

Lachixío 26 Júnio 2006

Worked with Elena the midwife. We went through *Herbs* by Lesley Bremness. This book is a general book on medicinal herbs around the world. We identified more than 65 plants.

ebicche tze lakko 'semilla de árbol de gria // seed of the gria tree'
make a paste from the seed of this tree and apply to an open wound. Sutures the wound.
p34 similar in appearance to the horse chestnut.

yéla 'anona // soursop'
the fruit is good for lactating mothers to produce large quantities of milk (atole [corn gruel] also good for producing milk, and soymilk too). The leaves of anona are heated and applied to belly and back for children with upset stomach and diarrhea. The leaf of the guajaba is also used this way for the same purpose.
p36

papayya 'papaya'
The fruit is considered hot. Grind the seeds and make a juice to use as a diuretic.
p42

limonyi 'limon // lime'
the fruit is considered hot. The leaves of the lime tree (also lemon and orange) are made into tea.

inza koko 'agua de coco // coconut milk'
apply coconut milk directly to skin as softener
p49

eukalitto 'eucalypto // eucalyptus'
briefly boil the leaves to make a tea to drink to alleviate coughs
similar use to 'flor de gambil'
p54

zóla 'nuez // walnut'
boil the walnut shell in water, strain, cool and apply to hair to stop hair loss. (also avocado pits are used this way)
p59

- mango 'mango'
fruit is considered cold and not to be eaten at night or will cause an upset stomach.
p63
- óxxo 'aguate // avocado'
pit is boiled in water, cooled, strained and water applied to hair to prevent hair loss.
p72
- zxokki 'pino // pine'
pine needles used in the sweat lodge. vapor is cleansing and used for virtually any ailment.
p73
- bíi 'guajava // guava'
fruit is considered hot.
leaves infused in boiling water to stop diarrhea.
p79
- karnada 'granada // pomegranate'
seeds or leaves??? used for 'sinteria' mucus and blood in the stool.
p80
- tamarindo 'tamarindo // tamarind'
cold water infusion of the seed prepared one day for use the next morning. Used to break a fever.
p86
- kée roxxa 'rosa // rose'
cold infusion of rose petals used to make eye drops to alleviate irritation.
p121
- kée xkwaa íshi 'yellow pheasant's eye'
said to be grown ornamentally for use on altars.
p138
- dókko 'maguey // agave'
leaf juice can be used like Aloe vera.
p139

- árnica 'árnica // arnica montana'
infused in oil, water, or alcohol to be applied to the skin for
contusions or soreness
p149
- sábila 'sábila // Aloe Vera'
leaf juice applied to burns and scrapes. prevents scarring.
p146.
- bejro 'berro // wild ginger?'
grows on the banks of rivers. It is eaten. Plant is ground and
made into a juice to refresh a drunk.
p149.
- zxoana becche 'cola de leon // carline thistle'
yes it's used but who know for what.
- tee limoni 'lemongrass'
tea used to clean stomach, for upset stomach
p164
- ??? 'echinacea'
infuse the entire herb in boiling water, cool and wash a person
with water to break a fever that won't break.
p167
- kée santa maría 'flor de santa maría // Orris Root (iris)
aka kée lachixío. used medicinally but Elena doesn't know how.
- bette stilla 'yerba buena // spearmint'
for cholic (bícchi // empachado) two small new leaves placed in
an egg shell with breastmilk. Egg shell places on the coals of a
fire to heat. let cool and give to baby to drink.
p190
- kóo nicchi 'stimulated by picture of ginseng'
milky liquid from root, people chew it like gum
p199
- ??? 'plantain'
leaves are eaten
p203

??? 'stimulated by picture of primrose'
grind the tuber to make a pultice to apply to dysfunctional limbs
(cuando se palsea la gente)
p207

wanni lochi nìkko 'lengua de perro // broad leaved sorrel'
leaves are eaten
p214

??? 'bloodroot'
grows in the forest, uses unknown to Elena
p212

ákkà icchi 'nervo // stimulated by tansy
switches used to whip joints for rheumatism
p220

bette unna 'pitiura // wall germander'
infused in boiled water to make a tea for upset stomach.
p223

élakkye 'stinging nettles'
switches used to whip joints for rheumatism
p224

kée lo íssho 'flor de cebolla // onion flower'
red onion used directly on skin (often heated first) for
inflamacion.
p229

mestasa 'mostaza // mustard'
eaten
p234-5

ina'a 'chile pepper'
"Si no come chile, no está sabrosa lo que está comiendo la
gente."
p237

bette ye'e 'epazote // American Wormweed'
plant used as flavoring in cooking beans
root infused to make a tea to get rid of worms and diarrhea.
p240

kolandro 'cilantro // coriander'
digestive aid, anti-rheumatic
p244

pepino 'pepino // cucumber'
eaten, cleans digestive tract.
slices placed over eyes at night for 'ojeras o pecas' (styes???)
p244

étòò koo 'támala // pumkin???'
eaten
p245

kée (g)òó 'florifundio // jimson weed'
flor de la luna. leaves and flowers warmed and applied to skin
for inflamacion. flowers known as a drug. Elena's mom took it
once but used too much and was intoxicated for five days.
p246

girasol 'girasol // sunflower'
seeds used for food
,
p252

kée yòsshi 'flor de manzanilla // chamomile'
infuse in hot water and cool to make eyedrops.
tea used as digestive aid for upset stomachs.
p256

éttxò shi tzoo 'tomate // tomato'
juice good for flu
p256

wanni xombolo (aka wanni be'e) 'winter purslane'
eaten as vegetable
p257

albakka 'albahaca // basil'
herbs brushed against body for cleansing after given the evil eye
by someone or if someone is upset with you' (used with roda)
p260

ké gramadero 'amapula // opium poppy'
used to grow in the pueblo, known as a drug and not grown now.
p263

perejil 'perejil // parsley'
eaten
p264

tzáa bicchi 'frijol de conejo'
wild bean that is not eaten
p265

ákkà tze lako 'gria // stimulated by castor oil plant'
for headache put leaf on forehead
for fever put leaves under each armpit
p267

kóo kii 'papa // potato'
eaten
leaf infused in boiled water, cooled and applied to head to stop
hair loss.
p271

oregano 'oregano (stimulated by chick weed p271)

lácchò' 'alexanders' p270

kée rkwa'a' 'flor de muerto // marigold'
rub herb in alcohol or mezcal and wash head to alleviate
headache.
p272

kée mesteso 'nasturtium'
for hair growth infuse herb in cold water, apply to washed hair
and let sit for an hour, then rinse.
p272

iccha ze'e 'pelo de maíz / corn silk'
young fresh hair infused in water as a diuretic.
p275

kamo real 'camo real // stimulated by wild yam'
infusion to make tea drunk after operation
used also for inflammation and wounds
p278

kée re'e 'flor de cántaro // morning glory' p280

kottxo lo be'e' 'uva morada //purple grape'
when a lot are eaten the mouth hurts
the cut root emits a liquid that can be used directly as eyedrops
p285

be'ya wáyyo 'hongo de caballo // fly agaric'
not eaten
p286

tzo' bero e'kò' 'male fern'
few know how to use it now but before it was used as a cure for
'susto' (fright) it was put in water before the person with susto
and then brushed over body.
p287

ritzí 'cola de caballo // horsetail'
infused in boiled water for blocked kidneys, hemorage, and
inflammation. used with mesana isshi.
p288

be'ya sámbo 'hongo de pedo??? confused with another
giant puffball mushroom
roasted over coals and eaten
p289

isshi tzo ákkà 'oak moss'
used to treat epilepsy (ataque) combined with dandelion. Piled
and smoldered with cinders. person covers self and herbs with
blanket to inhale smoke. Daniel says that Elena may have
mistaken oak moss for nezhía tzo' ákkà 'borrego del encino,' the
Spanish moss that grows on pines and is used for smoke
inhalation. Loxo wachí 'barba de chaneque' is a lichen that grows
on oak. Also for smoking mechete wachí 'machete de
chaneque'.
p291

Other identifications missing some information:

wani lettza 'agrimony' p139

crampbark said to grow in San Pablo el Rincón ??? p139

lawn daisy p154

ké zxokka ro ìnni 'pico de pájaro' columbine p148

alkanet p145

water Hyacinth p167.

bloodroot said to grow in the forest. multiple people identified it from the picture and noted the redness of the root. p214

vetiver (no spanish or zapotec gloss) make infusion to drink to clean the stomach. taken for stomach ache. p225

wani cáncer 'hierba de cáncer' stimulated by photo of dandelion. p222

kée zhittza 'flor de colibri' Grecian Foxglove. Red flowers attract hummingbirds. Grows in San Pedro el Alto. p247

flax said to grow. p255

Láchò' 'Alexanders' p270.

Glasswort p268.

Milk thistle p269

end