Spanish common name -- cacomeca, colcomeca
English common name -- green briar

Collected from Juan Vazquez Rosario, *pers. comm.* (#137).

Hierberia Divina Providencia -- An infusion of the bark aids in weight loss and in burning off fat.

Juan Vazquez Rosario, *pers. comm.* -- Good for dieting.

Herbario y Centro Naturista -- The roots are diuretic.

Alcorn (1984) The root is used for urinary and kidney pain.

Altschul (1973, pg. 32) "The bark at the base of the stem is macerated and applied to an aching toothe to stop toothache."

Mabberly (1989) Mentioned as being medicinal.

Macmillan (1956) The roots furnish a drug useful against rheumatism and gout.

Tagetes lucida Cav.

ASTERACEAE

Spanish common name -- yerbanis

English common name -- sweet marigold

Collected from *Herbario y Centro Naturista* (#113) and *Hierberia San Martin Caballero* (#195).

Hierberia San Martin Caballero -- An infusion of the leaves and the stems is calminative.

Hierberia Don Luis -- An infusion of the plant is sedative.

Alcorn (1984) An infusion of the shoot is taken in the morning for *sustos*, or "frights."

Altschul (1973, pg. 327) "Brewed as a tea (quite savory) for refreshment and for slight ailments." *Tagetes erecta* is an "annual with astringent pleasant odor."

Gonzalez F. (1979) An infusion of the plant is drunk after certain rituals for *sustos*.

Gonzalez S. (1979) A plaster of the plant is used for acne and an infusion of the plant is for colic and stomach pains

Linares et al (1988) An infusion expels influenza and cures fevers, clears film from eyes, evacuates the urine, calms coughs, is cathartic, augments lactation, and cures headaches.

Mabberly (1989, pg. 568) "hallucinogenic (agent unidentified but not alkaloidal)."

Sanchez C. (1981) The plant is employed against coldness.

Sarkis (1985) An infusion is used for menstruation.

Uphof (1968, p. 509) "...used as a condiment..." *Tagetes erecta* is emmenagogue and anthelmintic. *Tagetes minuta* is stomachic, carminative, diuretic and diaphoretic. *Tagetes multifida* is used as a diuretic.



Tagetes lucida Cav.



Talauma mexicana (DC.) Don.

Talauma mexicana (DC.) Don.
= (*Magnolia mexicana* DC.)

MAGNOLIACEAE

Spanish common name -- magnolia, yolochochitl
English common name -- Mexican magnolia

Collected from *Hierberia Divina Providencia* (#s 19 and 37) and
Herbario y Centro Naturista (#114)

Hierberia Divina Providencia -- An infusion of the petals of
the flowers is calminative and lowers high blood pressure.

Herbario y Centro Naturista -- An infusion of the flowers is
mainly used for heart conditions.

Cabrera (n.d.) An infusion of the flowers modifies the
pulse, augments cardiac contractions, improves
circulation, and diminishes problems of respiration.

Martinez (1969) An infusion of the flowers cheers the
heart and combats sterility. The petals are astringent
and antispasmodic while the seeds control paralysis.

Pesman (1962) The petals and the bark are good for heart
conditions.

Ramirez (1989) The root is used to purify the blood and
for anemia.

Uphof (1968, p. 509) "Bark is used in Mexico as domestic
medicine; for fevers, heart affectations, paralysis,
epilepsy."

Taraxacum officinale Weber.

ASTERACEAE

Spanish common name -- diente de leon

English common name -- dandelion

Collected from *Herbario y Centro Naturista* (#75) and *Hierberia San Martin Caballero* (#186).

Hierberia Cortez -- An infusion of the leaves is used as a wash to cure anal rash of infants.

Herbario y Centro Naturista -- This plant is used very seldomly in Nuevo Leon.

Altschul (1973, pg. 339) "Medicinal."

Arias and Costas (n.d.) An infusion of roots and leaves is diuretic and purifies the blood. The infusion is also good for skin problems if used as a wash.

Atzin (n.d.) An infusion of the root and leaves is for tuberculosis and anemia; it is considered diuretic and sudorific.

Cabrera (n.d.) A decoction of the plant is useful as a diuretic and sudorific. A wash of the decoction is useful to cleanse the body of various infections.

Dorfler and Roselt (1989) The whole plant is cholagogic.

Foster and Duke (1990) A tea of the plant is for liver, gall bladder, kidney and bladder ailments. The plant is cholagogic, laxative, and diuretic.

Grieve (1967 pg. 254) "Diuretic, tonic and slightly aperient. It is a general stimulant to the system, but especially to the urinary organs, and is chiefly used in kidney and liver disorders."

Krochmal (1973) The roots are bitter tonic, diuretic, and laxative; for liver affectations.

El Libro Supremo (n.d.) The root and leaves are bitter tonic, diuretic, and refrigerant.

Mabberly (1989, pg. 570) The taproot is "somewhat diuretic."

Manfred (1966) The plant possesses cholagogue and stomachic properties.

Martinez (1969) The root is used as a bitter tonic, a cholagogue, and a laxative.

Ramirez (1989) The leaves and root are for digestion, gout, and headaches, and the kidneys, liver, and bile duct.

Reader's Digest (1986, p. 159) "A tea from the leaves is used as a tonic and to promote bowel regularity."

Sarkis (1985) The plant is used for kidney affectations, and as a bitter tonic and sudorific.

Schauemburg and Paris (1977) The plant is cholagogic, diuretic, and stomachic.

Uphof (1968, p. 511) "Dried rhizome and roots used medicinally, being a bitter tonic, diuretic, aperient."

Wood (1926) The plant is cholagogic and diuretic.



Taraxacum officinale Weber.



Tecoma stans (L.) HBK.

Tecoma stans (L.) HBK.

BIGNONIACEAE

Spanish common name -- clavdorita
English common name -- yellow elder

Collected from *Herbario y Centro Naturista* (#69).

Hierberia Flor de Mexico -- An infusion of the leaves is diuretic.

Uphof (1968, pg. 513) "Roots supposed to be powerful diuretic, vermifuge, tonic."

Vines (1960, pg. 928) "A decoction of various parts of the plant is administered for stomach cramps" and "as a remedy for diabetes. In Guadalajara the roots are much used in domestic medicine and are considered to have diuretic, tonic, antisyphilitic, and anthelmintic properties."

Ternstroemia pringlei Standl.

THEACEAE

Spanish common name -- flor de tila, tila
English common name -- ternstroemia

Collected from *Hierberia San Juan* (#9), *Herbario y Centro Naturista* (#59), and Juan Vazquez Rosario, *pers. comm.* (#157).

Hierberia Divina Providencia -- An infusion of the flowers is antitussive, calminative, heart tonic, and relaxant.

Florera las Delicias -- An infusion of the flowers is pectoral and sedative.

Hierberia Don Luis -- An infusion of the flowers is nervine and pectoral.

Altschul (1973, pg. 193) "Medicine for coughs"

Martinez (1969) An infusion of the fruits is for coughs.

Ramirez (1989) The leaves and the flowers are used in infusion for bronchial catarrh and as a tonic for the nervous system.



Ternstroemia pringlei Standl.



Turnera diffusa Willd.

Turnera diffusa Willd.

TURNERACEAE

Spanish common name -- damiana, hierba del venado
English common name -- damiana, hierba del venado

Collected from *Hierberia Divina Providencia* (#21), *Herbario y Centro Naturista* (#74), and *Hierberia San Martin Caballero* (#192).

Herbario y Centro Naturista -- An infusion of the leaves of *damiana* increases sexual potency.

Hierberia San Martin Caballero -- An infusion of the whole plant aids in the efforts made by infertile to become pregnant.

Hierberia Divina Providencia -- An infusion of the leaves is aphrodisiac.

Altschul (1973, pg. 201) "Infused for tea and drunk as a tonic or general cure."

Arias and Costas (n.d.) The leaves are used as an aphrodisiac, diuretic, and nervine and are recommended for impotence.

Atzin (n.d.) The plant is astringent, diuretic, stomachic, and sexual tonic. It is used for headaches.

Cabrera (n.d.) The decoction of the plant is bitter tonic and is for sexual "nervous" depression, impotence, and hangover.

Gonzalez F. (1979) An infusion of the leaves and the stem is for diarrhea and stomachaches.

Gonzalez S. (1979) An infusion of the leaves and the stem is for diarrhea.

Grieve (1967 pg. 249) "Mild purgative, diuretic, tonic, acting directly on reproductive organs, stimulant, hypochondriastic, aphrodisiac."

Mabberly (1989, pg. 596) The "dried leaves (are) laxative and stimulant, tea."

Martinez (1969) The leaves are used to counter muscular and nervous disorders, are recommended as an aphrodisiac, increase sexual potency and restore sexual fertility.

Sanchez C. (1981) The plant is useful for blood circulation.

Uphof (1968, p. 531) "Dried leaves are used as a laxative and stimulant; they are imported into the U.S. for preparation of medicines." "Often used as a aphrodisiac."

Vines (1960, pg. 764) "It has a wide reputation as an aphrodisiac and (a decoction of the leaves) is administered also for dysentery, malaria, syphilitic diseases, pains in the stomach and intestines, dyspepsia and even paralysis. Diuretic, astringent, tonic, expectorant, and laxative properties are ascribed to it."

Wood (1926) "Damiana has achieved some repute in the treatment of sexual impotence."

Valeriana officinalis L.

VALERIANACEAE

Spanish common name -- valeriana
English common name -- valerian

Collected from *Hierberia Divina Providencia* (#36), *Herbario y Centro Naturista* (#122), and Juan Vazquez Rosario, pers. comm. (#153).

Hierberia Divina Providencia -- An infusion of the bark is used as a calminative and sedative. Also used for headaches and high blood pressure.

Hierberia Flor de Mexico -- An infusion of the bark is considered to be nervine.

Ademas (n.d.) Used for asthma and as a nervine.

Arias and Costas (n.d.) The root is antispasmodic, febrifuge, and vermifuge. It is used for any nervous system disorder.

Atzin (n.d.) The plant is emmenagogue, febrifuge, sedative, and sudorific. Often used for epilepsy.

Bompard (1964) The plant is considered to be calminative.

Carvajal (n.d.) The root is calminative.

Dorfler and Roselt (1989) The root is calminative and sedative.

Foster and Duke (1990) The plant possesses antispasmodic and calminative properties.

Grieve (1967 pg. 827) "Valerian is a powerful nervine, stimulant, carminative and antispasmodic."

Hill (1952, p. 247) "The active principle is an essential oil which is used to relieve nervous afflictions, such as pain, coughing, and hysteria."

El Libro Supremo (n.d.) The plant is emmenagogue, stimulant, and tonic. It is especially good for nerves, epilepsy, migranes, and hysteria.

Mabberly (1989, pg. 602) The "rhizome (is) medicinal."

Manfred (1966) An infusion of the root is calminative, nervine and cures insomnia.

Martinez (1969) The root is used for the nerves and for insomnia.

Pampa (n.d.) The plant is nervine.

Reader's Digest (1986, p. 192) The "powdered rhizomes... and roots have been used as a sedative for "nervous" disorders and as an antispasmodic for intestinal pains."

Sarkis (1985) The plant is used against insomnia.

Schauemburg and Paris (1977) The plant possesses antispasmodic, sedative, and stomachic properties.

Uphof (1968, p. 538) "Dried rhizomes are employed medicinally as stomachic, nervine, antispasmodic, astringent of intestinal catarrh."

Wood (1926) The plant is considered to be sedative.



Valeriana officinalis L.



Zea mays L.

Zea mays L.

POACEAE

Spanish common name -- caballos de maiz

English common name -- corn silks, corn tassles

Collected from a man on the street selling medicinal plants (#5).

Hierberia Cortez and *Hierberia Divina Providencia* -- An infusion of the silks is diuretic and renal tonic.

Alcorn (1984) The silks are diuretic.

Atzin (n.d.) The silks are diuretic.

Cabrera (n.d.) The silks are diuretic and used for the relief of inflammation of the urinary pathways.

Foster and Duke (1990) Corn silks are diuretic.

Gonzalez F. (1979) An infusion of the silks is diuretic.

Gonzalez S. (1979) An infusion of the silks is diuretic.

Grieve (1967 pg. 225) Corn silks are "a mild stimulant, diuretic and demulcent, useful in acute and chronic cystitis and in the bladder irritation of uric acid and phosphatic gravel; has also been employed in gonorrhoea."

Manfred (1966) The "beard" of the corn is used to augment urination and cleanse and relieve inflammation of the bladder and kidneys.

Sanchez C. (1981) The silks are for colic and general kidney problems.

Sarkis (1985) The silks are used as a bitter tonic and a vaginal wash. They are used for coughs, the kidneys, liver affectations, lactation, and rheumatism.

Schauemburg and Paris (1977) The silks are diuretic in tincture.

Uphof (1968) Cornsilks are diuretic.

Wood (1926) Used in cystitis and in cases of bladder irritation by uric acid and phosphatic gravel. Used as a diuretic and a cardiac stimulant.

SUMMARY

Two hundred specimens were collected from 13 *hierberias*. Twenty-five specimens were found to be missing or of unacceptable quality for incorporation into the herbarium. There were a total of 92 taxa collected in 86 genera of 50 plant families.

The uses given by the vendors in the *mercados* are, for the most part, in line with what literary sources report. Two plants which were not reported in the literature as being medicinal were *Asclepias setosa* Benth. and *Hartmannia rosea* (Ait.) Don.

Given the importance of medicinal plants in the everyday lives of the people of Monterrey and the lack of documentation of the plants in question, future work on this subject is needed. Of import in future studies would be the positive identification of the medicinal plants, their origin, and further documentation of folk uses according to vendors in the *hierberias*.

GLOSSARY OF SELECTED MEDICINAL TERMS

<i>Abortifacient</i>	an agent that causes the expulsion of the fetus.
<i>Alterative</i>	a drug that is used in an empirical fashion to slowly and favorably alter the course of an ailment.
<i>Analgesic</i>	an agent that relieves pain without the loss of consciousness.
<i>Anaphrodisiac</i>	an agent that inhibits sexual desire.
<i>Antibiotic</i>	an agent that fights against microorganisms and infection.
<i>Antidysenteric</i>	an agent that combats the inflammation of the mucous membrane of the large intestine.
<i>Anthelmintic</i>	a drug that is effective in expelling or destroying parasitic worms, especially those of the intestines.
<i>Antiinflammatory</i>	an agent that combats inflammation.
<i>Antimalarial</i>	an agent that combats malaria or yellow fever.
<i>Antiperiodic</i>	an agent that prevents periodic returns of a disease.
<i>Antiphlogistic</i>	an agent that counteracts inflammation.
<i>Antipyretic</i>	an agent that reduces fever.
<i>Antirheumatic</i>	an agent that relieves or combats the effects of arthritis, gout, and rheumatism.
<i>Antiscorbutic</i>	an agent that prevents scurvy.
<i>Antiseptic</i>	an agent that checks the growth or action of microorganisms, especially in or on living tissue.
<i>Antispasmodic</i>	an agent capable of preventing or relieving spasms or convulsions.
<i>Antisyphilitic</i>	an agent that combats syphilis.
<i>Antitussive</i>	an agent that controls or prevent cough.

<i>Aperient</i>	a gentle laxative.
<i>Aphrodisiac</i>	an agent that excites sexual desire.
<i>Aromatic</i>	an agreeable and pungent inhalant.
<i>Astringent</i>	an agent that is capable of drawing together soft tissue and thereby checking discharges.
<i>Bitter tonic</i>	an agent that serves to stimulate the appetite or digestive tract.
<i>Calminative</i>	an agent that soothes the nerves.
<i>Carminative</i>	an agent that acts to relieve colic and expel gas from the alimentary canal.
<i>Cathartic</i>	a purgative medicine.
<i>Cholagogue</i>	an agent that stimulates and cleans the liver and gall bladder and increases bile flow.
<i>Contraceptive</i>	an agent which prevents conception or impregnation.
<i>Demulcent</i>	a soothing agent, especially for irritated mucus membranes.
<i>Deobstruent</i>	an agent that cleans the natural ducts of the body.
<i>Diaphoretic</i>	an agent that serves to stimulate and increase perspiration.
<i>Discussient</i>	an agent used for the relief of swellings or effusions.
<i>Diuretic</i>	an agent that increases the flow of urine.
<i>Emetic</i>	an agent that induces vomiting to purge the stomach.
<i>Emmenagogue</i>	an agent that promotes menstrual discharge or the regulation of the menstrual cycle.
<i>Emollient</i>	something that softens or soothes.
<i>Expectorant</i>	an agent which tends to promote the discharge of mucus from the respiratory tract.
<i>Febrifuge</i>	an agent that reduces fever.

<i>Fungicide</i>	an agent that destroys fungi.
<i>Hemostatic</i>	an agent that checks bleeding.
<i>Hypnotic</i>	an agent that induces a relaxed state.
<i>Laxative</i>	an agent that relieves constipation.
<i>Nervine</i>	an agent that strengthens and calms the nerves.
<i>Panacea</i>	a remedy for all ills.
<i>Parasitocidal</i>	an agent that destroys parasites, especially worms.
<i>Pectoral</i>	an agent that is tonic for, or is useful in treating diseases of the respiratory tract.
<i>Purgative</i>	an agent that purges the bowels.
<i>Refrigerant</i>	an agent that lowers fevers.
<i>Relaxant</i>	a drug that relaxes, especially muscles.
<i>Resolutive</i>	an agent that promotes dissipation of pathological growth.
<i>Rubefacient</i>	an agent that attracts blood to the surface of the skin.
<i>Sedative</i>	an agent that is soothing, calming or hypnotic.
<i>Sialagogue</i>	an agent that stimulates the flow of saliva.
<i>Soporific</i>	an agent that induces sleep.
<i>Stimulant</i>	an agent that temporarily increases the functional activity of an organism.
<i>Stomachic</i>	an agent that strengthens or stimulates the stomach.
<i>Styptic</i>	an astringent agent that contracts or binds tissues to check bleeding, usually from small cuts.
<i>Sudorific</i>	an agent that promotes or produces sweating.

<i>Taeniicide</i>	an agent that aids in the expulsion of tapeworms from the digestive tract.
<i>Thoracic</i>	an agent that is an aid for the lungs and bronchial tubes.
<i>Tonic</i>	an agent that restores or increases normal body tone.
<i>Tranquilizer</i>	a drug used to reduce anxiety and tension without impairing mental alertness.
<i>Vermifuge</i>	an agent that expels or destroys parasitic worms.
<i>Vulnerary</i>	an agent used for or useful in healing wounds.

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AGAVACEAE

Agave sp. L.

ANACARDIACEAE

Schinus molle L.

APIACEAE

Angelica archangelica L.

Eryngium comosum L.

Foeniculum vulgare L.

Pimpinella anisum L.

ASCLEPIADACEAE

Asclepias setosa Benth.

ASTERACEAE

Artemisia frigida Willd.

Artemisia ludoviciana Nutt.

Artemisia mexicana Willd.

Brickellia cavanillesii Gray

Cacalia descomposita Gray

Chrysactinia mexicana Gray

Conyza filaginoides DC.

Flourensia cernua DC.

Gnaphalium obtusifolium L.

Heterotheca inuloides Cass.

Matricaria chamomilla L.

Tagetes lucida Cav.

Taraxacum officinale Weber.

BIGNONIACEAE

Tecoma stans (L.) HBK.

BORAGINACEAE

Borago officinalis L.

CACTACEAE

Lophophora williamsii (Lem.) Coult.

CAPRIFOLIACEAE

Sambucus mexicana Presl.

CHENOPODIACEAE

Chenopodium ambrosioides L.

Chenopodium graveolens Lag.

CONVOLVULACEAE

Ipomoea purga Hayne.

EQUISETACEAE

Equisetum giganteum HBK.

ERICACEAE

Arctostaphylos pungens HBK.
Gaultheria acuminata Schl. et Cham.

EUPHORBIACEAE

Croton monanthogynus Michx.
Croton torreyanus Muell.
Euphorbia prostrata Ait.
Jatropha dioica Sess.

FABACEAE

Cassia fistula L.
Cassia senna L.
Eysenhardtia texana Scheele
Haematoxylon brasiletto Karst.
Mimosa malacophylla Gray
Mimosa tenuiflora Poir.

FAGACEAE

Quercus sp. L.

FUCACEAE

Fucus vesiculosus L.

GENTIANACEAE

Erythraea tetramera Scheide.

GESNERIACEAE

Kohleria deppeana (Schl. et Cham.) Fritsch.

JUGLANDACEAE

Juglans regia L.

JULIANACEAE

Juliana adstringens Schl.

LAMIACEAE

Agastache mexicana (HBK.) Lint et Epling
Cunila lythrifolia Benth.
Lavandula sp. L.
Marrubium vulgare L.
Mentha piperita L.
Mentha spicata L.
Ocimum basilicum L.
Origanum vulgare L.
Poliomintha versicolor Gray
Rosmarinus officinalis L.

LAURACEAE

Litsea novoleontis Bartlett.
Sassafras albidum (Nutt.) Nees.

LILIACEAE

Aloe barbadensis Mill.

LINACEAE

Linum usitatissimum L.

LOGANIACEAE

Buddleia perfoliata HBK.

MAGNOLIACEAE

Talauma mexicana (DC.) Don.

MALVACEAE

Hibiscus sabdariffa L.

MONOMIACEAE

Peumus boldus Molina

MYRTACEAE

Eucalyptus globulus Labill.

OLEACEAE

Olea europea L.

ONAGRACEAE

Hartmannia rosea (Ait.) Don.

PASSIFLORACEAE

Passiflora edulis Sims.

POACEAE

Cymbopogon citratus (Nees.) Stapf.
Zea mays L.

POLYPODIACEAE

Adiantum capillus-veneris L.

RANUNCULACEAE

Clematis drummondii Torr. et Gray

RHAMNACEAE

Rhamnus purshiana DC.

ROSACEAE

Crataegus mexicana Moc. et Sess.

RUBIACEAE

Cinchona succirubra Pavon.

RUTACEAE

Casimiroa edulis La Lav. et Lex.
Citrus limetta Risso
Citrus sinensis Osbeck
Ruta chalepensis L.

SCROPHULARIACEAE

Euphrasia officinalis L.
Leucophyllum texanum Benth.

SELAGINACEAE

Selaginella rupestris Spring.

SIMAROUBACEAE

Castela tortuosa Liebm.

SMILACACEAE

Smilax sp. L.

STERCULIACEAE

Chiranthodendron pentadactylon Larr.

Guazuma tomentosa HBK.

THEACEAE

Ternstroemia pringlei Standl.

TURNERACEAE

Turnera diffusa Willd.

VALERIANACEAE

Valeriana officinalis L.

VERBENACEAE

Aloysia macrostachya (Torr.) Moldenke.

ZYGOPHYLLACEAE

Larrea tridentata (DC.) Cav.

APPENDIX A

THE PREPARATION OF HERBS

Medicinal herbs, to be of any effect, must be administered in specific ways. The ailment to be cured, treated, or alleviated will dictate the method of administration. Internal ailments may require infusions, decoctions, tinctures, syrups, or powdered herbs to remedy, while external ailments may require poultices, fomentations, salves, plasters, tinctures or infusions to remedy.

INTERNAL:

Decoction -- A decoction is an infusion which is strained. A decoction may be covered and stored, periodically being strengthened by boiling with fresh herbs and straining. The normal dose of a decoction is from one to five ounces per day, with half dosages for children.

Infusion -- An infusion is a tea made by boiling an ounce of herb in a pint of water. The herb is not strained out of the infusion. The herb should steep until it can be consumed with ease and in comfort either hot or cold. The potency of an infusion decreases rapidly over the course of only a few hours, so it should be used within 24 hours of brewing. For children, the dosage is halved.

Powdered herb -- Usually one half of a teaspoon of a very finely ground herb. This may be taken mixed with a warm glass of milk or water, or a glass of juice. The powder, if of very bad flavor, may be put into gelatine capsules. Usually administered two to four times daily for adults, the dosage is halved for children.

Syrup -- A syrup is an infusion of herbs which has been boiled for ten minutes and has had an ounce of glycerin or thickening agent added to it. Sugars or other flavor enhancing ingredients are often added to make for a more appealing flavor.

Tincture -- A tincture is an infusion of herbs in alcohol. One ounce of the powdered herb is mixed with four ounces of water and twelve ounces of a potent alcohol such as brandy. This mixture is allowed to stand for up to two weeks while the alcohol permeates the herbs. Pour off the alcohol and it is ready to use.

EXTERNAL:

Fomentation -- A poultice made out of bitter herbs and sometimes with vinegar instead of water. The cloth is used only while the poultice is still warm.

Plaster -- A bruised part of the herb sandwiched between two pieces of cloth which is applied to the affected area.

Poultice -- An infusion of the herb which is steeped until it is very strong. A soft, clean cloth is soaked in the infusion and then applied to the affected area.

Salve -- An ointment mixture of one part herb to four parts Vaseline or other fat/oil base. The two are mixed together over heat. When cooled, the salve is ready for application to the affected area.

Additional methods of administration include:

Aromatic -- An inhalant with a pungent or agreeable fragrance.

Balsam -- A fragrant ointment or salve applied externally.

Masticatory -- A substance which is chewed.

Suppository -- A solid medicated preparation which is inserted into the rectum, urethra, or vagina.

APPENDIX B

A LOOK AT THE *MERCADO*

The *mercado*, or market, is an integral part of the lives of millions of Monterrey's citizens. The *Mercado Juarez* and the *Mercado Colon* are the two main market places of Monterrey and it is these two *mercados* that are of special interest in this study.

Figures 1 - 9 are photographs which were taken, for the most part, in either *Mercado Juarez* or *Mercado Colon*. The photos give an excellent view of the two markets and show, in their own way, how the *mercado* looks to a foreigner.



Fig. 1) The sign above the many obscure entrances to *Mercado Presidente Juarez*.



Fig. 2) Two vendors at *Hierberia Divina Providencia*.



Fig. 3) The vendor at *Hierberia San Martin Caballero*. Behind him on the shelves are various candles, or *veladoras*, which, when lit, exercise power in the spiritual world and aid in prayers. The small packages to either side are implemented for like purposes.



Fig. 4) A view of the *Hierberia San Martin Caballero* sign. A diverse assortment of medicinal plants, incenses, *veladoras*, and other spiritual and healing devices can be seen hanging from the rafters of the stall.



Fig. 5) An open walkway in *Mercado Colon*. To the right can be seen a small "cafe." This walkway leads straight to the heart of the market and divides the market into two distinct areas: The area on the right is, more or less, strictly a food market while the area on the left is reserved for the *hierberias*, florists, and speciality shops.



Fig. 6) Senora Cortez of *Hierberia Cortez*. To her left can be seen some of the medicinal plants that she offers: *te limon*, *gobernadora*, and *manzanilla*. Behind her on the counter are some cladophylls of *Opuntia sp.*, which are utilized medicinally as a dietary supplement to control one's weight.



Fig. 7) Some pineapples and cantaloupes set out for sale in *Mercado Colon*.

Fig. 8) A nice display of mangos in *Mercado Colon*.





Fig. 9) The front of *Herbario y Centro Naturista*.

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