

MEDICINAL HERBS

ALBUQUERQUE, NM

OCTOBER 23, 2014

1. **OSHA - (Chuchupate, Napi): Ligusticum porteri:** Probably the most widely used herb in New Mexico and the southwest. Along the Rio Grande valley Yerba del Manzo (a), Alhucema, and Manzanilla approach its popularity.

USES: Osha has a wide range of uses: Its very effective in preventing and treating colds and loosening phlegm in lung infections. Timing the use of Osha for colds is very important. Start using it when you get a tickle in the throat. The tea or a chewed root, is an anesthetic and disinfectant for sore throat, and also an effective skin wash. The root will stimulate sweating when chewed or drunk and is an excellent stomach bitter and carminative, being similar to, but stronger than Manzanilla. The root is thought to be effective in warding off rattlesnakes and many a sheepherder tied it around their ankle. The grated or mashed root is mixed with salt and drunk as an emetic, and steeped in whiskey to treat malaria and incipient colds. Osha grows in the high country within the forest where it gets some shade and moisture.

PREPARATION AND DOSAGES: Simple tea, ½ cup up to 4 times a day. Dry root tincture, (1:5, 65% alcohol), 30 to 90 drops in hot water. Simple tea, ½ cup up to four times a day.

Harvest once the plant has produced a seed head

2. **MANZANILLA - CHAMOMILE: Matricaria chamomila:** Virtual panacea for any disorder accompanied by stomach ache and sleeplessness. The tea is also used to treat head colds and flu symptoms and to help reduce fevers. Helps relieve menstrual cramping, and it also relieves dull aching joints. Used as a hair rinse by itself or when combined with Romero and Salvia. Manzanilla is easy to grow in almost any soil.

PREPARATION AND DOSAGES: Simple tea, up to 4 times a day

Harvest once the plant has produced a flower head, harvest only the flower head.

3. **POLEO - ROCKY MT. BROOK MINT:** This is the sweet-spicy, light green mint found near creeks and running water. Primary uses: for feverish headaches and dizziness. It settles the stomach, relieves stomach pain, and disperses heat. It is also used as a colic remedy for infants. Care at harvest, don't squeeze the plant, it will turn black.

4. **YERBA BUENA - SPEARMINT: Mentha spicata** This is the stomach tea, often combined with Manzanilla or Alhucema. It is used as the primary liquid for a delivering mother, before, during and after birthing. It also is used as a remedy for kidney and

intestinal ailments. And just about every other disorder. It is just a good testing tea that is safe, mild, and friendly. Can be grown almost anywhere, however, it crosses very easy with other mints.

PREPARATION AND DOSAGES: Simple tea as needed.

Harvest anytime there is good growth. Use the entire plant.

5. PLUMAJILLO - YARROW. The tea is taken cold for chills and ague, and hot to break fevers by inducing sweating. The tea, brewed with Poleo, is used to treat dizziness, spots in front of the eyes. It is freely used for most stomach problems, from nausea to poor digestion. The fresh leaves act as a hemostatic for cuts and scratches: the dry herb brewed in a tea, controls abnormal menstrual bleeding but, it should be used in moderation for this purposes. It is said to be a good laxative. The flower is white or pink.

6. PUNCHE - WILD TABACCO. Uaed as a topical analgesic/anesthetic for arthritis, bursitis and muscle pain. As an herb bath, sponge bath or poultice: powdered and combined with lard as an ointment. For ticks, a very strong tea is applied until the tick is drawn out.

7. PUNCHON - (GORDOLOBO) MULLEIN. A tea of the leaves and flowers is used to relax the lungs and chest when there is a hot, tight bronchial infection; also as a respiratory sedative. NOTE: In southern and central Mexico the name Gordolobo is applied to several plants with large, fuzzy basal leaves. Some of these relax the lungs, while others can be injurious to the liver. It is important therefore to use only the true Punchon (Mullein).

8. OREGANO DE LA SIERRA - MOUNTAIN OREGANO. Used as a popular spice. Also as a cough and sore throat remedy, disinfecting and anesthetic; taken as hot as possible and sipped slowly.

9. OREGANO DEL CAMPO, EL LLANO - WILD OREGANO. A handful of the flower balls are boiled, steeped, covered and the tea drunk to bring on sweating. Helps relive stomach pain.

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1. **YERBA DEL MANZO (A): *Anemopsis californica*:** Also known as swamp root or lizards tail.

USES: The roots or the leaves are brewed into a spicy tea and drunk regularly to help heal ulcers and sores of the mucous membranes: mouth and throat sores, sinus problems hemorrhoids and for arthritis - especially rheumatoid arthritis. The powdered leaves and/or roots are good for cuts, scrapes, chafed skin, and diaper rash. The fresh leaves can be applied as a poultice or as fresh leaves to swollen muscles and painful joints.

The best roots grow in semi dry heavy soils. Roots from light sandy soils don't seem to have the potency that the heavy soils grow, and the roots are very light in color.

PREPARATION AND DOSAGES: Simple tea, ½ cup up to 5 times a day. Fresh plant or day root tincture (1:5, 60% alcohol), 30 to 60 drops up to 5 times a day.

Harvest when the plant has bloomed

2. **OSHA: (Chuchupate, Napi): *Ligusticum porteri*:** Probably the most widely used herb in New Mexico and the southwest. Along the Rio Grande valley Yerba del Manzo (a), Alhucema, Inmortal, and Manzanilla approach its popularity.

USES: Osha has a wide range of uses: Its very effective in preventing and treating colds and loosening phlegm in lung infections. Timing the use of Osha for colds is very important. Start using it when you get a tickle in the throat. The tea or a chewed root, is an anesthetic and disinfectant for sore throat, and also an effective skin wash. The root will stimulate sweating when chewed or drunk and is an excellent stomach bitter and carminative, being similar to, but stronger than Manzanilla. The root is thought to be effective in warding off rattlesnakes and many a shepherd tied it around their ankle. The grated or mashed root is mixed with salt and drunk as an emetic, and steeped in whiskey to treat malaria and incipient colds. Pueblo Indians place a root in irrigation acequias (ditches) to inhibit cut-worms and other larvae. Osha grows in the high country within the forest where it gets some shade and moisture.

PREPARATION AND DOSAGES: Simple tea, ½ cup up to 4 times a day. Dry root tincture, (1:5, 65% alcohol), 30 to 90 drops in hot water. Simple tea, ½ cup up to four times a day.

Harvest once the plant has produced a seed head

3. **ALHUCEMA: LAVENDER: *Lavandula sp.*** Widely used for stomach ache, colic in babies. Excellent for alleviating gas or acid indigestion in adults. Relieves harsh, gagging coughing fits and nausea. Alhucema grows best on sandy loam soils, however, it can be grown on heavier soils.
PREPARATION AND DOSAGES: Simple tea as needed.

4. **MANZANILLA: CHAMOMILE: *Matricaria chamomila***: Virtual panacea for any disorder accompanied by stomach ache and sleeplessness. The tea is also used to treat head colds and flu symptoms and to help reduce fevers. Helps relieve menstrual cramping, and it also relieves dull aching joints. Used as a hair rinse by itself or when combined with Romero and Salvia. Manzanilla is easy to grow in almost any soil.
PREPARATION AND DOSAGES: Simple tea, up to 4 times a day
Harvest once the plant has produced a flower head, harvest only the flower head.

5. **COTA: NAVAJO/HOPI TEA: *Thelesperma gracile***. Used as a flavorful beverage. Considered useful for the kidneys, especially in winter. Also used to settle the stomach and purify the blood. It is combined with Canela, Yerba Buena, or Poleo. Wild crafted in areas that have well drained soils. Very easy to grow at home.
PREPARATION AND DOSAGES: Simple tea as needed.
Harvest the entire plant once the flowers had bloomed.

6. **CANUTILLO: MORMON TEA: *Ephedra spp.*** As a diuretic and for mild kidney inflammations. Weak kidneys, and weak lungs. Also used for hay fever, head colds and as a mild stomach tonic, especially after-effects of heavy drinking. Wild crafted in lower and mid elevations of range lands.
PREPARATION AND DOSAGES: Standard infusion, 3 to fluid ounces up to 5 times a day.
Simple tea up to 4 times a day.
Harvest anytime in the summer-fall.

7. **YERBA BUENA: SPEARMINT: *Mentha spicata*** This is the stomach tea, often combined with Manzanilla or Alhucema. It is used as the primary liquid for a delivering mother, before, during and after birthing. It also is used as a remedy for kidney and intestinal ailments. And just about every other disorder. It is just a good testing tea that is safe, mild, and friendly. Can be grown almost anywhere, however, it crosses very easy with other mints.
PREPARATION AND DOSAGES: Simple tea as needed.
Harvest anytime there is good growth. Use the entire plant.

8. **AZAFRAN: SAFFLOWERS, MEXICAN SAFFRON; *Carthamus tinctorius*.** For breaking fevers, drink hot, using a scant tablespoon of flowers. For measles, steep 2 tablespoons in cold water for one-half hour and drink frequently to help resolve the eruptions. Azafran is also used in the culinary industry as a strong flavored spice. Can be grown almost anywhere.
Harvest only the orange part of the blooming flowers.
9. **ESTAFIATE: WORMWOOD; *Artemisia ludoviciana*.** Used primary as a bitter and stimulating stomach remedy. When drunk cold, it helps to cool the stomach. Also used to relieve diarrhea and menstrual cramps. When the tea is added to bathwater it is effective against arthritis. A combination of Estafiate and Manzanilla tea will soothe stomach ulcers. A little is taken 3 times a day, cool or cold.
PREPARATION AND DOSAGE: Cold infusion, 2 to 3 fluid ounces up to 4 times a day.
CAUTIONS: Not appropriate during pregnancy or with overt liver disease.
Grows in sandy-gravelly well drained soils. This is another plant easy to grow in your yard. Harvest when plant is fully grown (June-August) depending on area and weather conditions.
10. **CHAPARRAL - HEDIONDILLA - GOBERNADORA - CREOSOTE BUSH: *Larrea tridentata*.** Primary use: For arthritis, a poultice is prepared by two methods. #1. Dried leaves are slowly headed in land, cooled and applied as an ointment. #2. Chaparral, Osha, and Punche are ground and mixed with lard and beeswax or lard and trementina, and applied to the affected joints. A pint of the fried herb, boiled in a gallon of water for an hour, is added to the bath water for an hour-long soak. More than one such bath a month may be to tiring. The tea is also used for stomach and intestinal pain.
PREPARATION AND DOSAGES: Salve method I and method II. Internally, a simple tea. ½ cup up to 4 times a day.
Found in gravelly well drained soils located mostly in the southern part of the state in the rangelands. Harvest anytime the leaves are fully grown.
11. **ESCOBA DE LA VIBORA - YERBA DE LA VIBORA - SNAKE BROOM: *Gutierrezia sarothrae*.** Uses: For arthritis, a small bundle of the dried tops is steeped in a pot of hot water, a small amount is drunk, and the rest is added to a tub of bath water for a soak. To reduce uterine swelling after childbirth, a little of the tea is taken as a drink, and a cloth moistened with the tea is applied as a poultice. This treatment is repeated frequently, accompanied by massage of the abdomen.
PREPARATION AND DOSAGES: Simple tea as needed. Harvest when the plant is in bloom. Found in almost all areas.
12. **CHAMISO - CHAMISA - FOUR WING SALTBUSH. *Atriplex canescens*.** Uses: The

dried tops are used as a lukewarm tea for nausea and vomiting from the flu, take hot for breaking fevers. The cold tea is used for simple stomach ache.

PREPARATION AND DOSAGES: Simple tea up to 4 times a day, hot, warm or cold as herb use specifies. Found in much of the rangelands and along highway right-a-ways. Harvest once new years growth has taken place.

13. **YERBA DE LA NEGRITA - SCARLET GLOBE MALLOW: *Sphaeralcea fendleri*.**

Uses: A strong decoction of the herb is used as a hair rinse, to condition the scalp, and to add body to the hair after shampooing. The tea is very effective for a raspy, dry, sore throat and it will also soothe the urinary tract when urination is painful. It is soothing to almost any skin rash in adults and children. (Yerba Del Negro is a taller, later blooming plant used the same way.)

PREPARATION AND DOSAGES: Strong decoction, 4 to 6 fluid ounces up to 4 times a day for internal use: for external use, as needed. Found in sandy soils and along highway right-a-ways. Harvest when in bloom.

14. **ROMERILLO - SILVER SAGE - SAND SAGE: *Artemisia filifolia*.** Uses: A bitter tonic for

hypersecreters with ulcers or chronic stress gastritis, usually drunk in the evenings or when weakened by heartburn. The leaves and tops are boiled in water and the steam inhaled to treat headaches and sore throats. The tea relieves prolonged conditions of gas from fermentation. This herb is used extensively and is a highly respected remedy.

PREPARATION AND DOSAGES: Simple tea, 1 cup in the evening or as needed.

Found in sandy soils in the rangeland. Harvest when it has the little round seed like growths.

CAUTION: DON'T USE DURING PREGNANCY.