

UNM BioPark Plant Walk

1. Fennel - Hinojo (Spanish) *Foeniculum vulgare* Used for indigestion, nausea/ vomiting, abdominal pain from cold, colic, colitis, groin pain, galactostasis, obesity. **Contraindications:** Pregnancy

1. Rue - Ruda (Spanish) *Ruta graveolens* Used to treat menstrual cramps, earaches, headaches, nosebleeds, insect repellent. It is also known as a “women’s plant”, midwives use it for contractions during labor.

Contraindications: Pregnancy, Menorrhagia

2. Jade - Siempre Viva (Spanish) *Crassula ovata* Jade may be used to treat warts, diabetes, eye wash. In Africa it is used to treat epilepsy, diarrhea, corns, and to purge the intestines. **Contraindications:** do not use in excess.

2. Chaparral, Creosote Bush - Gobernadora (Spanish) *Larrea divaricate tridentate* Chaparral is used for cramps, gas, respiratory tract conditions, colds, chronic skin disorders, certain cancers, arthritis, TB, UTI’s, obesity, snakebite pain. Some people use chaparral for detoxification, or as a tonic “blood purifier” .

Contraindications: Chaparral must be used in moderation and can cause side effects including stomach pain, nausea, diarrhea, weight loss, fever, and liver and kidney damage. May cause skin reactions including rash and itching.

3. Thyme -Tomilio (Spanish) *Thymus vulgaris* Thyme has been used against whooping cough, chronic inflammation of the bronchial tubes, asthma, stomach pain, digestive disorders and diarrhea, mosquito repellent, and dry coughs. Thyme also energizes, stimulates, tones, strengthens, cleanses and purifies.

Alternative to osha “bear root” **Contraindications:** Excessive doses can cause seizures, not recommend to use for long periods of time.

3. Juniper - Enebro, Tascate (Spanish) *Juniperus spp.* Juniper is commonly misidentified as a cedar (cedron) among Spanish New Mexicans. Juniper aids in ailments such as UTI’s and skin rashes. The pitch can be used as a medium for other herbs. Incense for fumigation and spiritual purification is also made from juniper. Berries are used as a flavoring in game stews. **Contraindications-** Pregnancy, overdosing may cause kidney damage and inflammation.

3. Echinacea - Equinacea (Spanish) *Echinacea purpurea* Echinacea is well known for its anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory properties. Used for common colds, respiratory infections, flu, anxiety, candida, herpes simplex, and yeast infections. **Contraindications:** Concurrently with Catnip. Strong caution in lupus, MS, RA, TB, cancer and AIDS.

4. 4’ oclock -Maravilla (Spanish) *Mirabilis multiflora* 4’oclock is used to treat rheumatism, wounds, blood strengthener for pregnant women, indigestion, eye infections, colic, arthritis, stomachaches, appetite depression, relieves aches and pains. **Contraindications:** Has narcotic properties

4. Rose Hips Escaramujos (Spanish) *Rosa galucla* Relieves dysentery, diarrhea, infections, colds, flus, pneumonia, mild laxative, reduces thirst and is a great source of vitamin C. **Contraindications:** Use caution due to vitamin properties

5. Cottonwood -Alamo (Spanish) *Populus spp.* Prehistoric Native American tribes used peeled bark as an anti-inflammatory, antiseptic, antioxidant, sunburns, arthritis and to reduce fevers. Also used to help set and heal broken bones. Also used to make sacred drums. **Contraindications:** may cause a skin allergy

5. Globe Mallow -Yerba De Negrita (Spanish) *Sphaeralcea angistifolia* Used for diarrhea, varicose veins, knee

pain, skin infections, sores, measles, vaginal discharge, broken or fractured bones, bruises, and to prevent hair loss. **Contraindications:** Pregnancy, breast feeding

5. Yerba de Mansa(o) -Swamp Root (English) *Anemopsis californica* Used for the common cold and related mucus production, coughs, throat problems, TB, stomach and intestinal problems, including constipation; sexually transmitted diseases; skin problems, cancer, disinfectant, pain-killer, tonic, sweating and vomiting.

Contraindications: Pregnancy, breastfeeding, surgery

6. Woods Rose -Rosa de Castilla (Spanish) *Woodsii* Used as an eyewash, antibiotic, and antidepressant, sore throat, gum inflammation, helps relieve menstrual cramps, mild laxative, and is high in vitamin C.

Contraindications: Use caution due to vitamin properties

6. Red Rose -Rosa Roja (Spanish) *Rosa chinensis* Good for sores, burns, skin rashes, cuts to prevent or treat infection, bloodshot eyes, excessive menstruation, diarrhea, stomach cramps, spoiled food indigestion, and painful urination. **Contraindications:** Pregnancy, hemorrhaging

7. Gordo Lobo- Mullein (English) *Verbascum* Is used for cough, whooping cough, tuberculosis, hoarseness, pneumonia, earaches, colds, chills, flu, swine flu, fever, allergies, tonsillitis, sore throat, asthma, diarrhea, colic, migraines, joint pain, and gout and increases urine output. It is also used for wounds, burns, hemorrhoids, bruises, frostbite, and skin infections. **Contraindications:** breastfeeding and skin irritation

7. Horehound - Marrubio (Hebrew/ Spanish) *Marrubium vulgare* Used in Europe since Hippocrates, it is used for pneumonia, colds, coughs, fever, and sore throats. Horehound can also be used to treat chilblains, rheumatism, and external sores. **Contraindications:** Pregnancy

7. Lavender - Alhucema (Arabic/Spanish) *Lavendula angustifolia* Lavender is used as a fumigant, to relieve stomach ailments, vomiting, colic, and congestion. Lavender is also used as a mild sedative for children and infants. **Contraindications:** Allergy

7. Plantain - Llantén (Spanish) *Plantago major* Uses : abraded skin, insect bites, intestinal inflammation, inflamed hemorrhoids, bladder inflammations, vaginitis, chronic lung problems, stomach ulcers, great source of potassium, topical 1st aid, also used for smoking sensations. **Contraindications:** Do not use if allergic to plantain

8. Yucca -Amole, Palmilla (Spanish) *Yucca spp.* It is used as an all purpose soap, wool preparation, treats dandruff, makes hair shine, prevents cradle cap in infants, and reduces inflammation from arthritis and rheumatism. **Contraindications:** none

8. Horsetail -Cola de Caballo (Spanish) *Equisetum hyemale* Used as a scouring agent, external wash for wounds, hair loss, gonorrhea, kidney and urinary infections. **Contraindications-** prescribed medications, Pregnancy, breastfeeding

8.

Choke Cherry -Capulin (Spanish) *Prunus virginiana* Chokecherry is used as a blood purifier and anti-inflammatory. Jams, jellies, and wine are made from the berries. **Contraindications-** Parts of the tree may be poisonous (seeds)

8. Passion Flower -Passiflora (Spanish) *Passiflora* Used for insomnia, seizures, menopause, ADHA, high blood pressure, fibromyalgia, pain relief, hemorrhoids, burns, swelling. **Contraindications:** Use short term, may cause dizziness, confusion, pregnancy or breastfeeding

8. Rosemary -Romero (Spanish) *Rosemarinus officinalis* Used for digestion problems including heartburn, intestinal gas, liver and gallbladder complaints, loss of appetite, gout, cough, headaches, high blood pressure, reduces age-related memory loss, prevents and treats baldness, circulation problems, toothaches, eczema,

joint or muscle pain, sciatica, wound healing, and insect repellent. **Contraindications:** Pregnancy, and possible skin rash

8. Yerba Buena - Spearmint (English) *Mentha spicata* Spearmint is used for indigestion, nausea, diarrhea, irritable bowel syndrome, gallstones, sore throat, colds, headaches, toothaches, cramps, cancer and inflammation of respiratory tract, germ-killer, local pain-killer, and anti-spasm medication.

8. Oak- Encino (Spanish) *Quercus spp.* The bark and branches were used by the Spanish to treat external sores, malaria and diarrhea. Acorns have been a traditional food source for Native Americans. Used by the Moors for yellow dye and tanning hides.

Contraindications- Oak bark might be safe for most people when taken for up to 4 days for diarrhea. Oak bark can cause serious side effects such as stomach and intestinal problems, kidney and liver damage .

