

Appendix 1. List of medicinal plants used in the southern region of the State of Nuevo León, México. Number after plant author B.S. (Brianda Soto, number of collection), E.E (Eduardo Estrada, number of collection)

Scientific name	Common name	Uses	Part used	Method of use
ADIANTACEAE				
<i>Adiantum capillus-veneris</i> L., B.S. 321	Culantrillo	Hemorrhages	Leaves and stems	Infusion
AGAVACEAE				
<i>Agave americana</i> L. var. <i>marginata</i> Trel., B.S. 416	Maguey	Beverage	Mead	Beverage
		Arthritis	(mead, aguamiel) Leaves cut into pieces embedded in alcohol	Poultice
<i>Agave celsii</i> Hook., B.S. 382	Maguey de peña	High fever and headache	Leaves	Roasted, stick over the temples
<i>Agave lecheguilla</i> Torr., B.S. 383	Lechuguilla	Baldness	Root	Macerated, boiled and mixed with shampoo
		Dandruff	Root	Macerated,

				boiled and mixed with shampoo
		Kidney stones	Root	Boiled, ingestion of infusion
		Prostate cancer	Root	Boiled, ingestion of infusion
<i>Agave macroculmis</i> Tod., B.S. 381	Maguey	Wounds	Mead (aguamiel) mixed with alcohol	Applied over the wound
		Beverage	Mead	Boiled, ingest
		Kidney stones	Mead	Boiled, ingestion of infusion, drink as the first meal of the day
		Diabetes	Sap	Spread on bread, ingest
		Food (quite)	Scape (inflorescence)	Baked in a pit oven
		Encephalitis	Scape	Roasted, applied

		and wounds (animals)	(Inflorescence)	over the wounds
<i>Aloe vera</i> L., B.S. 415	Sábila	Diabetes and cholesterol	Leaves and pulp	Liquefied, together with <i>Opuntia ficus- indica</i> , ingest
		Kidney stone	Leaves and pulp	Liquefied, ingest
		Gastritis	Pulp	Leaves, peeled, boiled mixed with honey bee and wine, ingest; liquefied, together with piña and <i>Opuntia ficus- indica</i> , ingest
		Acne	Pulp	Mask on the face; with activated carbon for the skin spots
		Toothache	Leaves	Crude, applied in the affected

		area
Inflammation	Leaves	Roasted, applied as cataplasm
Blows	Leaves	Crude, applied as cataplasm
Varicose ulcers	Leaves	Crude, applied as cataplasm
Burns	Leaves	Crude, applied as cataplasm
Stomach inflammation	Leaves	Liquefied, together with <i>Opuntia engelmannii</i> and <i>Solanum tuberosum</i> , ingest
Flu	Leaves	Pulp, applied on the feet and throat
Abscesses	Leaves	Crude, chopped, eat every day
Backache	Leaves	Roasted, rub and massage with the pulp
Wounds	Leaves and pulp	Cataplasm,

				mixed with (or without) salt, as cataplasm
		Weight loss	Leaves	Liquefied, ingest
		Underarm	Leaves pulp	Spreads in the armpit
		odor		
<i>Sansevieria thyrsoflora</i> Thunb., B.S. 322	Hierba de la víbora, guaco	Insect, spider and snakebite bites	Leaves	Pulp, mixed with <i>Allium</i> <i>sativum</i> , <i>Citrus</i> <i>limon</i> in alcohol; or boiled, applied in the affected area
<i>Yucca carnerosana</i> (Trel.) McKelvey, B.S. 379	Palma samandoca	Indigestion	Fruits	Roast, milled and boiled, together with <i>Artemisia</i> <i>ludoviciana</i> , ingest
<i>Yucca filifera</i> Chaubaud, B.S. 380	Palma china	Snakebite	Leaves	Pulp, applied as cataplasm

AMARANTHACEAE

<i>Amaranthus palmeri</i> S. Watson, B.S. 414	Quelite	Constipation	Leaves	Salad, crude
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ANACARDIACEAE

<i>Rhus virens</i> Lindh. ex A. Gray, B.S. 378	Lantrisco	Diabetes	Bark	Boiled, ingestion of infusion
		Migraine	Resin	Spread on the temples
		Gums and loose teeth	Leaves	Chew, but not swallow
		High pressure	Leaves	Boiled, ingestion of infusion
<i>Schinus molle</i> L., B.S. 323	Pirul	Hives, rash and allergy	Leaves	Boiled, take a bath with infusion
		Loose teeth	Leaves	Mouthwash
		Cough	Leaves	Boiled, together with <i>Gnaphalium canescens</i> leaves and <i>Tamarindus indica</i> fruits, ingestion of infusion
		Kidney disorders	Leaves	Boiled, ingestion of infusion

Menstrual colic	Fruits	Boiled, together with <i>Mentha piperita</i> and <i>Tagetes lucida</i> leaves, ingestion of infusion
Headache	Leaves	Boiled, ingestion of infusion
Fright	Whole plant	Pass it over the body

APIACEAE

<i>Apium graveolens</i> L., B.S. 377	Apio	Cholesterol	Leaves and stems	Liquefied, together with <i>Citrus paradisi</i> and <i>Ananas comosus</i> fruit pulp, salad
		Diabetes	Leaves and stems	Liquefied, together with <i>Citrus paradisi</i> , ingest
<i>Coriandrum sativum</i> L., B.S. 413	Cilantro	Liver diseases	Leaves and stems	Boiled, ingestion of infusion

<i>Cuminum cyminum</i> L., B.S. 417	Comino	Itch and drool when babies are tething	Leaves and stems	Boiled with coconut fibers
<i>Eryngium heterophyllum</i> Engelm., B.S. 327	Hierba del sapo	Kidney and prostate diseases	Leaves	Boiled, ingestion of infusion
<i>Foeniculum vulgare</i> Mill., B.S. 412	Hinojo	Menstrual colic	Leaves and stems	Boiled, ingestion of infusion
		Abortive	Leaves and stems	Boiled, ingestion of infusion
		Stomach ache	Leaves	Boiled, ingestion of infusion
		Gastritis	Leaves	Boiled, ingestion of infusion
		Fright	Whole plant	Pass through the body
		Alcoholism	Leaves	Boiled, ingestion of infusion

ARACEAE

<i>Anthurium</i> sp., B.S. 376	Lampazo	Rash and sunspost	Leaves	Applied over the affected area
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ASTERACEAE

<i>Artemisia ludoviciana</i> Nutt., B.S. 326	Estafiate o simonillo	Diarrhea	Leaves and stems	Boiled, ingestion of infusion
		Colic	Leaves and stems	Boiled, ingestion of infusion
		High fever	Leaves and stems	Boiled, ingestion of infusion
		Flu	Leaves and stems	Boiled, ingestion of infusion
		Promote appetite	Leaves and stems	Boiled, ingestion of infusion
		Indigestion	Leaves and stems	Boiled, ingestion of infusion
		Gastritis	Leaves	Boiled, together with <i>Mentha piperita</i> , ingestion of

				infusion
		Stomach ache and Constipation (adult)	Leaves	Boiled, together with <i>Marrubium vulgare</i> , ingestion of infusion
		Constipated (babies)	Leaves	Toasted, milled and boiled, together with <i>Matricaria recutita</i> , ingestion of infusion
<i>Achillea millefolium</i> L., B.S. 418	Real de oro	Colic, stomach ache and diarrhea	Leaves and stems	Boiled, ingestion of infusion
<i>Ambrosia confertiflora</i> DC., B.S. 324	Ambrosia	Stomach ache	Leaves	Boiled, ingestion of infusion
		Colic	Leaves	Boiled, together with <i>Marrubium vulgare</i> and <i>Mentha piperita</i> leaves and alcohol,

				ingestion of infusion
<i>Baccharis salicifolia</i> (Ruiz & Pav.) Pers., B.S. 436	Jarilla o escobilla	Fright	Whole plant	Pass it over the body
419	Reynas	Headaches	Flowers	Boiled, ingestion of infusion
		Colic	Flowers	Boiled, ingestion of infusion
		Neuralgia	Flowers	Boiled, ingestion of infusion
		Cancer prevention	Flowers	Boiled, ingestion of infusion
		Tachycardia	Flowers	Boiled, together with <i>Litsea pringlei</i> and <i>Matricaria recutita</i> leaves, ingestion of infusion
		Chest pain	Flowers	Boiled, together with

				<i>Pelargonium</i>
				<i>hortorum</i> leaves,
				ingestion of
				infusion
<i>Chrysactinia mexicana</i> A.	Hierba de	Backache	Leaves and	Boiled,
Gray, B.S. 325	San Nicolás		flowers	ingestion of
				infusion
		Inflammation	Leaves and	Boiled, together
		postpartum	flowers	with <i>Mentha</i>
				<i>piperita</i> leaves,
				ingestion of
				infusion
		Menstrual	Leaves and	Boiled,
		cramps	flowers	ingestion of
				infusion
		Bronchitis	Leaves and	Boiled,
			flowers	ingestion of
				infusion
		Stomach	Leaves and	Boiled,
		ache	flowers	ingestion of
				infusion
		Diarrhea	Leaves and	Boiled,
			flowers	ingestion of
				infusion
		Headaches	Leaves and	Boiled, together

			flowers	with <i>Allium sativum</i> and <i>Allium cepa</i> , ingestion of infusion
		Sexual impotence	Leaves and flowers	Boiled, together with honey bee and <i>Coriandrum sativum</i> seeds, ingestion of infusion
		Infertility	Leaves and flowers	Boiled, ingestion of infusion for 27 days, non in menstruation, after 15 days, she can get pregnant
<i>Dyssodia setifolia</i> B. L. Rob., B.S. 411	Parraleña	Chills	Leaves	Boiled, ingestion of infusion
		Fever	Leaves	Boiled, ingestion of infusion

<i>Flourensia cernua</i> DC., B.S. 410	Hojasé	General pain	Leaves and stems	Boiled, ingestion of infusion
		Spleen	Leaves and stems	Boiled, ingestion of infusion
		Infections	Leaves and stems	Boiled, ingestion of infusion
		Diarrhea	Leaves and stems	Boiled, ingestion of infusion
		Stomach ache	Leaves	Boiled, ingestion of infusion or together with wine (optional), ingest
		Hindrance	Leaves	Toast and mill, mixing with oil and take a spoon, or the milled one boiled, and ingestion of

				infusion
<i>Gochnatia hypoleuca</i> (DC.) A. Gray, B.S. 375	Ocotillo	Cough	Leaves	Boiled, mixed with honey bee, ingestion of infusion
		Stomach ache	Leaves	Boiled, ingestion of infusion
		High pressure	Leaves	Boiled, ingestion of infusion
<i>Gnaphalium canescens</i> DC., B.S. 372	Gordolobo	Cough	Leaves and stems	Boiled, together with <i>Eucalyptus</i> and <i>Matricaria</i> <i>recutita</i> leaves; mixed with a tiny bit of <i>Pinus</i> <i>teocote</i> bark (inhaling vapors); with <i>Artemisia</i> <i>ludoviciana</i> leaves or with <i>Grindelia</i> <i>inuloides</i> leaves,

		honey bee and <i>Citrus limon</i> leaves, ingestion of infusion
Expectorant	Whole plant	Boiled, ingestion of infusion
Chest congestion	Whole plant	Boiled, ingestion of infusion
Sinusitis	Leaves and stems	Boiled, ingestion of infusion
Phlegm	Leaves and stems	Boiled, ingestion of infusion mixed with honey bee and lemon juice
Sore throat	Whole plant	Boiled, ingestion of infusion
Indigestion (babies)	Leaves and stems	Boiled, ingestion of infusion
Stomach	Leaves and	Boiled,

		infection	stems	ingestion of infusion
<i>Grindelia inuloides</i> Willd. var. <i>inuloides</i> , B.S. 420	Árnica	Internal wounds	Leaves and flowers	Boiled, ingestion of infusion
		Gastritis	Leaves and flowers	Boiled, ingestion of infusion
		Inflammation	Leaves and flowers	Boiled, ingestion of infusion
		Diabetes	Leaves and flowers	Boiled, ingestion of infusion
		Hematoma	Leaves	Boiled, ingestion of infusion
		Pains	Leaves	Boiled, infusion applied as cataplasm
		Ulcer scar	Leaves	Boiled, ingestion of infusion
<i>Gymnosperma glutinosum</i> (Spreng.) Less., B.S. 421	Pegajosa	Broken bones	Leaves	Fractured leg is “plastered” with

		(animals)		leaves and covered with a bandage
<i>Matricaria recutita</i> L., B.S. 437	Manzanilla	Menstrual colic	Leaves, stems and flowers	Boiled, ingestion of infusion
		Inflammation postpartum	Leaves, stems and flowers	Boiled, ingestion of infusion
		High temperature	Leaves, stems and flowers	Boiled, ingestion of infusion
		Stomach ache	Leaves, stems and flowers	Boiled, ingestion of infusion, or (optional) together with <i>Aloysia triphylla</i>
		Eye infections	Leaves, stems and flowers	Boiled, solution applied with a cotton wad
		Hematoma	Leaves, stems and flowers	Boiled, solution applied to the wound with a cotton wad

Dizziness	Leaves, stems and flowers	Boiled, together with <i>Litsea pringlei</i> leaves and <i>Cinnamomum</i> , ingestion of infusion
Spleen	Leaves, stems and flowers	Boiled, together with <i>Litsea pringlei</i> leaves and/or <i>Citrus sinensis</i> fruit peel, ingestion of infusion
Measles, rubella and allergies	Leaves, stems and flowers	Boiled, take a bath with the infusion
Hair dye	Leaves, stems and flowers	Boiled, solution applied in the hair
Intestinal lavage	Leaves, stems and flowers	Boiled, ingest three tablespoons of flaxseed together with

				half onion, three times at day; boiled, together with flaxseed,
				<i>Flourensia cernua</i> leaves, and <i>Citrus lemon</i> juice
				ingestion of infusion,
		Grains (mouth)	Leaves, stems and flowers	Gargles with the solution
<i>Tagetes lucida</i> Cav., B.S.	Yerbaniz	Nervousness	Whole plant	Boiled, ingestion of infusion
422		Insomnia	Whole plant	Boiled, ingestion of infusion
		Chills	Whole plant	Boiled, ingestion of infusion
		Bone pain	Whole plant	Boiled, ingestion of infusion
		Cough	Whole plant	Boiled,

		ingestion of infusion
Internal pain	Whole plant	Boiled, together with canela and <i>Matricaria recutita</i> , ingestion of infusion
Hair loss	Whole plant	Boiled, solution applied together with shampoo
Snakebite	Whole plant	Dried plant into alcohol, wash the affected area
Fright	Whole plant	Scrub the dried plant throughout the body
Cramps	Whole plant	Dried plant into alcohol, wash throughout the affected area
Leg fractures (cattle)	Leaves	Boiled, poultice with a gauze, the leg is “plastered” with

				leaves and covered with a bandage
<i>Tanacetum parthenium</i> Sch. Bip., B.S. 438	Altamisa	Stomachache	Leaves, stems and flowers	Boiled, ingestion of infusion
		Menstrual colic	Leaves	Boiled, ingestion of infusion, and rolled leaves soaked in alcohol place them in the stomach
		Diarrhea	Leaves, stems, and flowers	Boiled, ingestion of infusion
		Internal pain	Leaves	Boiled, ingestion of infusion
		Cough	Leaves	Boiled, ingestion of infusion
		Asthma	Leaves	Boiled, ingestion of

				infusion
		Earache and deafness	Leaves (meristem)	Rolled leaves, mixed with vick vaporub and put in the ear
		Fright	Whole plant	Scrub the dried plant throughout the body
<i>Taraxacum officinale</i> F.H. Wigg., B.S. 409	Diente de león	Liver	Whole plant	Boiled, ingestion of infusion
		Kidney infection	Whole plant	Boiled, ingestion of infusion
		Abortive	Whole plant	Boiled, ingestion of infusion
		Gumboil	Leaves	Boiled, infusion applied in affected area
		Hair loss	Leaves	Boiled, infusion together with <i>Jatropha dioica</i> and <i>Tragia</i> <i>ramosa</i> leaves,

				applied to the hair
		Promote menstruation	Whole plant	Boiled, ingestion of infusion
<i>Trixis californica</i> Kellogg var. <i>californica</i> , B.S. 374	Árnica	Internal and external wounds	Whole plant	Boiled, ingestion of infusion
		Gastritis	Whole plant	Boiled, ingestion of infusion
		Stomach ache	Whole plant	Boiled, ingestion of infusion
		Prostate cancer	Whole plant	Boiled, ingestion of infusion
		Indigestion	Whole plant	Boiled, ingestion of infusion
		Improve blood circulation	Whole plant	Boiled, ingestion of infusion
		Wash private parts	Whole plant	Boiled, infusion together with

Aloe vera,

apply three
times at day

Blows Leaves and
 flowers Infusion, apply
 to the affected
 area

Reduce Whole plant
inflammation Infusion, apply
 to the affected
 area

Ulcer Whole plant Ingestion of
 infusion

Mottled skin Whole plant Infusion, apply
 to the affected
 area

Healing Whole plant Infusion, apply
 to the affected
 area

Rheumatic Whole plant Boiled, let stand
pains for several days
 together with
 “mezcal” and
 rub the affected
 area

Zinnia elegans Sessé &
Moc., E.E. 22432

Cartulina

Cancer
prevention

Flowers

Boiled,
ingestion of

infusion

BORAGINACEAE

<i>Borago officinalis</i> L., B.S. 408	Borraja	Measles	Leaves	Boiled, ingestion of infusion
		Cough	Leaves	Boiled, together with canela and <i>Mentha piperita</i> leaves, ingestion of infusion
		High temperature	Leaves	Boiled, ingestion of infusion
		Infection caused by insects or spiders sting	Young leaves	Milled, spread on the affected part
<i>Cordia boissieri</i> A. DC., B.S. 407	Anacahuita	Cough	Bark, fruits and roots	Boiled, ingestion of infusion
<i>Tiquilia canescens</i> (DC.) A.T Richardson, B.S. 449	Ventosidad	Chest pain	Leaves	Boiled, ingestion of infusion

BRASSICACEAE

<i>Eruca sativa</i> (L.) Mill., B.S.	Colesilla	Stomach	Whole plant	Boiled,
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439			ache		ingestion of infusion
<i>Lepidium virginicum</i> L., B.S.	Hierba del	Stomach		Leaves and	Boiled,
406	pajarito	ache		stems	ingestion of infusion
		Diarrhea		Leaves and stems	Boiled, ingestion of infusion
		High fever		Leaves and stems	Boiled, ingestion of infusion
<i>Rorippa nasturtium- aquaticum</i> (L.) Schinz & Thell., B.S. 450	Berro	Cirrhosis		Leaves	Disinfected, eaten raw
<i>Sisymbrium irio</i> L, B.S. 451	Mostaza	Eye infection		Leaves	Boiled, solution applied into the eyes with a cotton wad
		Headaches		Seeds	Milled, apply (stick) on temples with <i>Pinus teocote</i> resin
		Earache		Leaves	Place a piece of leaf into the ear

High temperature	Seeds	Milled seeds, apply (stick with fat) on the temples (“chiquiadores”)
Mumps	Seeds	Milled, mixed with <i>Opuntia imbricata</i> pulp, place it in the affected area

BROMELIACEAE

<i>Tillandsia usenoides</i> L. B.S. 466	Paistle	Burns	Leaves and flowers	Milled, mixed with glycerine, spread in affected area
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BUDDLEJACEAE

<i>Buddleja scordioides</i> Kunth., B.S. 405	Escobilla	Colic	Leaves and stems	Boiled, ingestion of infusion
		Stomach ache	Leaves	Boiled, together with <i>Marrubium vulgare</i> or/and <i>Opuntia engelmannii</i> var. <i>cuija</i> root and

			<i>Prosopis glandulosa</i> bark,	
<i>Buddleja cordata</i> Humb. ssp. <i>tomentella</i> (Standl.) E. M. Norman, B.S. 371	Tepozán	Wounds	Leaves	ingestion of infusion Boiled, infusion applied in the wound
		Toothache	Leaves	Smear fat on leaf, and adhered it in the affected area
		Neuralgia	Leaves	Boiled, ingestion of infusion
		Insects, spiders, and snakes bites	Leaves	Boiled, mixed with <i>Pinpinella</i> <i>anisum</i> , wash the wounds with the solution
		Anemia	Leaves	Boiled, ingestion of infusion
		Diabetes	Leaves	Boiled, ingestion of infusion

Earache and eye pain	Leaves	Roasted, smear fat and attach it on the temples ("chiquiadores")
Hysterics	Leaves	Boiled, ingestion of infusion
Bone pain	Leaves	Boiled, ingestion of infusion

CACTACEAE

<i>Ariocarpus retusus</i> Scheidw., B.S. 401	Chaute	Calmativ (Psychedelic)	Whole plant	Eaten crude
<i>Cylindropuntia imbricata</i> (Haw.) F.M. Knuth, B.S. 400	Coyonoxtle	Inflamed tonsils	Fruit	Roasted, macerated, applied externally on the throat
		Migraine	Fruit	Boiled, the first drink of the day before first meal
		Diabetes	Fruit	Eat raw
		Baldness	Fruit	Boiled, macerated, mixed with

				shampoo
		General	Stems	Pulp applied as
		wounds		cataplasm
<i>Cylindropuntia leptocaulis</i>	Tasajillo	Dandruff	Fruits	Cut into pieces,
(DC.) F.M. Knuth, B.S. 370				put them in
				water for twelve
				hours, use as
				shampoo, the
				foam produced
				must be let act
				to eliminate
				dandruff
<i>Echinocereus poselgeri</i>	Sacasil	Broken	Root	Macerated, band
Lem., B.S. 399		bones		the affected part,
				place the pulp
				over the band
				(not directly, the
				pulp is irritant to
				the skin if place
				directly) and
				band again, tight
				the bands,
				avoiding bones
				movement
		Burns	Root	Boiled, use as in

				broken bones
<i>Lophophora williamsii</i> (Salm-Dyck) J. M. Coult., B.S. 402	Peyote	Calmativa (Psychedelic)	Whole plant	Eaten crude
<i>Marginatocereus marginatus</i> (DC.) Backeb., B.S. 404	Cardón u órgano	Fractured legs (animals)	Stems pulp	Macerated, applied as cataplasm and bandage it
<i>Opuntia engelmannii</i> Salm- Dyck ex Engelm. var. <i>cuija</i> Griffiths, B.S. 398	Nopal cuijo	Stomach ache	Stem pulp	Liquefied, mixed with pieces of mezquite bark, <i>Baccharis</i> <i>salicifolia</i> leaves, and few lemon drops, ingestion
<i>Opuntia ficus-indica</i> L., B.S. 403	Nopal de todo el año	Diabetes	Stem pulp	Liquefied together with <i>Aloe vera</i> pulp, ingest
		Tumors	Stem pulp	Cataplasm over the tumor
		Inflammation	Stem pulp	Cataplasm over the

inflammation

area

High Stem pulp Liquefied, ingest
pressure

Constipation Stem pulp Liquefied, ingest

Diarrhea and Root Cut into pieces,
vomit boiled, ingest

Gastritis Stem pulp Liquefied, ingest

CANNACEAE

<i>Canna indica</i> L., B.S. 397	Coyol	Epidermical wounds	Leaves	Crude, smear fat and apply it as cataplasm over the wound
		Stomach ache	Leaves	Roasted, mixed with ambrosia leaves, pieces of onion, white and yolk of an egg, and yerbabuena, all of them embed in alcohol, place the mix over the abdominal area,

until pain
 disappear
 Macerated,
 applied directly
 over the grain(s)
 Macerated,
 applied directly
 over the
 inflammation
 area

Pruritus Root pulp

Inflammation Root pulp

CAPRIFOLIACEAE

Sambucus mexicana Sarg., Sauco
 B.S. 396

Bronchitis, Flowers
 cough

Boiled, together
 with eucalypt
 leaves, honey
 bee, and
Bougainvillea
glabra bracts,
 ingestion of
 infusion

Asthma Leaves

Boiled,
 ingestion of
 infusion

High Leaves and
 temperature flowers

Boiled, take a
 bath with the
 solution

Inflammation	Flowers	Boiled, soak a towel, place over the inflammation
Stomach ache	Flowers	Boiled, ingestion of infusion
Pruritus	Bark	Macerated, together with sábila leaves and aspirin pill, the ointment resultant applied directly over the grain(s)

CHENOPODIACEAE

<i>Chenopodium ambrosioides</i> L., B.S. 467	Epazote	Intestinal parasites	Leaves	Boiled in water or milk, mixed with <i>Mentha piperita</i> leaves, the first drink of the day before first meal
		Stomach ache	Leaves, stems and root	Boiled, ingestion of

				infusion
		Diarrhea	Leaves and stems	Boiled, ingestion of infusion
		Colic	Leaves	Boiled, ingestion of infusion
		Cough	Leaves and stems	Boiled, together with hierba del golpe leaves, ingestion of infusion
		Improve memory	Leaves and stems	Boiled, ingestion of infusion
<i>Chenopodium graveolens</i> Willd., B.S. 468	Epazote de zorrillo	Cough	Leaves and stems	Boiled, ingestion of infusion
		Bronchitis	Leaves and stems	Boiled, ingestion of infusion
		Kidney stones	Leaves and stems	Boiled, ingestion of infusion
		External	Leaves	Boiled, solution

wounds		used to wash the wound
Stomach ache	Leaves and stems	Boiled, ingestion of infusion
Colic	Leaves and stems	Boiled, ingestion of infusion
Suffocate	Leaves	Boiled, ingestion of infusion
Constipate	Leaves	Boiled, ingestion of infusion

COMMELINACEAE

<i>Commelina dianthifolia</i> [Delile,], B.S. 369	Hierba de la golondrina	Diarrhea	Leaves and stems	Boiled, ingestion of infusion
		Vomit	Leaves and stems	Boiled, ingestion of infusion
		High temperature	Leaves and stems	Boiled, ingestion of infusion
		Eyes	Flowers	Sap drops

				baking soda, apply over the gumboil
<i>Sedum diffusum</i> S. Watson, B.S. 395		Tachycardia	Leaves	Chew, macerate and apply it over the chest

CUCURBITACEAE

<i>Cucumis sativus</i> L., B.S. 473	Pepino	Hair restoration	Fruit	Boiled, applied to the hair
<i>Cucurbita foetidissima</i> Kunth, B.S. 394	Calabacila loca	Hand cleaner	Fruit	Macerated, wash hands with the pulp
<i>Cucurbita moschata</i> Duchesne, B.S. 471	Calabaza	Backache	Fruit	Mashed, applied directly on the back
<i>Sechium edule</i> Sw., B.S. 472	Chayote	Improve blood circulation	Fruits	Cook, soup

CUPRESSACEAE

<i>Cupressus arizonica</i> Greene, B.S. 393	Cedro	Spleen pain	Leaves and wood pieces	Boiled, together with canela, ingestion of infusion
<i>Juniperus deppeana</i> Steud.	Cedro	Vomit	Young branches	Boiled, ingestion of

infusion

EQUISETACEAE

Equisetum hyemale L. var. Cola de Kidney Stems Boiled together
affine A. A. Eaton, B.S. 391 caballo stones with *Zea mays*
styles and
Eysenhardtia
texana wood
pieces, ingestion
of infusion

Cancer Stems Boiled,
prevention ingestion of
infusion

ERICACEAE

Arbutus xalapensis Sarg., Madroño Diabetes Leaves Boiled,
B.S. 474 ingestion of
infusion
Headache Gum Anoint on the
temples
Arctostaphylos pungens Manzanita or Kidney Leaves Boiled, together
Kunth, B.S. 392 pingüica stones with *Equisetum*
hyemale stems
and *Zea mays*
styles, ingestion
of infusion

EUPHORBIACEAE

<i>Acalypha monostachya</i> Cav., B.S. 476	Hierba del cancer	Cancer prevention	Leaves and stems	Boiled, ingestion of infusion
		Wounds and hematoma	Leaves and stems	Wash the wounded area; place the wound area over the steam produced by leaves and stems while boiling
<i>Croton suaveolens</i> Torr., B.S. 475	Salvia	Anemia	Stem pieces	Boiled, ingestion of infusion
		Diabetes	Stem pieces	Boiled, ingestion of infusion
		Low pressure	Leaves	Boiled, together with <i>Carya</i> <i>illinoensis</i> bark, ingestion of infusion
		Headache	Stem pieces	Boiled, together with <i>Carya</i>

				<i>illinoensis</i> bark, ingestion of infusion
		Fatigue	Leaves	Boiled, ingestion of infusion
		Amoeba	Leaves	Boiled, drink as the first drink of the day, and before the first meal of the day
<i>Euphorbia antisyphilitica</i> J. Meyrán, B.S. 478	Candelilla	Swollen feet	Root	Boiled, soak a towel and cover the foot
<i>Euphorbia glyptosperma</i> Engelm., B.S. 477	Hierba de la hormiga	Bladder infection	Whole plant	Boiled, ingestion of infusion
		Kidney infection	Root	Boiled, together with <i>Zae mays</i> styles and <i>Equisetum</i> <i>laevigatum</i> stems, ingestion of infusion
<i>Jatropha dioica</i> Sessé, B.S.	Sangre de	Warts	Gum	Applied directly

356	drago			over the wart
		Foot fungus	Root pieces	Boiled, introduce the feet into the solution

<i>Tragia ramosa</i> Torr., B.S. 457	Ortiguilla or mala mujer	General pain	Leaves	Boiled, ingestion of infusion
		Blood purification	Leaves	Boiled, ingestion of infusion
		Bronchitis	Leaves	Boiled, ingestion of infusion
		Evil spells	Whole plant	Boiled, ingestion of infusion
		Itch	Leaves	Boiled, ingestion of infusion

FAGACEAE

<i>Quercus mexicana</i> Humb. & Bonpl., B.S. 459	Encino	Loose teeth	Bark	Milled, mixed with tooth paste, brush teeth
<i>Quercus polymorpha</i>	Encino	Cough	Fruit	Boiled,

Schltdl. & Cham., B.S. 460

ingestion of

infusion

Healthy teeth

Bark

Boiled, milled,

mouthwash

GERANIACEAE

Erodium cicutarium (L.)

Alfilerillo

Sore throat

Whole plant

Boiled, gargle

L'Hér., B.S. 461

Pelargonium hortorum L. H.

Geranio

Gingival

Leaves

Cataplasm,

Bailey, B.S. 458

inflammation

smeared with

vegetable fat

Wounds

Flowers and

Milled, applied

leaves

as cataplasm

Toothache

Leaves

Chewing leaves

Stomach

Leaves

Boiled,

ache

ingestion of

infusion

Headache

Leaves

Stick leaves

with vick-

vaporub in both

temples

Constipation

Part of petiole

Introduce it into

(babies)

(oiled)

the anus

Tachycardia

Flowers

Boiled,

ingestion of

infusion

Hemorrhages Flowers Milled, applied
as cataplasm in
affected area

Abortive Leaves Boiled,
ingestion of
infusion

JUGLANDACEAE

Carya illinoensis Nogal
(Wangenh.) K. Koch, B.S.

424

Hemorrhages Fruit peel Boiled, together
with *Punica*
granatum fruit
peel, ingestion
of infusion

Diabetes Bark Boiled,
ingestion of
infusion

Anemia Bark and fruit
peel together Boiled,
ingestion of
infusion

Blood
purification Leaves Boiled,
ingestion of
infusion

Cholesterol Halves nut Eaten raw

Hair loss Fruit peel Add to shampoo

Stomach
inflammation Halves nut Blend with
water, peanut

and oatmeal

<i>Carya myristiciformis</i> (F. Michx.) Elliot, B.S. 479	Nogal cimarrón	Anemia	Leaves	Boiled, ingestion of infusion
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LAMIACEAE

<i>Hedeoma drummondii</i> Benth., B.S. 423	Poleo or regote	Sleeplessness	Leaves and stems	Boiled, ingestion of infusion
		Nervousness	Leaves	Boiled, ingestion of infusion
		Headache	Leaves	Place leaves on the temples
		Chills	Leaves	Crude milled leaves, inhale
		Cough	Leaves and stems	Boiled, ingestion of infusion

<i>Hedeoma palmeri</i> Hemsl., B.S. 480	Poleo de hoja ancha	Nervousness	Leaves	Boiled, ingestion of infusion
		Inflammation postpartum	Leaves	Boiled, ingestion of infusion
		Diabetes	Leaves and	Boiled,

		stems	ingestion of infusion
	Stomach inflammation	Leaves and stems	Boiled, ingestion of infusion
	Infertility	Flowers	Boiled, ingestion of infusion
	Menstrual colic	Flowers	Boiled, ingestion of infusion
	Insomnia	Leaves	Boiled, ingestion of infusion
<i>Majorana hortensis</i> Moench, B.S. 462	Mejorana General aches	Leaves	Boiled, ingestion of infusion
	High temperature	Leaves	Boiled, ingestion of infusion
	Stomach ache	Leaves	Boiled, ingestion of infusion
	Menstrual colic	Leaves	Boiled together with

				<i>Chenopodium ambrosiodes,</i> ingestion of infusion
<i>Marrubium vulgare</i> L., B.S. 425	Marrubio	Hair loss prevention	Leaves and stems	Boiled and applied after shampoo
		Fungus foot	Leaves	Boiled, rinse foot on it
		Stomach ache	Leaves	Boiled, ingestion of infusion
		Diarrhea	Leaves and stems	Boiled, ingestion of infusion
		Indigestion	Leaves	Boiled, ingestion of infusion
		Hepatitis	Leaves and stems	Scrub the whole dry plant over the body and also ingestion of infusion
		Tinnitus	Apical meristem	Meristem into cotton roll and

		place it inside the ear
Fright	Leaves and stems	Scrub the whole dry plant over the body
Weight loss	Leaves	Boiled, the first drink of the day before first meal
Spleen	Apical meristem	Boiled, ingestion of infusion
Bad breath	Leaves	Boiled, mouthwash three times at day
Wounds and grains	Leaves	Milled, applied as cataplasm
Grinder ache	Leaves	Milled, applied as cataplasm, place in the affected area
Smelly feet	Leaves	Place a bunch of leaves inside the shoes

Melissa officinalis L., B.S.

Toronjil

Tachycardia

Leaves

Boiled,

				ingestion of infusion
		Chest pain	Leaves	Boiled, together with <i>Ocimum basilicum</i> leaves, ingestion of infusion
		Calmative	Leaves	Boiled, ingestion of infusion
<i>Mentha piperita</i> L., B.S. 427	Yerbabuena or hierba buena	Stomach ache	Leaves	Boiled, ingestion of infusion
		Colic	Leaves	Boiled, ingestion of infusion
		Amoeba (babies)	Leaves	Boiled, ingestion of infusion
		High temperature	Leaves	Boiled, together with <i>Borago officinalis</i> leaves and canela, ingestion of infusion

Flu	Leaves	Boiled, together with <i>Citrus limon</i> and <i>Borago officinalis</i> leaves, ingestion of infusion
Cold	Leaves	Boiled, together with <i>Matricaria recutita</i> leaves and canela, ingestion of infusion
Headache	Leaves	Boiled, ingestion of infusion
Intestinal parasites	Leaves	Boiled, the first drink of the day before first meal
External wounds	Leaves	Boiled, together with <i>Trixis californica</i> var. <i>californica</i> leaves, milled, applied in the

				affected area
		Indigestion	Leaves	Toasted, together with <i>Flourensia</i> <i>cernua</i> leaves and oil, take a spoonful
		Calmative	Leaves	Boiled, ingestion of infusion
		Vomit	Leaves	Boiled, ingestion of infusion
		Diarrhea	Leaves	Boiled, ingestion of infusion
<i>Mentha spicata</i> L., B.S. 368	Menta	Gastritis	Leaves and stems	Boiled, ingestion of infusion
		Insomina	Leaves and stems	Boiled, ingestion of infusion
<i>Mentha rotundifolia</i> Huds., B.S. 367	Mastranto	Stomach ache	Leaves and stems	Boiled, ingestion of infusion

		Indigestion (babies)	Leaves and stems	Boiled, ingestion of infusion
<i>Monarda citriodora</i> Cerv. var. <i>austromontana</i> (Epling) B. L. Turner, B.S. 384	Betónica cabezona	Diabetes	Leaves	Boiled, ingestion of infusion
		Menstrual delay	Leaves	Boiled, ingestion of infusion
<i>Ocimum basilicum</i> L., B.S. 328	Albahaca	Earache	Leaves	Mixed with olive oil, anoint it
		Envy	Whole plant	Scrub the whole dry plant over the body
		Nightmares	Whole plant	Place it at the bedside
		Chest pain	Whole plant	Toasted, inhaling vapors
		Bronchitis	Whole plant	Boiled, ingestion of infusion
		Vomit	Leaves or whole plant	Boiled or macerated crude, ingestion

				of infusion
		Fright	Whole plant	Scrub the whole dry plant over the body; boiled together with <i>Citrus sinensis</i> leaves, ingestion of infusion in the evenings
		Tachycardia	Leaves	Boiled, together with <i>Melissa</i> <i>officinalis</i> leaves, ingestion of infusion
		Stomach ache	Leaves	Boiled, ingestion of infusion
<i>Poliomintha longiflora</i> A. Gray, B.S. 329	Orégano	Cough	Leaves	Boiled, together with <i>Eucalyptus</i> <i>camaldulensis</i> , <i>Gnaphalium</i> <i>canescens</i> and <i>Cordia boissieri</i> leaves, ingestion of infusion;

				toasted and milled, mixed with fat, spreads on throat and feet
		Bronchitis	Leaves	Ingestion of infusion
<i>Rosmarinus officinalis</i> L., B.S. 385	Romero	Stained face	Whole plant	Clean the face with the infusion
		Insomnia	Leaves	Boiled, ingestion of infusion
		Stomach ache	Leaves	Boiled, ingestion of infusion; together with <i>Mentha piperita</i> leaves, ingestion of infusion
		High fever	Leaves	Boiled, together with <i>Majorana</i> <i>hortensis</i> and <i>Commelina</i> <i>dianthifolia</i> leaves, ingestion

		of infusion
Hair loss	Whole plant	Boiled, use as shampoo
Leg pain	Leaves	Boiled, rub with the infusion
Fright	Whole plant	Scrub the whole dry plant over the body; boiled, together with <i>Leucophyllum frutescens</i> leaves, ingest and take a bath with the infusion
Grey hair	Stem pieces	Embedded in alcohol, until turns green, applied in the hair
Ward off witches	Whole plant	Nail a branch on the wall
Gallblader	Whole plant	Boiled, together with <i>Achillaea millefolium</i> and canela, ingestion

				of infusion
<i>Salvia chia</i> Sessé & Moc., B.S. 426	Chia	Stomach ache	Stems and leaves	Boiled, ingestion of infusion
<i>Teucrium cubense</i> L., B.S. 448	Verbena	Blows	Leaves	Crude, as cataplasm mixed with egg white
		Kidney stones	Leaves and stems	Boiled, ingestion of infusion
		High temperature	Leaves	Boiled, ingestion of infusion, liquefied take a bath
		Fright	Leaves and stems	Scrub the whole dry plant over the body
		Stimulate apetite	Leaves	Boiled, ingestion of infusion
<i>Thymus vulgaris</i> L., B.S. 453	Tomillo	Diabetes prevention	Leaves	Boiled, ingestion of infusion

LAURACEAE

<i>Litsea glaucescens</i> Kunth, B.S. 463	Laurel	Spleen	Leaves	Boiled, ingestion of infusion
		Chest pain	Leaves	Boiled, ingestion of infusion
<i>Litsea pringlei</i> Bartlett, B.S. 447	Laurel	Spleen	Leaves	Boiled, ingestion of infusion
		Headache	Leaves	Boiled, ingestion of infusion
<i>Persea americana</i> Mill. ssp. <i>drymifolia</i> (Schtdl. & Cham.) S. F. Blake, B.S. 428	Aguacate	Kidney	Seed	Boiled, together with <i>Equisetum</i> <i>hyemale</i> , <i>Zea</i> <i>mayz</i> and <i>Teucrium</i> <i>cubense</i> leaves, ingestion of infusion
		Amoebas	Leaves or seed	Boiled, ingestion of infusion
		Diarrhea	Leaves	Boiled, ingestion of

				infusion
Gastritis	Leaves			Boiled, ingestion of infusion
Hair growth	Seed and bark			Boiled, applied after shampoo
Anemia	Leaves			Boiled, ingestion of infusion
High pressure	Leaves and seed			Boiled, ingestion of infusion
Cysts in matrix	Leaves			Boiled, ingestion of infusion

LEGUMINOSAE

<i>Acacia amentacea</i> DC., B.S. 429	Chaparro prieto or gavial	Cancer prevention	Leaves and stems	Boiled, ingestion of infusion
<i>Acacia farnesiana</i> (L.) Willd., B.S. 332	Huizache	Kidney	Root and bark	Root boiled, together with <i>Opuntia</i> <i>engelmannii</i> var. <i>cuija</i> root, ingestion of

				infusion; bark boiled, together with <i>Prunus serotina</i> leaves, ingest in the morning and in the night
		Diarrhea	Stems	Boiled, together with <i>Celtis pallida</i> , <i>Buddleja scordioides</i> , <i>Chrysactinia mexicana</i> and <i>Lippia graveolens</i> leaves, ingestion of infusion
<i>Eysenhardtia parvifolia</i> Brandegee, B.S. 330	Vara dulce	Kidney stones	Stems	Boiled, ingestion of infusion
<i>Eysenhardtia texana</i> Scheele, B.S. 331	Vara dulce	Kidney stones	Stems and bark	Soak in water by one night, ingestion of solution

		Allergy	Stems	Boiled, take a bath with infusion
		Bladder infection	Bark	Soak in water by one night, ingestion of solution
<i>Mimosa malacophylla</i> A. Gray, B.S. 454	Charrasquilla	Kidney stones	Leaves and stems	Boiled, ingestion of infusion
<i>Phaseolus vulgaris</i> L., B.S. 464	Frijol	Diabetes	Seed	Cook, ingest
<i>Prosopis glandulosa</i> Torr. var. <i>torreyana</i> (L. Benson) M. C. Johnston, B.S. 446	Mezquite	Sore waist	Root	Macerated, together with <i>Opuntia</i> root, applied as cataplasm
		Incontinence (infants)	Resin (gum)	Smear in the navel
		Alcoholism	Root	Boiled, ingestion of infusion (prevent relapse of alcoholism)
		Diarrhea	Leaves	Macerated,

		place in water for one or several days, ingestion of infusion
Broken bones, fractures	Bark	Macerated, together with <i>Echinocereus poselgeri</i> root pulp, band the affected part, place the pulp over the band (not directly, the pulp is irritant to the skin if placed directly) and band again, tighten the bands, avoiding bone movement
Stomach ache	Leaves	Boiled, together with <i>Matricaria recutita</i> leaves and <i>Buddleja scordioides</i> root,

				ingestion of infusion
		Indigestion	Wood hashes	Mixed with honey bee and ingest a spoon
<i>Senna crotalarioides</i> (Kunth) H. S. Irwin & Barneby, B.S. 333	Yerba del potro	Headache	Leaves	Boiled, ingestion of infusion
		Sore throat	Leaves	Milled, applied as cataplasm out of the throat
		Colic	Leaves	Boiled, ingestion of infusion
		Inflammation	Leaves	Boiled, ingestion of infusion

LILIACEAE

<i>Allium sativum</i> L., B.S. 445	Ajo	Cough	Garlic clove	Mixed with <i>Citrus limon</i> ; <i>Allium cepa</i> , <i>Citrus limon</i> juice and honey bee, ingestion of solution; boiled,
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			together with canela, <i>Citrus limon</i> and honey bee, ingest	
		Expectorant	Garlic clove	Crude, liquefied, the first drink of the day before first meal; toast and eat
		Constipation	Garlic clove	Boiled, ingestion of infusion
		Spider bite	Garlic clove	Crude, milled, applied as cataplasm in the affected area
		High pressure	Garlic clove	Boiled, ingestion of infusion
		High fever	Garlic clove	Boiled, ingestion of infusion
		Diabetes	Garlic clove	Ingest crude
		Typhoid	Garlic clove	Ingest crude
<i>Asphodelus fistulosus</i> L.,	Cebollín	Stained face	Stems	Macerated,

B.S. 334

applied as
cataplasm, clean
the face

LORANTHACEAE

Phoradendron villosum
(Nutt.) Nutt. ex Engelm.,
B.S. 430

Injerto

Cancer
prevention

Leaves

Boiled,
ingestion of
infusion

Kidney
stones

Leaves and
stems

Boiled,
ingestion of
infusion

Diabetes

Leaves and
stems

Boiled,
ingestion of
infusion, ingest
in the morning
and in the night

Grinder ache

Leaves

Chewing leaves

Urinary
problems
(horses)

Leaves and
stems

Place leaves and
stems together
with four liters
of water, boil it
until vaporize
half of the
content, give it
to drink the
horse

Anemia	Leaves	Boiled, ingestion of infusion
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LYTHRACEAE

<i>Heimia salicifolia</i> Link & Otto, B.S. 431	Jara	Eye infections	Leaves	Boiled, together with <i>Fraxinus</i> <i>cuspidata</i> , infusion applied into the eyes
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MALVACEAE

<i>Malva parviflora</i> L., B.S. 335	Malva	Abscesses	Leaves	Macerated crude, applied as cataplasm
		Varicose ulcers	Leaves	Macerated crude, applied as cataplasm
		Grinder ache	Leaves	Chewing leaves
		Burns	Leaves	Macerated crude, applied as cataplasm together with oil
		Blows	Leaves	Macerated crude, applied as cataplasm
		Swollen feet	Leaves	Macerated

		crude, applied as cataplasm
Wounds	Leaves	Boiled, wash affected part with the infusion
Grains	Leaves	Macerated crude, applied as cataplasm
High temperature	Leaves and stems	Boiled in two liters of water, with the infusion take a bath
Sore hands	Leaves	Boiled, with the infusion wash the hands
Nervousness	Leaves	Boiled, together with <i>Plantago major</i> , ingestion of infusion
Stomach ache	Leaves	Boiled, ingestion of infusion
Tinnitus	Leaves	Crude, stick leaves with fat on the ear

Throat	Leaves	Boiled, infusion
infection		applied out of the throat

MORACEAE

<i>Ficus carica</i> L., B.S. 336	Higo	Nosebleed	Leaves	Toasted, inhaling the smoke
		Wounds	Fruit	Pulp, applied directly over the wound
		Pustule	Fruit pulp or/and sap	Applied directly to the wound

<i>Morus celtidifolia</i> Kunth, B.S. 455	Mora	Blows	Leaves and stems	Milled, applied as cataplasm
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MYRTACEAE

<i>Eucalyptus camaldulensis</i> Dehnh., B.S. 337	Eucalipto	Cough	Leaves	Boiled, together with <i>Gnaphalium</i> <i>canescens</i> leaves, ingestion of infusion
		Tired muscles	Leaves	Milled, together with glycerin, <i>Ruta graveolens</i> leaves, onion

and garlic
pieces, alcanfor
and alcohol, rub
the muscles

Psidium guajava L., B.S.
444

Guayaba

Diarrhea

Fruit

Eat crude

High
pressure

Fruit

Liquefied, drink

NYCTAGINACEAE

Bougainvillea glabra
Choisy, B.S. 456

Bugambilia

Cough

Bracts and
flowers

Boiled, together
with *Eucalyptus*
camaldulensis
and *Gnaphalium*
canescens
leaves, ingestion
of infusion

OLEACEAE

Fraxinus cuspidata Torr.,
B.S. 465

Fresno

Back pain

Branches

Lying on them
for four
consecutive
nights

Olea europea L., B.S., 443

Olivo

Improve
blood
circulation
and

Leaves

Boiled,
ingestion of
infusion

cholesterol

ONAGRACEAE

<i>Oenothera rosea</i> Aiton, B.S. 338	Hierba del golpe	Blows, external wounds	Leaves	Milled, mixed with fat, apply as cataplasm
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PINACEAE

<i>Pinus cembroides</i> Zucc., B.S. 432	Piñonero	Rheumatism	Resin	Melted, applied as cream
		Broken bones (animals)	Resin	Fractured leg is “plastered” with resin, together with <i>Opuntia imbricata</i> stem pulp, and covered with a bandage
		Bronchitis	Young branches	Boiled, together with brown sugar, ingestion of infusion
		Leg pain	Resin	Melted, together with alcohol, applied as cataplasm
		Back injuries	Resin	Melted, applied

		(donkeys)		to the wound
<i>Pinus pseudostrobus</i> Lindl.	Pino blanco	Kidney	Bark	Boiled and
var. <i>estevezii</i> Martínez, B.S.		disorders		milled, together
339				with <i>Prunus</i>
				<i>serotina</i> milled
				bark, ingestion
				of infusion

PLUMBAGINACEAE

<i>Plumbago pulchella</i> Boiss.,	Júrica or	Swollen	Leaves	Boiled, wash the
B.S. 442	Júdica	waist		affected part

POACEAE

<i>Avena fatua</i> L. var. <i>sativa</i>	Avena	Cholesterol	Seeds	Boiled, together
Thell., B.S. 441				with almonds,
				ingest

		Allergies	Seeds	Boiled, take a
				bath

<i>Cymbopogon citratus</i> Stapf.,	Zacate limon	Flu	Leaves	Boiled,
B.S. 340				ingestion of
				infusion

		Nervousness	Leaves	Boiled,
				ingestion of
				infusion

		Intestinal	Leaves	Boiled,
		parasites		ingestion of
				infusion

			Inflammation	Leaves	Boiled, together with nutmeg and <i>Croton</i> <i>suaveolens</i> leaves, ingestion of infusion
342	<i>Phalaris canariensis</i> L., B.S. Alpiste	High pressure	Leaves and stems	Boiled, together with <i>Hedeoma</i> <i>palmeri</i> leaves, ingestion of infusion	
		Improve blood circulation	Leaves and stems	Boiled, soak in two liters of water, ingestion of infusion daily	
341	<i>Triticum aestivum</i> L., B.S. Trigo	Cholesterol	Seeds	Liquefied, together with almonds and walnuts, ingest	
		Ingrown toenails	Seeds	Chew, applying to the affected part covering with a bandage for few days	
	<i>Zea mays</i> L. ssp. <i>Mays</i> , B.S. Maíz	Kidney	Styles (female	Boiled, together	

disorders	flowers)	with <i>Verbena carolina</i> leaves, lemon juice and potato peel, ingestion of infusion
Kidney stones	Styles (female flowers)	Boiled, together with <i>Arctostaphylos pungens</i> leaves and <i>Equisetum laevigatum</i> stems, ingestion of infusion

PORTULACACEAE

<i>Portulaca mundula</i> I. M. Johnst., B.S. 366	Verdolaga	Indigestion	Leaves	Boiled, ingestion of infusion
		Constipation	Leaves	Boiled, ingestion of infusion
		Uric acid	Leaves	Boiled, ingestion of infusion

PUNICACEAE

<i>Punica granatum</i> L., B.S. 343	Granada	Hemorrhage	Fruit	Boiled, ingestion of infusion
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		Broken tooth	Fruit peel	Boiled, as mouthwash
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RANUNCULACEAE

<i>Clematis drummondii</i> Torr. & A. Gray, B.S. 434	Barba de chivo	Expectorant	Whole plant	Macerated and inhalation
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		Skin infection	Whole plant	Boiled, take a bath
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RHAMNACEAE

<i>Karwinskia humboldtiana</i> Zucc., B.S. 440	Coyotillo or tullidora	Brucellosis (goats)	Leaves	Boiled, ingestion of infusion
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ROSACEAE

<i>Crataegus tracyi</i> Ashe var. <i>madrensis</i> J. B. Phipps, B.S. 344	Tejocote	Kidney disorders	Root	Macerated and boiled, ingestion of infusion
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		Clots	Root	Macerated and boiled, ingestion of infusion
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		Bowel inflammation	Fruits	Boiled, ingestion of infusion
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		Weight loss	Fruits	Boiled, ingestion of infusion
		Hemorrhage	Fruits	Boiled, together with <i>Aloe vera</i> and <i>Matricaria</i> <i>recutita</i> leaves, ingestion of infusion
		Anemia	Fruits	Boiled, ingestion of infusion
		Diabetes	Root	Macerated and boiled, ingestion of infusion
<i>Eriobotrya japonica</i> (Thunb.) Lindl., B.S. 345	Níspero	High pressure	Leaves	Boiled, ingestion of infusion
		Diabetes	Fruits	Boiled, ingestion of infusion
<i>Prunus domestica</i> L., B.S. 435	Ciruelo	Diarrhea Constipation and indigestion	Fruits Fruit	Eat crude Eat crude

<i>Prunus persica</i> (L.) Batsch, B.S. 346	Durazno	Amoeba	Leaves and fruits	Boiled, ingestion of infusion
		Intestinal parasites	Leaves and root	Boiled, ingestion of infusion
<i>Prunus serotina</i> Ehrh. ssp. <i>capuli</i> (Cav. ex Spreng.) McVaugh, B.S. 354		Nervousness	Leaves	Boiled, ingestion of infusion
		Kidney disorder	Bark	Boiled, together with <i>Pinus pseudostrobus</i> milled bark, ingestion of infusion
		Bladder infection	Bark	Boiled, together with <i>Trixis californica</i> var. <i>californicq</i> , <i>Equisetum laevigatum</i> , <i>Mimosa biuncifera</i> , <i>Borago</i>

				<i>officinalis</i> , and <i>Buddleja</i> <i>cordata</i> leaves, ingestion of infusion
<i>Purshia plicata</i> (D. Don) Henrickson, B.S. 353	Rosa de castilla de monte	Diarrhea	Leaves and flowers	Boiled, ingestion of infusion
		High fever	Leaves and flowers	Milled, mixed with fat, rub the body
		Stomach ache	Leaves and flowers	Boiled, ingestion of infusion
		Diabetes (prevention)	Leaves and flowers	Boiled, ingestion of infusion, drink it regularly
		Constipation	Leaves and flowers	Boiled, ingestion of infusion
<i>Rosa gallica</i> L., B.S. 352	Rosal	High temperature	Leaves, stems and fruits	Boiled, ingestion of infusion
<i>Rubus flagellaris</i> Willd.,	Zarzaparrilla	Anemia	Leaves and	Boiled,

B.S. 365

stems
ingestion of
infusion

Diabetes
Leaves and
stems
Boiled,
ingestion of
infusion

Kidney
disorders
Leaves and
stems
Boiled,
ingestion of
infusion

RUTACEAE

Citrus limon (L.) Burm.,

Limón

Nervousness
Leaves

Boiled, together
with *Citrus*
sinensis leaves,
ingestion of
infusion

B.S. 351

Cough and
asthma
Fruit juice
Ten lemons,
mixed with one
onion and three
garlic cloves
(liquefied),
ingest it

Citrus sinensis Osbeck, B.S.

Naranja

Nervousness
Leaves; flowers

Boiled, together
with *Citrus*
sinensis leaves,
ingestion of
infusion; boiled,

347

		ingestion of infusion
Insomnia	Leaves	Boiled, ingestion of infusion
Sore knees	Leaves	Boiled, ingestion of infusion
Uric acid	Leaves	Boiled, ingestion of infusion
Uterus cysts	Flowers	Boiled, together with nutshell, avocadobone pieces, <i>Rosmarinus officinalis</i> , <i>Pimpinella anisum</i> , <i>Trixis californica</i> , and <i>Chrysactinia mexicana</i> leaves, ingestion of infusion

<i>Ruta graveolens</i> L., B.S. 348	Ruda	Internal hemorrhages	Leaves	Boiled, together with <i>Punica granatum</i> peel, ingestion of infusion
		Headache	Leaves	Boiled, ingestion of infusion
		Toothache	Leaves and flowers	Boiled, ingestion of infusion
		High pressure	Leaves	Boiled, ingestion of infusion
		Insomnia	Leaves	Boiled, ingestion of infusion
		Nervousness	Leaves and flowers	Boiled, ingestion of infusion
		Allergies	Leaves	Boiled, take a bath
		Hangover	Leaves	Boiled, ingestion of infusion

Ringling in the ears	Leaves	Boiled, mixed with alcohol, applied in the ears
Stomach ache	Leaves	Boiled, ingestion of infusion
Diarrhea	Leaves	Boiled, ingestion of infusion
Abortive	Leaves and flowers	Boiled, ingestion of infusion
Colic	Leaves	Boiled, ingestion of infusion
Rheumatism	Whole plant	Boiled, mixed in alcohol, rub the affected part
Ward off witches	Whole plant	Place a ruda cross at bedside
Stomach ache	Leaves	Boiled, ingestion of infusion
Migraine	Leaves	Boiled,

				ingestion of infusion
		Deafness	Leaves	Crude, introduce young leaves on the ears

SALICACEAE

<i>Salix lasiolepis</i> Benth., B.S. 355	Taray	Diabetes	Leaves	Boiled, ingestion of infusion
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SCROPHULARIACEAE

<i>Leucophyllum frutescens</i> (Berland.) I. M. Johnst., B.S. 364	Cenizo	Hepatitis	Whole plant	Boiled, ingestion of infusion, and take a bath with it
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<i>Maurandya antirrhiniflora</i> Humb. & Bonpl. ex Willd., B.S. 373	Juan y mipil	Measles	Whole plant	Milled, applied on the skin
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SELAGINELLACEAE

<i>Selaginella pilifera</i> A. Br., B.S. 349	Flor de peña	Gastritis	Leaves	Boiled, ingestion of infusion
		Kidney disorders	Leaves	Boiled, ingestion of infusion

SIMAROUBACEAE

<i>Castela erecta</i> Turp. var. <i>texana</i> (Torr. & A. Gray), Cronquist, B.S. 350	Bisbirinda	Amoeba	Leaves	Boiled, ingestion of infusion
		Constipation	Leaves	Boiled, ingestion of infusion
		Pancreatitis	Leaves	Boiled, ingestion of infusion
		Stomach ache	Leaves	Boiled, ingestion of infusion

SOLANACEAE

<i>Capsicum annuum</i> (Dunal) var. <i>glabriusculum</i> Heiser & Pickersgill, B.S. 356	Chile de pájaro	Diarrhea	Leaves and stems	Boiled, ingestion of infusion
<i>Capsicum annuum</i> L. var. <i>annum</i> , B.S. 386	Chile piquín	Diarrhea	Leaves and stems	Boiled, ingestion of infusion
<i>Nicotiana glauca</i> Graham, B.S. 363	Gigante	Knee pain	Leaves	Macerated, toasted, mix with fat, rub the affected part
<i>Physalis philadelphica</i>	Tomatillo	Cough	Calyx	Boiled,

Lam., B.S. 362

ingestion of

infusion

Solanum tuberosum L., B.S.

Papa

Gastritis

Root

Liquefied,

357

ingestion crude

Inflamed

Root

Slices, put on

eyes

the eyes

Colitis

Root

Liquefied,

together with

lemon juice, the

first drink of the

day before first

meal, for ten

consecutive days

TRAPEOLACEAE

Tropaeolum majus L., B.S.

Mastuerzo

Headache

Leaves

Stick over the

361

temple

ULMACEAE

Celtis laevigata Willd., B.S.

Palo blanco

Diabetes

Bark

Boiled,

387

ingestion of

infusion

Kidney

Bark

Boiled,

disorders

ingestion of

infusion

Grains

Leaves and bark

Boiled, wash the

affected part

<i>Celtis pallida</i> Torr., B.S. 390	Granjeno	Ingrown toenails	Leaves and fruits	Milled, mixed with fat, applying the affected part, and covered with a bandage
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VERBENACEAE

<i>Aloysia triphylla</i> Britton, B.S. 360	Cedrón	Stomach ache	Leaves	Boiled, together with <i>Matricaria recutita</i> leaves, ingestion of infusion
		Menstrual cramps	Leaves	Boiled, ingestion of infusion
		High pressure	Leaves	Boiled, ingestion of infusion
<i>Glandularia bipinnatifida</i> Nutt., B.S. 359.	Moradilla	The evil eye	Whole plant	Milled, into cold water, rub the whole body with the solution
<i>Lippia graveolens</i> Kunth., B.S. 388	Pionia	Headache	Leaves	Boiled, ingestion of infusion

VITACEAE

<i>Vitis cinerea</i> (Engelm.) Millardet, B.S. 358	Uva silvestre	Backache	Stems	Boiled, ingestion of infusion, and rub the back with the solution
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ZYGOPHYLLACEAE

<i>Larrea tridentata</i> Coville, B.S. 389	Gobernadora	Stomach ache	Stems	Boiled (for 10 seconds, it is very strong plant), ingestion of infusion or chew the meristems for few seconds (not swallow) and spit out
		Diarrhea	Leaves	Boiled, ingestion of infusion
		Kidney disorders	Leaves and stems	Boiled, ingestion of infusion
		Foot pain	Leaves and stems	Boiled, rub the affected part

		with the solution
Constipation	Stems	Boiled (for 10 seconds, it is very strong plant), together with <i>Flourensia cernua</i> leaves, ingestion of infusion
Foot fungus	Whole plant	Boiled, rub the foot with the solution for 30 minutes
Kidney stones	Whole plant	Boiled (for 10 seconds, it is very strong plant), ingestion of infusion
Gastritis	Leaves	Place the leaves in water for one night, ingestion of infusion
Smelly feet	Leaves	Put a bunch of leaves into shoes or boil them,

Fright

Whole plant

together with

salt and wash

the feet

Pass it over the

body