Ethnobotany of the Southwest

Medicinal Plants
Who We Are...

- Milagro School of Herbal Medicine
- Santa Fe, New Mexico
- Levels 1 & 2 of Medicinal Herb Training
- On-Line Study
- Tomas Enos, Director
Zia Sign
Five Directions – Five Elements

North-South-East-West-Center
Spring-Early Summer-Late Summer-Fall-Winter
Common Name: Chaparral - Gobernadora

- Larrea tridentata: medicinal
- Also known as Hediondilla
- Influences the Liver; blooms in Spring; purifies & detoxifies.
- Leaves and flowers used in teas, extracts and oils.
- Also used in skin remedies and in baths.
- Should be used with in low doses – in a “clear tea” or water
Common Name: Common Mallow

- Malva Neglecta: edible and medicinal
- Leaves and young shoots of common mallow are edible raw or cooked. All parts of the plant are astringent, laxative, urine-inducing, and have agents that counteract inflammation, that soften and soothe the skin when applied locally, has demulcent properties and induces the removal (coughing up) of mucous secretions from the lungs.
Common Name: *Stinging Nettles*

- *Urtica dioica*: edible and medicinal
- Used for tea, stopping bleeding. Diuretic, brings circulation, arthritis, joint tension, nourishes female reproduction.
- High in Iron, Chlorophyll and Formic Acid
Common Name: *Purslane - Verdolagas*

- *Portulaca oleracea*: edible and medicinal
- Perennial and very common
- Benefits the Heart and kidneys; the expressed juice, taken while fresh is very cooling to hot inflammations and soreness.
- Can be eaten both raw in salads and lightly cooked with onions, eggs, and many other dishes.
- Very high in Vitamin A, C, E, and omega fatty acids
- A pleasant sour, juicy flavor for summer
Common Name: *Rose Hips – Rosa*

- Sp. Rosa: edible and medicinal
- Cooling, refreshing, tonic for the Heart
- A cousin of the Hawthorn berry
- They are extremely high in vitamin C
- Mostly used in tea but also used in soups.
Common Name: *Yerba Mansa*

- *Anemopsis californica*: medicinal
- The whole plant is analgesic, blood purifier, disinfectant, diuretic, stomachic and tonic for the Heart; cooling.
- Excellent for cosmetic and topical inflammations
Common Name: *Prickly Pear Cactus – Nopal/ Tuna*

- **Opuntia sp.**: edible and medicinal
- **Cooling to the Pancreas/Spleen**
- The entire plant can be used as a food source. Contains large amounts of B vitamins. Prickly Pear Cactus is believed to lower blood glucose levels, partly due to its coating of the gastrointestinal tract. Prickly Pear Cactus may also be effective in treating gastrointestinal infections, strengthening the tissues of the digestive tract, and in lowering cholesterol. It may be useful topically in the healing of minor scrapes and burns.
Common Name: *Mullein - Gordolobo*

- **Verbascum thapsus**: medicinal
- Benefits the Lungs; a tea is used for hacking cough and for soothing sore lungs from infections; mildly sedative
- May be smoked in place of tobacco
- Markedly demulcent, emollient and astringent properties, cough of consumption.
Common Name: *Snakebroom – Escoba de la Vibora*

- *Gutierrezia sarothrae*: medicinal
- Known to induce sweating, reduce arthritis, help joint health, colds, indigestion, stings, open sores and baths.
- Use flowers for infusions and stems for open wounds esp. stings and bites.
Common Name: *Horsetail – Cola de Caballo*

- **Equisetum arvense:** medicinal
- Benefits the kidneys; clearing; detoxifying; tonifying.
- A tea is diuretic and cooling to urinary tract infections.
- Tonic to the Bladder
- May also help staunch bleeding
- Very mineralizing for bones
Common Name: *Willow - Jara*

- *Salix sp.: medicinal*
- Assists the kidneys.
- Pain relieving quality and cooling.
- Excellent in tea or baths for pain, backache, headache
- Can benefit cystitis, urethral irritation, prostatitis, ovaritis, and kidney inflammations.
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