

Full Length Research Paper

Healing the body and soul: Traditional remedies for “magical” ailments, nervous system and psychosomatic disorders in Northern Peru

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Mal aire (bad air), *mal viento* (bad wind), *susto* and *espanto* (fright), *mal ojo* (evil eye) and *envidia* (envy) are seen as very common illnesses in Andean society. The Western concept of “psychosomatic disorders” comes closest to characterizing these illnesses. Treatment in many cases involves the participation of the patient in a cleansing ceremony. In addition, patients frequently receive herbal amulets for protection against further evil influences and for good luck. A total of 222 plant species belonging to 172 genera and 78 families were documented and identified as herbal remedies used to treat nervous system problems in Northern Peru. Most species used were Asteraceae, followed by Solanaceae and Lamiaceae. The majority of herbal preparations were prepared from the whole plant. In over 60% of the cases fresh plant material was used to prepare remedies, which differs slightly from the average herbal preparation mode in Northern Peru. Interestingly, only about 36% of the remedies were applied orally, while the majority was applied topically. Over 79% of all remedies were prepared as mixtures with multiple ingredients by boiling plant material either in water or in sugarcane spirit. Little scientific evidence exists to date to prove the efficacy of the species employed as nervous system remedies in Northern Peru. Only 24% of the plants found or related species in the same genus have been studied at all. The information gained on frequently used traditional remedies against nervous system disorders might give some leads for future targets for further analysis in order to develop new drugs addressing nervous system disorders.

Key words: Medicinal plants, ethnobotany, mental health, neurologic disorders, psychopharmacology, etheogens.

INTRODUCTION

Mental, neurological and psychosomatic disorders are highly prevalent on a global scale. The burden of mental health problems has been seriously underestimated. Although neurological problems are only responsible for about 1% of global deaths, they contribute to over 11% of the global disease burden. It is estimated that this share will rise to 15% by 2020 (WHO, 2009). Western medicine often offers little help for patients afflicted by these disorders.

Traditional Medicine is used globally and has rapidly growing economic importance. In developing countries, Traditional Medicine is often the only accessible and affordable treatment available. In Latin America, the WHO Regional Office for the Americas (AMRO/PAHO) reports that 71% of the population in Chile and 40% of the population in Colombia has used Traditional Medicine. In many Asian countries Traditional Medicine is widely used, even though Western medicine is often readily available. In Japan, 60 – 70% of allopathic doctors prescribe traditional medicines for their patients. In the US the number of visits to providers of Complementary Alternative Medicine (CAM) now exceeds by far the number of visits to all primary care physicians (WHO, 1999;

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2002).

Complementary Alternative Medicine is also becoming more and more popular in many developed countries. Forty-two percent of the population in the US have used Complementary Alternative Medicine at least once (WHO, 1998) and a national survey reported the use of at least one of 16 alternative therapies increased from 34% in 1990 to 42% in 1997 (UNCCD, 2000).

The expense for the use of Traditional and Complementary Alternative Medicine is exponentially growing in many parts of the world. The 1997 out-of-pocket Complementary Alternative Medicine expenditure was estimated at US\$ 2.7 billion in the USA. The world market for herbal medicines based on traditional knowledge is now estimated at US\$ 60 billion (Breevort, 1998).

Antecedents - medicinal plant research and traditional medicine in Peru

The primary focus of this project has been the ethnobotany of medicinal plants used in Northern Peru and Southern Ecuador and the changes that have occurred since early colonial times. Fieldwork for the present study was conducted in Northern Peru from 2001 - 2009. Precedents for this study have been established by the late seventeenth-century plant collections of Bishop Baltasar Jaime Martínez de Compañón (Bussmann and Sharon, 2006), ethnoarchaeological analysis of the psychedelic *San Pedro* cactus (Sharon, 2000), *curandera* depictions in Moche ceramics (Glass-Coffin et al., 2004), and research on the medicinal plants of Southern Ecuador (Bejar et al., 1997, 2001; Bussmann, 2002) used in a field guide to the medicinal plants of the region (Bejar et al., 1997, 2001). Colonial records about useful plants of the region include Acosta (1590), Alcedo (1786 - 1789), Cobo (1653, 1956), Martínez de Compañón (1789), Monardes (1574) and Ruiz (1777 - 1788), all of which have a strong relation to psycho and neurologically active plants.

Considerable progress has been made in the overall taxonomic treatment of the flora of Peru over the last few decades (Brako and Zarucchi, 1993). However, while the Amazon rainforests have received a great deal of scientific attention, the mountain forests and remote highland areas are still relatively unexplored. The first floristic studies were conducted in the 1920's (Valdizan and Maldonado, 1922), followed by decades without any further research activity. Until the late 1990's, little work had been done on vegetation structure, ecology and ethnobotany in the mountain forests and coastal areas of the North.

In spite of the fact that Northern Peru is the locus of what Peruvian anthropologist Lupe Camino (1992) calls the "health axis," that is, the healing center, of the old Central Andean culture area that stretched from Ecuador

to Bolivia, little ethnobotanical research has been published on the rich shamanic lore found there. Early studies focused mainly of the famous "magical" and "mind altering" flora of Peru. A first study on "*cimora*" - another vernacular name for the *San Pedro* cactus (*Echinopsis pachanoi*, incorrectly identified by Cruz Sanchez as *Opuntia cylindrica*), dates back to the 1940s (Sanchez, 1948). The first detailed study on a hallucinogen in Peru also focused on *San Pedro* and tree datura (*Brugmansia* spp.) (Dobkin de Rios, 1968, 1969; Bristol, 1969). A variety of works on these species followed (Crosby and McLaughlin, 1973; Dobkin de Rios, 1977, 1980; Pummangura et al., 1978). Coca (*Erythroxylum coca*) also attracted early scientific attention (Martin, 1970; Naranjo, 1981; Plowman, 1981, 1984a, b) as did the Amazonian Ayahuasca (*Banisteriopsis caapi*) (Rivier and Lindgren, 1971; McKenna et al., 1986; Schultes and Raffauf, 1992; Bianchi and Samorini, 1993). Chiappe et al. (1985) were the first to attempt an overview on the use of hallucinogens in shamanistic practices in Peru. More comprehensive accounts were provided by Alarco de Zandra (1988), Cabieses (1990) and Schultes and Hofmann (1992). However, Northern Peru and Southern Ecuador, in contrast, had always fallen in the shadow of the more touristically important regions and very few studies had been conducted before the mid-90's (Polia, 1988; Hammond et al., 1998; De Feo, 1992, 2003). Since then our knowledge of the medicinal use of plants in the north has rapidly increased (Bussmann, 2006; Bussmann and Sharon, 2006, 2007; Bussmann et al., 2007).

The traditional use of medicinal plants in this region, which encompasses in particular the Peruvian Departments of Amazonas, Piura, Lambayeque, La Libertad, Cajamarca, and San Martin, as well as the Ecuadorian Province of Loja (Figure 1), dates as far back as the first millennium BC (North coastal Cupisnique culture) or at least to the Moche period (AC 100 - 800, Figure 2), with healing scenes and healers frequently depicted in ceramics (Hoyle, 1948, 2001; McClelland, 1977; Hocquenghem, 1987; Cabieses, 1990, 1993; Bonavia et al., 2004; Honores and Rodriguez, 2007).

Healing altars (*mesas*) in Northern Peru often follow the old tradition by including a large variety of "power objects," frequently with a "pagan" background. Objects such as seashells, pre-Columbian ceramics, staffs, stones, etc. are very common on Peruvian *mesas* and are blended with Christian symbols such as crosses and images of saints. Treatments are most often performed in the homes of the individual healers, who normally have their *mesas* set up in their backyards. Healers also treat patients at altars and consultation chambers (*consultorios*) in their homes, at sacred sites in the countryside, or at sacred lagoons high up in the mountains. A curing ceremony normally involves purification of the patient by orally spraying blessed and enchanted herbal extracts on the whole body to fend off

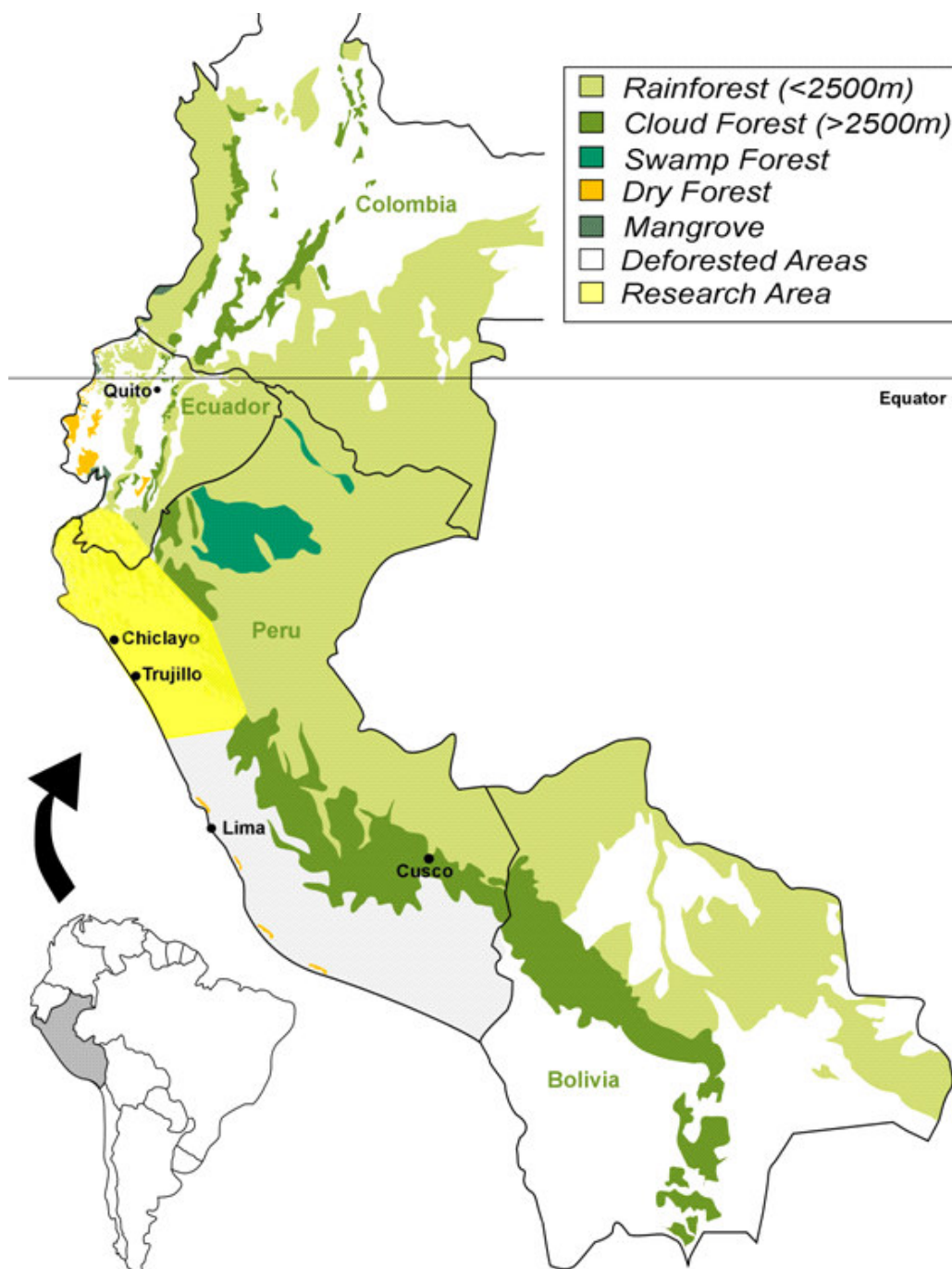


Figure 1. Research area.

evil spirits and by "Spiritual Flowerings" (*baños de florecimiento*). In most cases, the cleansing of the patients involves drinking boiled *San Pedro* juice and the nasal ingestion of tobacco juice and perfumes. Sometimes extracts of Jimson weed (*Datura ferox*), *Brugmansia* spp., and tobacco are also used to purify the patients. While the incantations used by healers during their curing sessions include Christian components (e.g., the invocation of Christ, the Virgin Mary and number of

saints), references to Andean cosmology (e.g., to the *apus* or the spirits of the mountains) are very common. The use of guinea pigs as diagnostic instruments is standard in Northern Peru (Sharon, 1978, 1980, 1994, 2000; Joralemon and Sharon, 1993).

Mal aire (bad air), *mal viento* (bad wind), *susto* and *espanto* (fright), *mal ojo* (evil eye) and *envidia* (envy) are seen as very common illnesses in Andean society. Causes include sudden changes in body temperature,

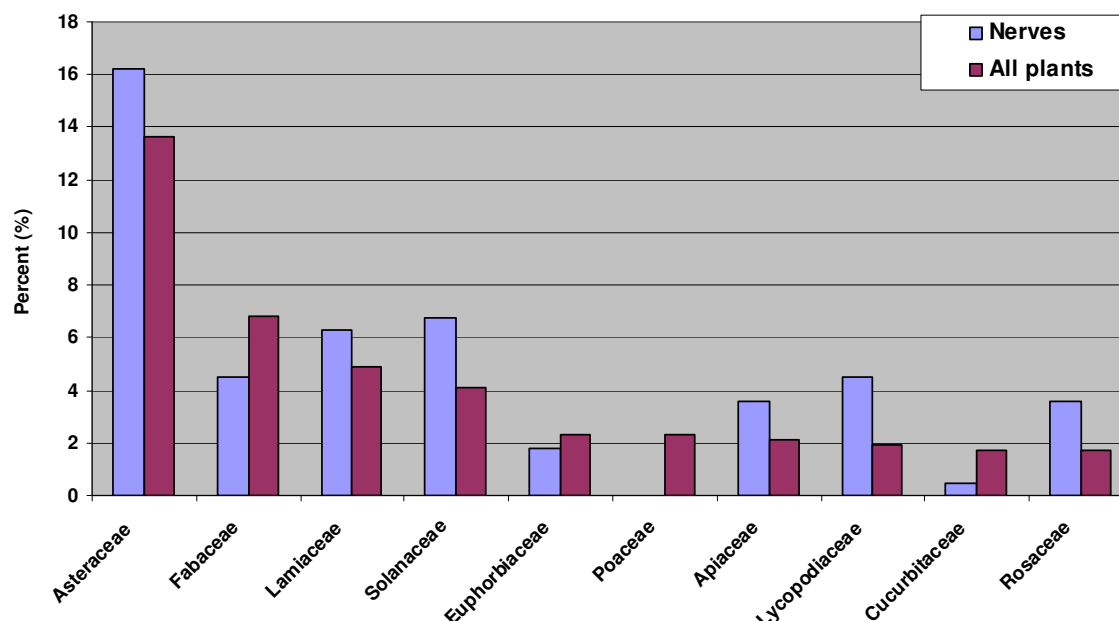


Figure 2. Most important plant families used.

any kind of shock, spells cast by other people, poisoned food, etc. The Western concept of “psychosomatic disorders” comes closest to characterizing these illnesses. These illness categories are deeply rooted in Andean society, and Western medicine does offer limited efficient alternatives to traditional treatment. This might explain why this category has still such outstanding importance. Treatment in many cases involved the participation of the patient in a cleansing ceremony or *limpia*. This could either be a relatively simple spraying with perfumes and holy water, or an allnight ceremony involving the healer’s curing altar (*mesa*). In the days after an all- night ceremony, patients are normally treated with a *baño de florecimiento* (flowering bath) in order to relieve them of any remaining adversary symptoms or spirits. In addition, patients frequently receive *seguros* (herbal amulets) for protection against further evil influences and for good luck. *Seguros* are flasks filled with powerful herbs, as well as perfumes, pictures of saints, and the hair and fingernails of the patient.

The enormous number of plant species used for the treatment of psychosomatic disorders indicates that the *curanderos* of Northern Peru are valued specialists who are consulted mainly for these conditions. This is all the more interesting since Western medicine has still not found efficient treatments for psychosomatic disorders. The plant species used for “magical or ritual” disorders come mostly from the high Andes, especially from the vicinity of sacred lakes, since plants from those regions are regarded as especially powerful. This links the present day curing practices directly to ancient Andean cosmology. The use of purgatives and laxatives, to literally “expel” evil spirits is also very common.

Traditional medicine is also gaining more attention by national governments and health providers. Peru’s National Program in Complementary Medicine and the Pan American Health Organization recently compared Complementary Medicine to allopathic medicine in clinics and hospitals operating within the Peruvian Social Security System (EsSalud, 2000). According to WHO (2002), the sustainable cultivation and harvesting of medicinal species is one of the most important challenges for the next few years.

MATERIALS AND METHODS

Plant collections

Plants in Peru were collected in the field, in markets and at the homes of traditional healers (*curanderos*) visited in August-September 2001, July - August 2002, July - August 2003, June-August 2004, July-August 2005, July-August 2006, June-August 2007, June - August 2008, March - April 2009 and June - August 2009 (Figure 1). The specimens are registered under the collection series “RBU/PL,” “ISA,” “GER,” “JULS,” “EHCHL,” “VFCHL,” “TRUBH,” and “TRUVANERICA,” depending on the year of fieldwork and collection location. Surveys were conducted in Spanish by fluent speakers. Surveyors would approach healers, collectors and market vendors and explain the premise for the study, including the goal of conservation of medicinal plants in the area. All were asked to participate, but due to expected resistance information could not be collected from everyone. From those who gave their prior informed consent, information was collected regarding their knowledge and inventory of medicinal plants.

Vouchers of all specimens were deposited at the Herbario Truxillensis (HUT, Universidad Nacional de Trujillo), and Herbario Antenor Orrego (HAO, Universidad Privada Antenor Orrego Trujillo). In order to recognize Peru’s rights under the Convention on Biological Diversity, most notably with regard to the conservation

of genetic resources in the framework of a study treating medicinal plants, the identification of the plant material was conducted entirely in Peru. No plant material was exported in any form whatsoever.

Nomenclature

The nomenclature of plant families, genera, and species follows the *Catalogue of the Flowering Plants and Gymnosperms of Peru* (Brako and Zarucchi, 1993) and the *Catalogue of Vascular Plants of Ecuador* (Jørgensen and León-Yañez, 1999). The nomenclature was compared to the TROPICOS database. Species were identified using the available volumes of the *Flora of Peru* (Macbride, 1936, 1981), as well as Jørgensen and Ulloa Ulloa (1994), Pestalozzi (1998) and Ulloa Ulloa and Jørgensen (1993), and the available volumes of the *Flora of Ecuador* (Sparre and Harling, 1978 - 2009) and reference material in the herbaria HUT, HAO, QCA, LOJA and QCNE.

RESULTS AND DISCUSSION

A total of 222 plant species belonging to 172 genera and 78 families were documented and identified as herbal remedies used to treat nervous system problems in Northern Peru. Most species used were Asteraceae (36 species, 16.21%), followed by Solanaceae (15 species, 6.76%) and Lamiaceae (14 species, 6.31%) (Table 1). A complete overview of all plants encountered, including data on use-recipes and preparation, is given in Appendix 1. The most important nervous system families are somewhat over-represented in comparison to the overall medicinal flora, while some other medicinally important families (e.g. Poaceae, Cucurbitaceae, Euphorbiaceae) are completely missing or under-represented from the nervous disorder portfolio (Table 2, Figure 2) (Bussmann and Sharon, 2006).

The majority of herbal preparations were prepared from the whole plant (31.56%), while the leaves (24.48%), stems (21.24%) and flowers (8.55%) were used less frequently (Table 3). Whole plants and stems were more often used than characteristic for the overall medicinal preparations found in the region (Figure 3) (Bussmann and Sharon, 2006). This indicates that the local healers count on a very well developed knowledge about the properties of different plant parts. In over 60% of the cases fresh plant material was used to prepare remedies, which differs slightly from the average herbal preparation mode in Northern Peru (Table 4, Figure 4). Interestingly, only about 36% of the remedies were applied orally, while the majority was applied topically (46.65%), often as bath and the remaining ones were used as spiritual safeguard (*seguro*) (Table 5). This is different from the regional average of application, and underlines the importance of spiritually oriented treatments (Figure 5). Over 79% of all remedies were prepared as mixtures with multiple ingredients by boiling plant material either in water or in sugarcane spirit (Figure 6).

Little scientific evidence exists to date to prove the efficacy of the species employed as nervous system

remedies in Northern Peru. Only 24% of the plants found or related species in the same genus have been studied at all (Figure 7). Apiaceae, however are particularly well documented. López et al. (1997) documented neurophysiological activity in *Ammi majus* L. seeds. Celery (*Apium graveolens* L.) is wisely used traditionally and has been found to be neuroactive (Kohli et al., 1967; Kulshrestha et al., 1970; López et al., 1997; Choochote et al., 2004; Tafreshi et al., 2008). Activity against anxiety and stress was found in *Coriandrum sativum* L. (Emamghoreishi et al., 2005), *Centella asiatica* (L.) Urb., a species closely related to *Hydrocotyle* spp. (Brandwein et al., 2000; Veerendra and Kumar, 2003; Ernst, 2006; Saxena and Flora, 2006; Wijeweera et al., 2006; Awad et al., 2007; Corral et al., 2007; Barbosa et al., 2008; Ponnusamy et al., 2008) and *Petroselinum* sp. (Fejes et al., 1998). *Thevetia peruviana* (Pers.) K. Schum., frequently employed in Peruvian traditional medicine, was found to be neurotoxic (Gaitondé and Joglekar, 1977; Singh and Singh, 2005). Many members of the sunflower family are known to contain large amounts of Pyrrolizidine alkaloids and are also rich in other interesting compounds. Not surprisingly, Asteraceae are of high medicinal importance. Yarrow (*Achillea millefolium* L.) showed neurological activity (Molina-Hernandez et al., 2004). *Artemisia* spp. is the prime source of Artemisinin, now employed as anti-malarial. However, various species were found to be neuroactive and to act as neurotoxicity inhibitors (de Lima, 1993; Ho, 1996; Gharzouli et al., 1999; Claasesn et al., 2001; Haze et al., 2002; Amos et al., 2003; Perazzo et al., 2003; Vermiglio et al., 2004; Oh et al., 2005; Pereira et al., 2005; Salah and Jäger, 2005; Kim et al., 2005, 2007; Lim et al., 2008). *Baccharis serrifolia* DC. showed neuroactivity (Tortoriello and Santamaría, 1996). The neurological effects of Chamomille (*Matricaria* sp.), in particular its activity as sedative, are well studied (e.g. Newsholme et al., 1984; Avallone et al., 2000; Zanolli et al., 2000; Block et al., 2004; Awad et al., 2007). *Mikania* sp. (Battacharya and Chaudhuri, 1988), *Senecio* sp. (Dianova, 1960; Buletsa, 1969; Vos et al., 2002), *Gynoxis* sp. (Catalano et al., 1993), and *Tagetes* sp. (Chandhoke and Ghatak, 1969; Marin et al., 1998; Guadarrama-Cruz et al., 2008) have also shown anti-depressant effects.

One of the most widely used and studied neuroactive plant genera is *Hypericum* sp. (St. Johns Wort). Species of this genus are widely used in Peru, and *in vitro* as well as *in vivo* studies have long shown its efficacy (Henderson et al., 2002; Szegedi et al., 2005; Azazieh et al., 2006; Kasper et al., 2006). Similarly important species of Lamiaceae include *Melissa officinalis* (Soulimani et al., 1991; Coleta et al., 2001; Herrera-Ruiz et al., 2008; Huang et al., 2008), *Lavandula* sp. (Azazieh et al., 2008; Kuriyama et al., 2005; Huang et al., 2008; Morgan and Jorm, 2008) and *Origanum majorana* L. (Salah and Jäger, 2005). *Ocimum sanctum* L. has been used in Ayurvedic preparations for millennia, and other

Table 1. Plants used to treat nervous system and psychosomatic ailments in Northern Peru.

Family	Genera	Species	%	Family	Genera	Species	%
Asteraceae	24	36	16.21	Asphodelaceae	1	1	0.45
Solanaceae	9	15	6.76	Balanophoraceae	1	1	0.45
Lamiaceae	9	14	6.31	Cactaceae	1	1	0.45
Fabaceae	9	10	4.5	Capparidaceae	1	1	0.45
Lycopodiaceae	2	10	4.5	Caricaceae	1	1	0.45
Apiaceae	8	8	3.6	Caryophyllaceae	1	1	0.45
Rosaceae	8	8	3.6	Chloranthaceae	1	1	0.45
Rutaceae	3	5	2.25	Chrysobalanaceae	1	1	0.45
Campanulaceae	2	5	2.25	Clethraceae	1	1	0.45
Cypereaceae	4	4	1.8	Crassulaceae	1	1	0.45
Orchidaceae	4	4	1.8	Cucurbitaceae	1	1	0.45
Indet.	4	4	1.8	Elaeocarpaceae	1	1	0.45
Lauraceae	3	4	1.8	Eriocaulaceae	1	1	0.45
Polypodiaceae	3	4	1.8	Erythroxylaceae	1	1	0.45
Valerianaceae	3	4	1.8	Gentianaceae	1	1	0.45
Bromeliaceae	2	4	1.8	Geraniaceae	1	1	0.45
Euphorbiaceae	2	4	1.8	Hippocrateaceae	1	1	0.45
Amaranthaceae	1	4	1.8	Juglandaceae	1	1	0.45
Boraginaceae	3	3	1.35	Lythraceae	1	1	0.45
Apocynaceae	2	3	1.35	Malpighiaceae	1	1	0.45
Caprifoliaceae	2	3	1.35	Melastomataceae	1	1	0.45
Clusiaceae	2	3	1.35	Myricaceae	1	1	0.45
Liliaceae	2	3	1.35	Myristicaceae	1	1	0.45
Bignoniaceae	2	2	0.9	Myrtaceae	1	1	0.45
Burseraceae	2	2	0.9	Nyctaginaceae	1	1	0.45
Ericaceae	2	2	0.9	Oleaceae	1	1	0.45
Malvaceae	2	2	0.9	Onagraceae	1	1	0.45
Polemoniaceae	2	2	0.9	Proteaceae	1	1	0.45
Salicaceae	2	2	0.9	Rubiaceae	1	1	0.45
Verbenaceae	2	2	0.9	Saxifragaceae	1	1	0.45
Monimiaceae	1	2	0.9	Smilacaceae	1	1	0.45
Aizoaceae	1	1	0.45	Tiliaceae	1	1	0.45
Alstroemeriaceae	1	1	0.45	Ulmaceae	1	1	0.45
Anacardiaceae	1	1	0.45	Urticaceae	1	1	0.45
Araliaceae	1	1	0.45	Violaceae	1	1	0.45
Arecaceae	1	1	0.45	Xyridaceae	1	1	0.45
Aristolochiaceae	1	1	0.45	Zingiberaceae	1	1	0.45
Asclepiadaceae	1	1	0.45			222	99.93

species of the genus have shown neurophysiological efficacy as well (Lahlou et al., 2004; Interaminense et al., 2005; Prakash and Gupta, 2005; Ravindran et al., 2005; Freire et al., 2006). *Salvia* sp. have been closely studied since Salvatorin A was found effective in therapy (Capasso et al., 2006; Cosola et al., 2006; Mora et al., 2006; Herrera-Ruiz et al., 2006; Imanshahidi and Hosseinzadeh, 2006; Vortherms and Roth, 2006).

Chinese Skullcap (*Scutellaria baicalensis* Georgi) and other species of the genus *Scutellaria* are employed to

treat memory loss and psychological disorders (Ernst, 2006; Kim et al., 2007; Park et al., 2007; Sarris, 2007). Okuyama et al. (1996) and Singh and Singh (2005) reported on the neurotoxicity of *Jatropha* sp., and Muthu et al. (2006) found neuroactive compounds in *Cyperus* sp. *Sida* sp. (Franco et al., 2005), *Myristica fragrans* Houtt. (Nutmeg et al., 2005; Soanave et al., 2005), *Alchemilla* sp. (Sufka et al., 2001), *Rubus* sp. (Nogueira et al., 1998a,b), *Gardenia* sp. (Toriizuka et al., 2005), *Ruta graveolens* L. (Al-Said et al., 1990), *Passiflora* sp. (Speroni

Table 2. Comparison of nervous system medicines to the 10 most important plant families of the medicinal flora of Northern Peru (Bussmann and Sharon 2006).

Nervous system conditions		Medicinal flora of North Peru	
Family	%	Family	%
Asteraceae	16.21	Asteraceae	13.64
Fabaceae	4.5	Fabaceae	6.82
Lamiaceae	6.31	Lamiaceae	4.87
Solanaceae	6.76	Solanaceae	4.09
Euphorbiaceae	1.8	Euphorbiaceae	2.33
Poaceae	0	Poaceae	2.33
Apiaceae	3.6	Apiaceae	2.14
Lycopodiaceae	4.5	Lycopodiaceae	1.95
Cucurbitaceae	0.45	Cucurbitaceae	1.75
Rosaceae	3.6	Rosaceae	1.75

Table 3. Plant parts used.

Plant part	%
Leaves	24.48
Whole plant	31.56
Stems	21.24
Flowers	8.55
Seeds	6.49
Fruit	2.95
Root	1.75
Bark	2.06
Latex	0.29
Wood	0.59

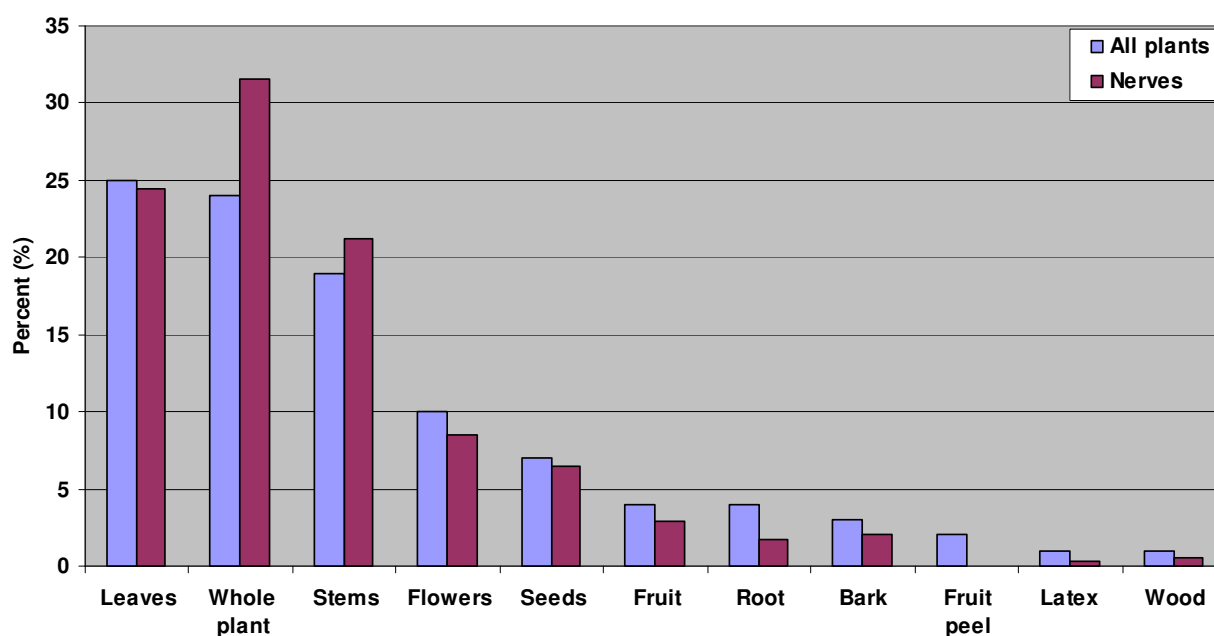
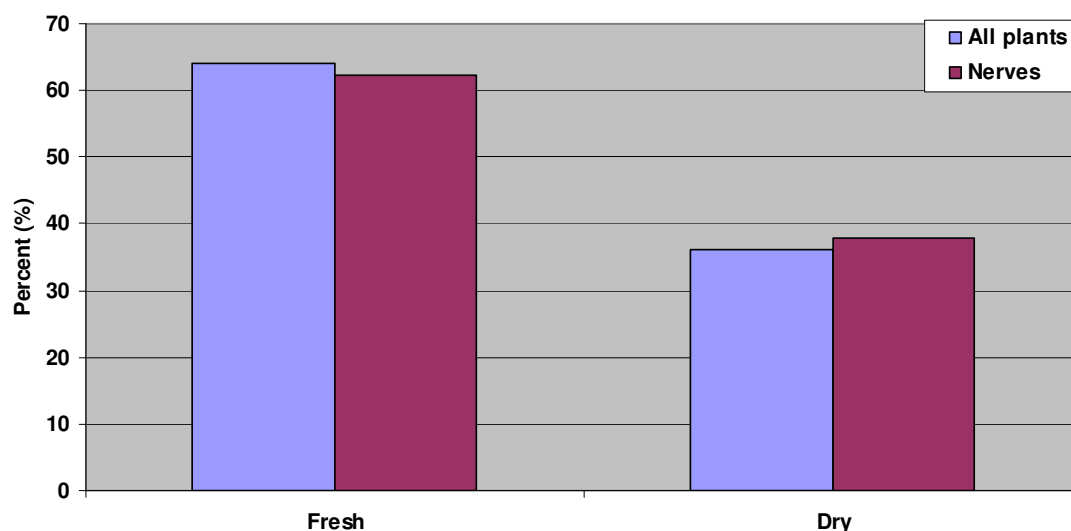
**Figure 3.** Plant parts used.

Table 4. Plant constitution.

Constitution	%
Fresh	62.23
Dry	37.77

**Figure 4.** Plant constitution.**Table 5.** Method of application.

Application	%
Oral	36.24
Topical	46.65
Seguro	17.11

and Minghetti, 1988; Coleta et al., 2001; Herrera-Ruiz et al., 2008), *Tilia* sp. (Coleta et al., 2001; Barreiro Arcos et al., 2006; Aguirre-Hernández et al., 2007a,b; Herrera-Ruiz, 2008; Pérez-Ortega et al., 2008), *Iresine* sp. (De Feo et al., 1996; Carpasso and De Feo, 2002), *Arctophyllum* sp. (De Feo et al., 1992), and *Aloysia* sp. (Mora et al., 2005; Helióñ-Ibarrola et al., 2006) all show anoxiolytic properties.

Many species of clubmoss (*Huperzia* spp.) are used for cleansing baths and as admixtures to hallucinogenic preparations. The bioactivity of their compounds, e.g. Huperzin A has been widely demonstrated (Autore et al., 1994). Members of the citrus family (*Citrus* spp) are well known calmatives (Kawamoto et al., 2005; Lehrner et al., 2005; Imura et al., 2006; Komiya et al., 2006; Pultrini et al., 2006; Yi et al., 2008).

Valeriana spp. is well known and proven anti-depressants and is widely used as a mild sedative. (Leathwood et al., 1982; Leathwood and Chauffard,

1985; Dunaev et al., 1987; Leuschner et al., 1993; Santos et al., 1994a,b; Cavadas et al., 1995; Carpasso et al., 1996; Houghton, 1999; Ortiz et al., 1999; Carpasso and De Feo, 2002; De Feo and Faro, 2002; Miyasaka et al., 2006; Awad et al., 2007; Bhattacharya et al., 2007; Fachinetto et al., 2007; Geller and Studee, 2007; Krystal, 2007; Saeed et al., 2007; Wu et al., 2007; Yao et al., 2007; Hattesoht et al., 2008; Tariq and Pulisetty, 2008). The genus is used for the same purpose in Northern Peru.

Lastly, a multitude of species is used in Northern Peru for their psychoactive properties. Traditionally coastal as well as Amazonian cultures employed hallucinogenic snuffs, often derived from *Anadenanthera* sp. or *Virola* sp. (De Smet, 1985; Berenguer, 1987; Torres, 1995, 1996; Torres et al., 1991, 1996). However, the use of hallucinogenic snuffs has all but disappeared from the region (Bussmann and Sharon, 2006, 2009).

Many Solanaceae plants have been used in traditional medicine for millennia, and maintain still high ritual importance. However, in many cases these plants are only used as “plants of last resort”, because the local healers are well aware of their toxicity. *Brugmansia* spp. and *Datura* spp. are sometimes added to mixtures of San Pedro cactus and Tobacco juice and inhaled through the nostrils, or are added to cleansing baths. The bioactivity of the alkaloids contained in this species is well documented (Schultes, 1955, 1972a, b, c, 1979; Bristol,

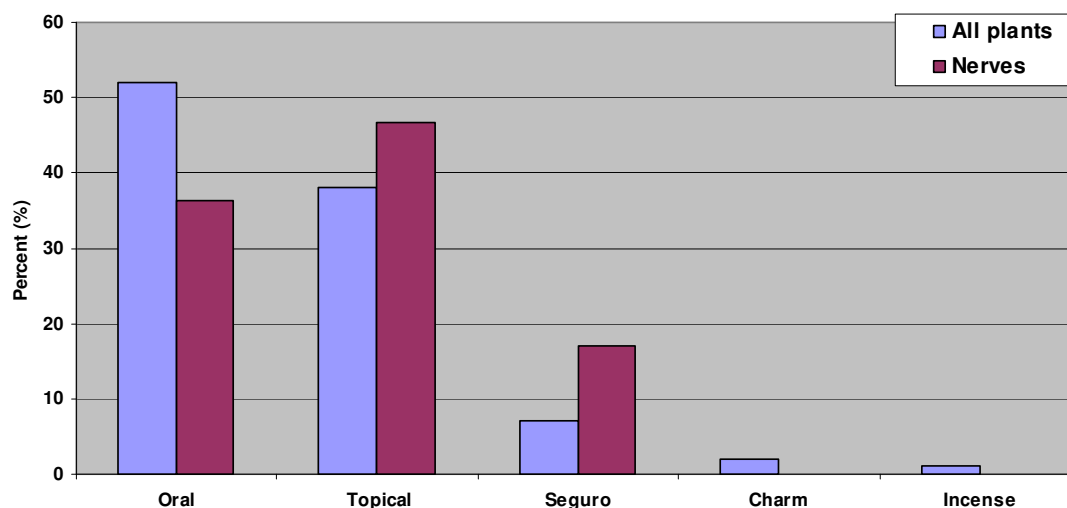


Figure 5. Mode of application.

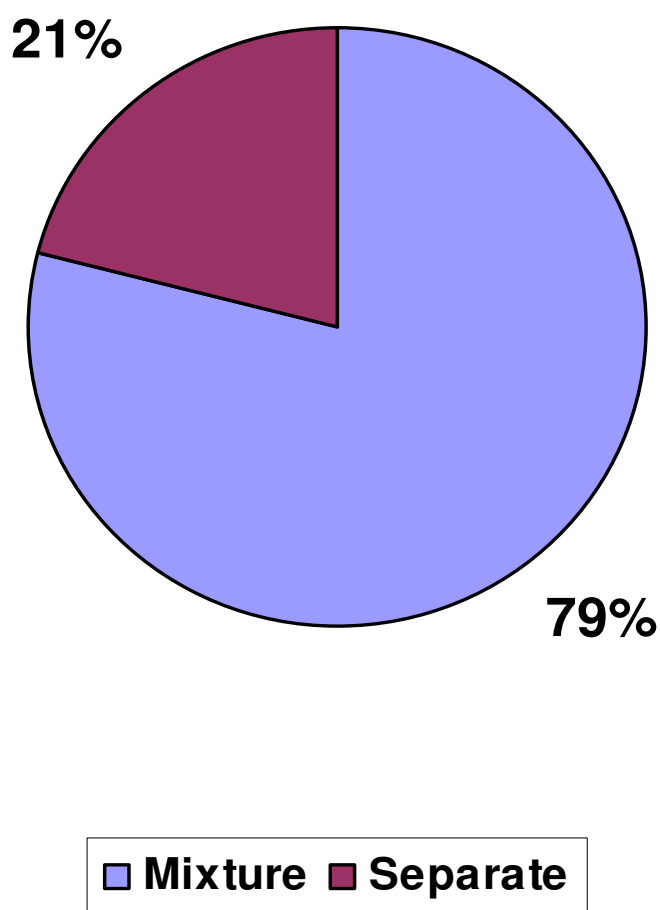


Figure 6. Mode of preparation.

1969; Lockwood, 1979; Roses et al., 1987, 1988a,b; Gambaro and Roses, 1998; Carpasso et al., 1991, 1992,

1996, 1997; Anaya et al., 1999; Griffin and Lin, 2000; Carpasso and De Feo, 2002, 2003). Plowman (1977) reported on the use of *Brunfelsia* sp. as hallucinogens. *Nicotiana tabacum* L. and *N. rustica* L. still have wide ceremonial importance in the Native American as well as Andean communities, and both species can have profound psychoactive effects in high dosage (Pondexter and Carpenter, 1962; Wilbert, 1972, 1987; Janinger and Dobkin de Rios, 1976; Plotkin et al., 1980; Elferink, 1983).

The most widely known neuroactive species in South America is probably the San Pedro cactus (*Trichocereus pachanoi* Britton and Rose), an ingredient of almost every healing ceremony along the coast between Ecuador and Bolivia and also widely employed in the highlands. Mescaline, the main active compound, has previously been used in western psychotherapy, but was subsequently banned. The effect of San Pedro concoctions or isolated compounds is widely reported (Knauer and Maloney, 1913; Poisson, 1960; Klüver, 1966; Crosby and McLaughlin, 1973; Shulgin, 1973, 1979; Pardannani et al., 1977; Gennaro et al., 1996; Kovar, 1998; Davis, 1983; Bruhn et al., 2002). Ayahuasca (*Banisteriopsis caapi* (Spruce ex Griseb.) C.V. Morton) however is more widely used for spiritual experiences, and its central nervous system activity is well documented (McKenna et al., 1984; Riba et al., 2002, 2003; Carlini, 2003; Da Silveira, 2005; O'Connor and Roth, 2005; Santos et al., 2007; Frison et al., 2008).

Conclusions

Mental health problems and psychosomatic disorders have an exceptionally high global impact, but western medicine has made limited progress in finding sustainable

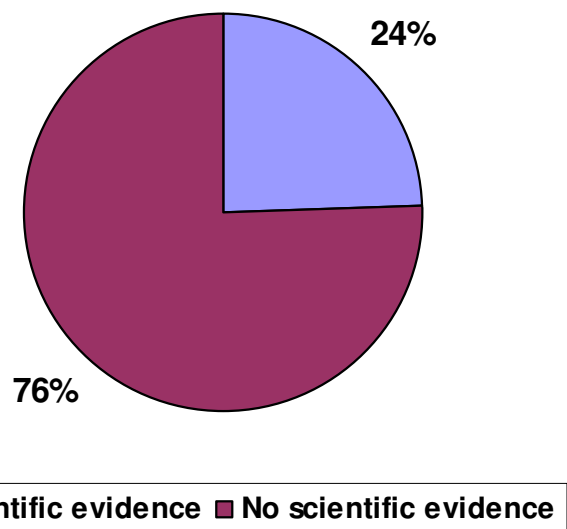


Figure 7. Evidence for efficacy.

and effective long term treatments. Many traditional societies employ a combination of medicinal plant mixtures and ceremonial treatments to address such afflictions, often with great success. The information gained on frequently used traditional remedies against nervous disorders might give some leads for future targets for further analysis in order to develop new drugs addressing nervous system disorders. However, more detailed scientific studies are desperately needed to evaluate the efficacy and safety of the remedies employed traditionally.

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Appendix 1. Species encountered and used in Northern Peru ritual and nervous system.

Family/Genus/Species	Indigenous name	Plant part used	Administration	Preparation	Use	Coll. #
AIZOACEAE						
<i>Tetragonia crystallina</i> L'Herit	Hierba de la Sonrisa, Señorita, Ulluco de Gentil, Hierba de la Señorita	Stems, Leaves, Flowers, fresh	1. Seguro 2 Topical	1. Standard Seguro mixture, see below. 2. Alternative mixture for Spiritual Flowering, see below.	1., 2. Happiness, Tranquility, Fragrance, Good luck, Spiritual Flowering, Protection, Good health, Good fortune, Good business	ISA133, RBU/PL360, ISA26, GER131
AMARANTHACEAE						
<i>Alternanthera brasiliana</i> (L.) Kuntze	Hierba del Oso, Veronica (Hembra), Moradilla de Cerro	Whole plant, fresh or dried	Topical	Limpia or bath. 5 g per 3 l boiled water, also use with Hierba del Susto, Zanahoria de Gentil, Poleo de Gentil. 1-2 times per month.	Susto of the summit / Susto de la cumbre	RBU/PL275, JULS11, EHCHL78, ISA83
<i>Alternanthera halmifolia</i> (Lam.) Standley and Pittier	Paja Morada, Lenguetilla, Lengua de Pajaro, Sanguinaria, Moradilla, Hierba Morada, Colores	Whole plant, fresh	Oral	Boil 1 l water, then add 10 g total of Toronjil, Manzanilla, Romero, Hinojo, Chanca de Comida, Cascorade, and Membrillo. Let mixture sit for 2 to 3 min. Drink lukewarm 3-4 times per day during mealtimes, or as needed. Patient should drink cold solution. It is important to drink it at 6 AM and at 6 PM.	Nerves, Anxiety, Relaxation	JULS85, JULS243, GER23
<i>Alternanthera porrigens</i> (Jacquin) Kuntze	Sanguinaria, Moradilla, Lancetilla	Whole plant, fresh or dried	1. Topical 2. Seguro	1. Alternative mixture for Spiritual Flowering, see below. Take 3 baths per month. 2. Standard Seguro mixture, see below.	1. Fragrance, Luck in love and work, Bad Air / Mal Aire, Love, Business Relations, Protection, Good fortune, Good health 2. Good business, Protection, Good fortune, Good health	EHCHL142, ISA56, RBU/PL301, RBU/PL324, EHCHL93, GER117
<i>Alternanthera villosa</i> H.B.K.	Hierba del Oso	Flowers, Leaves and Stems, fresh or dried	1. Oral 2. Topical	1. Boil 20 g of Hierba del Oso in 1/2 cup of water for 5 min. Drink cold, 1/8 cup 1 time only. 2. Bath mixture for Protection from evil, see below.	1. Bad Air / Mal Aire, Sorcery (protection from) 2. Protection from evil	GER63
ALSTROEMERIACEAE						
<i>Bomarea dulcis</i> (Hook.) Beauv.	Espuela de Gallo	Whole plant, fresh	Seguro	3 Stems per flask.	Protection, Success, Advising	ISA95

Appendix 1. Contd

ANNACARDIACEAE

<i>Mauria heterophylla</i> H.B.K.	Shimir, Tres Hojas, Trinidad, Chacur, Ahimir, Feregreco	Leaves, fresh	Topical	Boil 50 g with Lailambo, Nogal, Ajenco, Timolina. Limpia, once a week..	Daño, Fright / Susto, Skin irritation from daño	ISA24, JULS17, EHCHL83
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APIACEAE

<i>Ammi visnaga</i> (L.) Lam.	Bisnaga	Flowers and Leaves, fresh	Topical	20 g crushed Leaves as poultice, or 20 g per 5 l water for 20 min as bath, 3 times per week.	Bad Air / Mal Aire, Headache	EHCHL134
<i>Apium graveolens</i> L.	Apio Cimarron, Apio	Whole plant, fresh	1. Oral 2. Topical	1. Boil 1 l water, then add 10 g Apio Cimarron. Combine with Manzanilla, Mejorana, and Culantrillo. Drink 4 cups per day for 1 week. 2. Boil with Perejil. Mix with Agua del Susto, 7 Espiritus. 3 baths per month.	1. Nerves, Insomnia, Anxiety 2. Fright in children / Susto en niños, Gastritis	JULS21, ISA79, ISA116, EHCHL106
<i>Arracacia xanthorrhiza</i> Bancroft	Racacha, Racacha Cimarrona	Leaves and Stems, fresh	Topical	Boil 20 g of plant material with Flor de Chocho, Eucalyptus, Chueguis, and 2 l of water. Bathe the patient in the warm mixture while rubbing him with the Leaves. Bathe 3 times a week for 1 month using 1 cup of material.	Fright / Susto	JULS278
<i>Coriandrum sativum</i> L.	Culantro	Leaves, fresh	Topical	Place fresh Leaves on top of the eyes. Apply only once. Leave it for 1 h.	Mal Aire that takes your sight	GER47
<i>Daucus montanus</i> H. and B. ex Spreng.	Zanahoria de Zorro, Zanahoria de Gentil, Zanahoria	1. Leaves and Stems, fresh 2., 3. Root, fresh	Topical	Leaves with Bully Vinegar and 7 Espiritus, 1 bundle with 3 l boiled water with Ishpinguillo, Conchalalay Blanco, Manzanilla de Cerro, Lailambo, and Timolina. As bath, limpia or poultice, 1-2 times per week.	Bad Air / Mal Aire, Sorcery, Twists, Contusions caused by Sorcery, Susto in the Huacas / Susto en las huacas, Sustos of the summits / Susto de las cumbres	ISA33, ISA38, ISA68, JULS271, GER172
<i>Hydrocotyle bonariensis</i> Commerson ex Lam.	Tutapure de Estrella	Leaves and Stems, dried	Topical	1 handful boiled with 3 l water. Can combine with Bejuco Amarillo and Palo Blanco. 1 bath per month.	Sorcery	ISA8
<i>Niphogeton dissecta</i> (Benth.) Macbr.	Hornamo Toro, Orma Motora	1. Leaves and Stems, dried 2. Whole plant, fresh	1. Topical 2. Oral	1. Boil 20 g per 5 l, 20 min. Mix with other Hornamos. Bath, 3 times per week. 2. Boil 5 g per 1/2l, drink 1 cup per day, 1 month.	1. Wounds from sorcery 2. Purgative	EHCHL166, RBU/PL338
<i>Petroselinum crispum</i> (Miller) A.W. Hill	Perejil	Whole plant, fresh	1. Oral 2., 3. Topical	1. 3 – 5 g of herb per 1 l of water, combined with Toronjil, Pimpinela, Mejorana, Siempre Viva. Take 1 glass 2 times a day, 3 days before the menstrual period and three days after. Can also be eaten as salad. 2. Bundle fresh Leaves and Stems with Apio and burn. 3. Crush herb and boil with meat and salt. Apply as poultice.d other herbs. 2 per month as limpia or bath.	1. Nervous system, Forgetting love or trauma, Regulation of menstrual cycle 2. Daño, Fright / Susto 3. Forgetting love or trauma	ISA80, EHCHL31, ISA117, RBU/PL278, JULS225

Appendix 1. Contd.

APOCYNACEAE

<i>Mandevilla antennacea</i> (A.DC.) Schum.	Bejuco Colambo Negro	Whole plant, fresh	Charm	Plant and grow close to the house.	Protecting the house and field	GER236
<i>Mandevilla cf. trianae</i> Woodson	Bejuco, Bejuco Negro	Leaves, fresh or dried	Topical	1 handful of per 3 l boiled water. Can combine with Zanahoria, Gentil, Chilca, Añasquero Chico, Ishpinguillo, Conchalalay, Hierba del Susto (if it's used for susto), 7 Espiritus. Bathe once a week and have a limpia once a month.	Daño de Brevaje, Fright / Susto, Sorcery	ISA14, ISA13
<i>Thevetia peruviana</i> (Pers.) Schum.	Mailchin, Maichil, Camalonga, Cabalonga	1. Stems and Leaves, fresh 2., 3. Seeds, dried	1. Topical 2., 3. Oral	1. Bath, add 10 g of plant Leaves with 2 l of water and boil the mixture for 3 min, or boil 20 min in 5 l water, apply the mixture lukewarm. Rub the patient with the Flowers and the water. Right after bath, advise patient to dress in warm clothing. 2 baths per week (Tuesday and Friday) or 3-4 times a month. Do not ingest! 2. Ground and boiled, best macerated in wine that has a small amount of alcohol, must use holy wine from the church. Mixed with Seeds from a specific seven other plants: Ashango, Pucho, Amala, Quina Quina, Mozcada, Ishpingo, 1 time per month or as needed. 3. Put together 1 Seeds of Cabalonga in 1 bottle of wine and let it sit for 8 days, one small wine glass once a day for 20 days or as needed.	1. Bad Air / Mal Aire, Arthritis, Cause bad luck / Cast a spell (Sorcery) 2. Bad Air / Mal Aire, Epilepsy, Nerves 3. Bad Air / Mal Aire, Sorcery	EHCHL162, TRUVan/Eric a19, JULS187, EHCHL174, GER225

ARALIACEAE

<i>Oreopanax eriocephalus</i> Harms	Maque Maque, Mano de León	Leaves and Flowers, fresh	1. Oral 2., 3. Topical	1., 2. Boil 3-10g per 1l of water. Drink 3-4 times per day for 1 month or take as bath. 3. 5 g per 3 l boiled water, mixed with Laurel, Rumilanche, Poleo de Gentil, 7 Espiritus, and Manzanilla Blanca, Romero Castillo, Manzanilla Blanca, Nogal. Bathe 3 times a month.	1., 2. Nerves, Nervous system, Protection from evil 3. Fright / Susto	EHCHL36, JULS39, RBU/PL270, ISA71, GER221
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ARECACEAE

<i>Bactris</i> spp.	Chonta	Wood	Charm	Pass stick over body while praying.	Protection	GER229
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ARISTOLOCHIACEAE

<i>Aristolochia ruiziana</i> (Klotzsch) Zahlbr.	Bejuca del Contraaire	Stems, dried	Oral	Boil 20 g of Bejuca with 1 cup of water for 10 min. Patient should drink cold solution. Once only.	Untangling a person who is having trouble progressing in life, Untangling a person who is a mess	GER107
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Appendix 1. Contd

ASCLEPIADACEAE

<i>Sarcostemma clausum</i> (Jacquin) Schultes	Marrajudio	Leaves, Stems, fresh	Topical	2 l of water, add 10 g of Flor de Retama, Quinual, Flor de Chuco, 20 g of Eucalyptus. Boil for 3 min. Let it cool. Once cooled proceed with taking a bath. 2 to 3 times a week as needed. Alternatively break a Stem and collect Resin. Apply on affected area. Twice a day (AM and PM) as needed.	Fright / Susto	JULS121, GER43
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ASPHODELACEAE

<i>Aloe vera</i> (L.) Burm f.	Sabila, Zabila, Aloe, Hojas de Sabila, Aloe Vera	Leaves, fresh	Charm	Hang whole plant in doorway.	Good Luck, Happiness	JULS274, GER22, EHCHL165, VFCHL10
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ASTERACEAE

<i>Achillea millefolium</i> L.	Milenrama, Chonchon	Flowers and Leaves, fresh	Topical	1 bundle per 5 l boiling water, 3 baths per month during the night.	Dispel bad spells	RBU/PL371, RBU/PL361, EHCHL56
<i>Achyrocline alata</i> (H.B.K.) DC.	Ishpinguillo, Ishpingo, Flor de Ishpingo	1., 2. Stems and Leaves, dried	Topical	Bath and limpia, 5 g boiled with 3 l water, mixed with Añasquero Grande, Ajenco, Tres Hojas. 2 times per month. Alternatively 1/2 kg, boiled 10 min for a steam bath.	Fright / Susto, Daño in children	ISA85, ISA109
<i>Ambrosia arborescens</i> Miller	Ambrosia	Whole plant, fresh	1. Topical 2. Seguro	1. Alternative mixture for Spiritual Flowering, see below. One time only. 2. Standard Seguro mixture, see below.	1. Spiritual Flowering 2. Good business, Protection, Good fortune, Good health	GER118
<i>Ambrosia peruviana</i> Willd.	Altamisa, Marco, Artamisa, Manzanilla del Muerto, Marcos, Alta Misa, Ajenjo, Altamis, Llatama Negra Malera, Llatama Roja Malera	Leaves and Stems, fresh	1. Oral 2. Topical	1. Boil 1 l water 2 min, then mix water with a total of 10g of Manzanilla, Borraja, Madre Selva, Toronjil, Hinojo and Chancas de Comida for nerve disorders. Use Boldo, Malva, and Linaza for liver ailments. Use Matico, Borraja, Eucalipto, Vira Vira, and Brochamelia for Bronchitis. Cover and let sit for 2-3 min. Drink lukewarm, 3-4 cups a day for a month. Colds: Boil 1/2 l of water with 50 g of Altamiz and 10 g of Sauce, Chicoria, and Pajaro Bobo for 10min. 2 tablespoons every 8 h for 8 days. 2. Boil 200 g with 3 l water and 7 Espiritus, Agua de Susto. Use as poultice, or bath, 6 h per bath 2 times per month, 1 month. For Susto 3 times a week: Tuesday, Friday, and the following Tuesday.	1. Nerves, Bad Air / Mal Aire 2. Fright / Susto	JULS108, TRUBH18, RBU/PL370, TRUBH15, JULS90, GER9, GER110
<i>Arnica montana</i> L.	Arnica	Commercial tincture	Charm	Place close to patient, inhale. Splash all corners of the house in the center of the house and make a sign of the cross at the front door with it.	Waking a person who has fainted, Keeping bad spirits away from the house	JULS106

Appendix 1. Contd

<i>Artemisia absinthium</i> L.	Ajenco	1., 2., 3. Leaves, fresh 4. Whole plant, preferably Leaves and Stems, fresh	1., 2., 3. Topical	1. Natural, as limpia, 1 bundle with Bully Vinegar, Añasquero grande, Añasquero chico, Flores de Muerto, Hierba del Susto, 7 Espiritus, Agua del Susto. Twice per week (Tuesday and Friday). 2. Bath, with Añasquero Grande, Ruda Hembra, 7 Espiritus, and Agua del Susto (if you have Susto). twice per week.	1., 2. Fright / Susto in children, Sorcery 3. Sorcery	ISA66, RBU/PL363, GER146
<i>Baccharis ciliaris</i> (Retz.) Koeler	Pata de Gallina	Whole plant, fresh or dried	Seguro	Mix in a bottle 10 g of Valeriana Estrella, Señorita, Carpintero, Chupa Flor, Hierba la Coqueta, Oro, Dollar. Add Agua Florida, Ramillete de Novia, Tabu, Lime juice, Agua Bendita, sugar. One bottle to keep forever.	Protection of job and house, Protection (general)	JULS220
<i>Baccharis inidica</i> (L.) Gaert	Pata de Gallina	Whole plant, fresh or dried	Seguro	Mix in a bottle 10 g of Valeriana Estrella, Señorita, Carpintero, Chupa Flor, Hierba la Coqueta, Oro, Dollar. Add Agua Florida, Ramillete de Novia, Tabu, Lime juice, Agua Bendita, sugar. One bottle to keep forever.	Protection of job and house, Protection (general)	JULS220
<i>Baccharis salicifolia</i> (R. and P.) Pers.	Hierba de la Plata, Chilco Hembra	Whole plant, fresh	1. Topical 2. Seguro	1. Alternative mixture for Spiritual Flowering, see below. Bathe once. 2. Standard Seguro mixture, see below.	1., 2. Good business, Protection, Good fortune, Good health	TRUVan/Eric a5, GER125, GER84
<i>Baccharis vaccinioides</i> H.B.K.	Sigueme Sigueme	Flowers and Leaves, fresh	Topical	1. Standard Seguro mixture, see below. Some spiritual prayer invoking the name of the patient, owner of the seguro. Fogear on Tuesdays and Fridays. Spray and rub the mixture on the patient for good luck. 2. Bath, 50 g of all: Hierba del Lucero, Hierba del Este, Ambrocilla, Senorita, Caballero, Pega Pega, Siempre Viva, Carpintero, Waime Waime, Piri Piri (Hembra y Macho), Hierba del Buen Querer, Hierba del Oro, Hierba de la Plata, Hierba del Halago, Sigueme Sigueme, Hierba del Negocio boil into 5-7 L water and boil for 20 min then add a bit of the following perfumes: Cariño, Dios de la Huaranga, Dios de la Felicidad, San Antonio, Macumba Pusanga, Gran Jefe, Mil Flores, Llama Plata, and Ekeko and let it cool before bathing. 2 times (Tuesdays and Fridays only) every 3 months.	Good luck, Spiritual Flowering / Florecimiento	GER188, TRU BH 28
<i>Diplostephium gynoxyoides</i> Cuatr.	Parrano	Flowers, fresh	Topical	Crush 2 kg of Parrano Leaves + 200 g of Flor de Muerto, Frejol Chileno, Garlic, and Agua Cananga (perfume). Place on affected area and cover with a piece of cloth for 3 h.	Mal de Aire	GER5
<i>Diplostephium sagasteguii</i> Cuatrecasas	Hierba del Tigre, Gato Simura	Leaves and Stems, fresh or dried	1. Oral 2. Topical 3. Seguro	1. Boil 10g of Hierba del Tigre, 10 g of Hierba del Oso, and 10 g of Semora Negra, 3 Leaves of Toro Simuro, and 3 Leaves of Mishia Amarilla in 1/2 cup of water for 5 min. Very strong compound. Do not exceed the dosage. 1/8 cup 1 time only. Drink cold. Patient should stay inside the house without any light or noise for 3 days. Should also observe a diet (no spices or seafood). 2. Bath mixture for Protection from Evil, see below. Only once. 3. 2 small branches per seguro.	1., 3. Bad Air / Mal Aire, Fragrance, Good luck for work, Daño (prevention), Undo bad things done to you, Strength, Maldad (cure), Evil eye /Mal ojo 2. Protection from evil	GER61, RBU/PL336, ISA139, TRUBH24, GER58

Appendix 1. Contd.

<i>Ferryanthus verbascifolius</i> (H.B.K.) H. Robinson and Brettell	Tutapure Amarillo, Tutapure Amarillo (Grande)	Whole plant, fresh	Topical	Mix with Timolina, 2 times per week as limpia. Mixed with Tutapure Negro, Manzanilla Blanca, Añasquero Chico, Ruda Chingue, Conchalay, Ticra, Manzanilla, 7 Espiritus as bath, 3 times per week. Can also be used as steam bath once a month.	Fright / Susto, Sorcery, Diarrhea in children from Susto, Daño	ISA36, ISA9, ISA11
<i>Loricaria ferruginea</i> (R. and P.) Wedd.	Palmerilla, Palmita, Pata de Gallina, Palmera, Trencilla, Palmilla, Patita de Gallo, Palmera Blan	Leaves and Stems, fresh	1. Topical 2. Seguro	1. Alternative mixture for Spiritual Flowering, see below. 3 times per day, 1 week, only once for florecimiento. 2. Standard Seguro mixture, see below.	1. Spiritual Flowering / Florecimiento 2. Protection, Good health, Good fortune, Good business, Fragrance, Succes, Good travels, Becoming sociable, Good relations with others	GER108, RBU/PL339, TRUBH20, ISA136, TRU Van/Erica23, 10, ISA148(105a)
<i>Loricaria pauciflora</i> Cuatr.	Palmilla Ancha, Palmilla Verde, Palma Bendita	Whole plant, fresh	1. Seguro 2. Topical	1. 7 small plants per Seguro, combine with strong magical herbs. 2. Boiled 15-20 min, 10-20 g per 12 l water, bath/saumo 2-3 times per month.	1. Business 2. To cast away bad spirits	TRUVan/Erica18, EHCHL13
<i>Matricaria frigidum</i> (HBK) Kunth	Manzanilla	Whole plant, fresh or dried	Oral	Boil water first. Add 10 g Manzanilla per cup. Three cups per day for one week.	Pain of love, Nerves, Insomnia	JULS22, EHCHL1, TRUBH7
<i>Matricaria recutita</i> L.	Manzanillon, Agua de la Banda, Manzanilla Blanca, Manzanilla Amarga	Whole plant, fresh	1. Seguro 2. Topical	1. Three Stems per flask. 2. Boil the whole plant for 3-5 min. Mix entire plant with Hierba del Susto, Ajenco, after combining with 2 Tsp Bull Vinegar. Pour bath the mix in a bathtub and sit in it, rub the patient, 2-4 times a month. Boil 1 dried bundle per 1 l water for 5 min for washings (wounds).	1. Good travels, To make people more sociable, Good relations with others 2. Fright / Susto	JULS192, RBU/PL306, ISA120, ISA76, GER145
<i>Mikania leiostachya</i> Benth.	Enredadera	Leaves, dried	Topical	1 handful with 3 l boiled water, combine with Huaminga, Chilca, Hierba del Susto, and Agua del Susto. Take 2 baths per week.	Daño, Daño de Brevaje	ISA12
<i>Monactis flaverioides</i> H.B.K.	Hierba del Susto (Amarillo), Malva, Mocura, Hierba del Susto, Hierba Susto	Stems and Leaves, fresh	1. Topical 2. Oral	1. 7 Stems with their Leaves boiled with 3 – 5 l water, combined with Agua del Susto, Ajenco, and Llatama for 20 min. Bath, 2-3 times per week, at 7,9, and 11 PM. 2. Mix with Toronjil, Pimpinela, boiled for 3 - 5 min. 1 l daily for 7 days.	1., 2. Bad Air / Mal Aire, Prostate, Fright / Susto, Vaginal cleansing, Business, Casting away bad luck, Freight in children / Susto en niños	EHCHL19, RBU/PL274, TRUVan/Erica7, ISA104, ISA72
<i>Munnozia lyrata</i> (A. Gray.) Rob. and Brett.	Canillahuanga	Whole plant, fresh or dried	Topical	Bath, 20 g per 5 l, boil 20 min, with Hierba del Susto, Añasquero, Cutiquero, Hierba del Ave, Ishpingo. 3 times per week.	Fright / Susto, Bad Air / Mal Aire	EHCHL138

Appendix 1. Contd.

<i>Onoseris odorata</i> (D. Don) Hooker and Arnott	Hierba de Reina	Whole plant, fresh or dried	Oral	10 g per 1 l boiling water, 3 cups per day.	Heart	RBU/PL337
<i>Oritrophium peruvianum</i> (Lam.) Cuatrec.	Huamanripa, China Linda, Wiña, Vira Vira, Oronamo, Hierba del Sol, Maguanmarica, Hierba del Lucero	Whole plant, fresh or dried	1. Topical 2. Seguro	1. Standard mixture for Spiritual Flowering, see below. 2. Standard Seguro mixture, see below.	1. Fragrance, Attract lovers, Spiritual Flowering 2. Illuminating your path and destiny, Good business, Protection, Good fortune, Good health	JULS58, EHCHL126, TRUBH29, 26, TRUVan/Eric a2, ISA96, GER166,
<i>Perezia multiflora</i> (H. and B.) Lessing	Corzonera, Escorcionera, Escorzonera	Whole plant, fresh or dried	Oral	Boil 1l water, then add 10g Escorcionera. Combine with Matico, Eucalyptus, Veronica, Vira Vira, Nogal, Huamanripa, Tilo and Zazamora. 3 cups per day for 15 days. Patient should drink cold solution.	Nerves	RBU/PL323, JULS16, EHCHL52, GER160
<i>Porophyllum ruderale</i> (Jacq.) Cas.	Hierba Gallinazo, Hierba del Gallinazo	Whole plant, dried	1. Incense 2. Topical	1. Burn with Llatama, Ajos Giro, Añasquero Chico, 5g each herb. 2 times per month. 2. 5 g Llantén, Ajos Giros, Hierba Gallinazo, Hierba del Romero, Flor del Huerto, Eucalyptus, add Floripondio Flowers, Retama and Añasquero Chico per 3l. Bathe 2 times per month, Tuesday and Friday only. Rub body with herbs. Rinse with the water. Do not dried with a towel. Air dry.	1. Clean the energy of the home 2. Daño, Fright / Susto	ISA73, GER89, JULS180
<i>Pseudogynoxis cordifolia</i> (Cass.) Cabr.	San Juan	Whole plant, fresh or dried	Topical	Add 10 g of plant material with 2l of water and 10 g of Eucalyptus, Chancas de Muerto, and Romero. Boil the mixture for 3 min. Wash the patient in the lukewarm mixture during the evenings. Advise the patient not to leave the house afterwards. Bathe every 2 days.	Fright / Susto, Bad Air / Mal Aire	JULS294
<i>Senecio canescens</i> (H.B.K.) Cuatrecasas	Vira Vira, Oreja de Conejo	Whole plant, fresh	1. Oral 2. Topical	1. 10 g diced herb in boiling water, combine with Borraja, Eucalyptus, Corzonera, Borraja, Cerraja, Polen de Hierbas, Manzanilla, Toronjil, Congona, Poleo, Claveles, Juan Alonso, Espina de Hoja, and Alcanfor. Drink 3 cups per day, 1 month. 2. Use same mixture for steam baths and inhalation.	Nerves	TRUBH8, RBU/PL322, EHCHL104, 24, ISA108, TRUVan/Eric a12, JULS14, GER158

Appendix 1. Contd.

<i>Senecio chinogeton</i> Wedd.	Hornamo Leon Amarillo	Leaves and Stems, fresh or dried	1., 2. Oral	1. Boil at low temperature 3 pieces of 3 inches each of Hornamo Leon Amarillo and Hornamo Leon Verde, 1 slice of San Pedro of 6 lines and one of 7 lines and 3 pieces of 3 inches each of Condor Purga in 9L of water for 1 h at low temperature. Drink cold, 1 small glass 1 time only. 2. Boil 2 leaves of Misha Morada, 1 leaf of Misha Amarilla, 1 leaf of Misha Blanca, 1 leaf of Misha Rosada, 1g of Toro Maigue and 1g of Toro Misha. in 1/2 cup of water for 5 min. Drink cold. Patient must stay in a dark room for 3 days while maintaining a diet without spices or seafood. Patient should rest for three more days afterwards. 1/8 of a small glass.	1., 2. Bad Air / Mal Aire, GER60 Hallucinoen / Vision enhancement
<i>Senecio hypsandinus</i> Cuatr.	Ornamo Blanco	Whole plant, fresh	Seguro	A few Stems per flask.	Fragrance, Good Luck RBU/PL358
<i>Sonchus oleraceus</i> L.	Cerraja, Serraja, Zeraja	Whole plant, fresh	1., 2., 3. Oral	1. 1 cup with the whole plant (especially Flowers) cut with scissors, together with 3 drops of lime, a pinch of salt and a shot of pisco, let mixture sit for 3 min and take 1 cup, 2 times a day for 1 day, until condition passes. 2. 1 handful of herb boiled with 1/2l water, 3 cups per day, before food. 3. Take 1 whole plant, crush, drink extract, once.	1. Embarrasment, Shame, Hangover, Negative energy, Anger 2. To calm strong character 3. Hangover RBU/PL368, EHCHL54, JULS64, VFCHL48, JULS248
<i>Tagetes erecta</i> L.	Flores del Muerto, Claveles Chino, Flor de Muerto	Flowers and Leaves, fresh	1. Topcial 2. Oral	1. Macerated in any liquid substance (like Agua Florida). With 100 g of Parrano, 100 g of Frejol chileno ground, 100g of Ajo ground, 5g of Chili powder and 5g of Black Pepper and 5 g of Oregano, Flor de Chocho, Retama, Ruda (hembra and macho) and Agua del Susto. As poultice, put a portion on feet and cover with a cloth. It can also be used on the stomach. Alternatively the mixture as bath, 3 times per week, Tuesday, Friday, Tuesday. 2. Take 3 to 4 Flowers and boil in 1l of water along with 10 g of a mixture of Toronjil, Pimpinela, Poleo, Manzanilla. Drink 3 to 4 glasses a day for 1 month.	1. Fright / Susto, Colic of the stomach, Bad Air / Mal Aire 2. Nerves EHCHL141, JULS156, GER112
<i>Tagetes patula</i> L.	Flores del Muerto	Stems and Leaves, fresh or dried	Topical	Limpia, 5 g with 3 l water mixed with Ajenco, Ruda Hembra, Hierba del Susto, Manzanilla Blanca, and Timolina. 2 times per month.	Susto of Death/ Susto de muerte. ISA89
<i>Taraxacum officinale</i> Wiggers	Diente de Leon, Amargon, Hierba del Leon	Whole plant, fresh	1., 3. Topical 2. Oral	1. 200 g leaf and flask of 7 Espiritus. Poultice: 2 times per month. 2. 20 g leaf, 2l of water with Chacur, Pie de Perro, Cola de Caballo, Linasa, Malva, Amor Seco and other plants. 20g total of all. Add a piece of 4 inches of Bejuca del Contra Aire, and 2 spikes of Palmerilla. Boil for 3 min. 1 cup 4 times a day for 1 month. 3. Bath mixture for Protection from Evil, see below. Only once.	1., 2. Bad Air / Mal Aire, RBU/PL252, JULS150, GER62, GER189 Protection against evil 3. Protection from evil

Appendix 1. Confs

<i>Trixis cacalioides</i> H.B.K.	Añasquero Chico	Whole plant, fresh or dried	1. Incense 2. Topical	1. Burn 2 times a month. 2. Mix with Añasquero Grande, Ruda Hembra, Ruda Macho, Ajenco, Timolina, Ishpinguillo, Chuque, 7 Espiritus. Take 2 baths per week or use as limpia once a week.	1. Rid the house of negative energy 2. Daño, Fright / Susto, Bad Air / Mal Aire	ISA65, RBU/PL295
<i>Werneria humilis</i> H.B.K.	Señorita	Flowers, Leaves and Stems, fresh	Seguro	3 Flowers or Stems per flask.	Inducement of love in men and women, For a woman to find a good man, Making the feelings of men and women clearer	ISA98
<i>Werneria pygmaea</i> H. and A.	Hierba del Halago	Whole Fruit, fresh	1. Seguro 2. Topical	1. Standard Seguro mixture, see below. 2. Standard mixture for Spiritual Flowering, see below.	1. Good business, Protection, Good fortune, Good health 2. Spiritual Flowering	GER120
<i>Werneria villosa</i> A. Gray	Hierba del Oro	Leaves and Stems, fresh	1. Seguro 2. Topical	1. Standard Seguro mixture, see below. 2. Alternative mixture for Spiritual Flowering, see below. After boiling add a bottle of your favorite perfume. Rub the entire body with all the herbs, then rinse with the water and Air dry. Do not use soap nor a towel.	1., 2. So that all goes well in the life of a person, Home, Good luck, Big enterprise, Personal, Good business, Protection, Good fortune, Good health	ISA101, GER124
BALANOPHORACEAE						
<i>Corynaea crassa</i> Hook. F.	Huanarpo (hembra and macho)	Tuber/Root, fresh	Oral	1 bottle of wine (abuelo), add 10 g of Huanarpo, then add Huevo de Angelote, Bee Pollen, honey, Pacra, Palo Sangre, Palo Huaco, Chuchuhuasi, Cascarilla, Para-Para. Drink 3 cups per day, 3-6 months. Take a small cup before intercourse. Can refill the wine bottle once more with the same herbs, it will be stronger. If it for a man, use "macho". If it is for a woman, use "hembra". 3 cups per day, 3-6 months. Take a small cup before intercourse.	Tension	JULS171, VFCHL52
BIGNONIACEAE						
<i>Cydista aequinoctialis</i> (L.) Miers	Bejuco Amarillo	Flowers, Leaves and Stems, fresh	Topical	1 handful in 3 l water for 5 min. 2 times per month.	Daño, Internal inflammation from sorcery, Bruises froms sorcery	ISA6
<i>Tynnanthus scabra</i> (Hoffm. ex Roem. and Schult.) Schum.	Clavo Huasca	Leaves and Stems, fresh	Oral	Blend 100g of plant material with 1/4 glass of water and drain. Drink cold. Used during ritual ceremonies. 1 tablespoon per ritual.	Bad Air / Mal Aire, Hallucinogen, Enhance the vision of shaman	GER224

Appendix 1. Contd.

BORAGINACEAE

<i>Borrigo officinalis</i> L.	Borraja	Whole plant, fresh or dried	Oral	10 g herb with 1 l boiling water, boiled for 3-5 min, combined with Vira Vira. Drink three times per day or 1 l per day, as long as needed.	Anxiety, Depression, Nerves, Insomnia	ISA112, JULS24, RBU/PL300, EHCHL58
<i>Cordia alliodora</i> (R. and P.) Oken	Ajos Giro, Ajos Quiro, Ajo Sacha	Bark and Stems, dried	Topical	5 g with Llatama, Ajos Giros, Añasquero grande, Llatama, Hierba del Gallinazo, Añasquero chico, Ruda macho per 3 l water. 2 baths per month. Can also be used as steam bath.	Daño, Fright / Susto, Dispelling negative energy from the house	ISA74, JULS281
<i>Heliotropium curasavicum</i> L.	Alacran, Alacrancillo	Whole plant, fresh or dried	Topical	Boil 10 g of Alacran with 10g total of Hierba de la Plata, Justicia, and yellow, red, and white roses in 2 - 3 l of water. Bathe 3 times (Tuesday, Friday, and the following Tuesday).	Spiritual Flowering	JULS305

BROMELIACEAE

<i>Puya hamata</i> L.B. Sm.	Hierba del Carnero, Hierba de Borrego	Hairy part of the Seeds, dried	1. Oral 2. Topical	1. 1 cup of water and 5 g of the plant (the hairy part of the Seeds being the most important) and boil for 3 min. Drink 1 cup twice a day 3 to 4 times a week. This seguro is used to get the patient under control, usually if the patient is being violent or out of control because of drunkenness or other reasons. 2. Same mixture can be applied as poultice.	Making a man stupid, Making a man obey like a sheep, Cleansing, Controlling a violent person, Dominating a drunk	JULS162, GER95, EHCHL121
<i>Puya weberbaueri</i> Mez.	Ticta, Tifta	Whole plant, fresh or dried	Topical	Boil 15 g of Ticta and 10 g of Hierba Santa with 3 l of water. Boil the mixture for 3-4 min. Bathe the patient in the mixture. Patient can bathe on any day. Bathe once a week, for 1 month.	Bad Air / Mal Aire, Wounds, Any illness involving wounds	JULS290
<i>Tillandsia cacticola</i> L.B. Sm.	Palmera, Siempre Viva, Palma Bendita, Siempreviva (lilac)	Leaves and Stems, fresh	1. Topical 2. Oral 3. Seguro	1. 50 g in fire combined with Romero, Palo Santo, Alucema, Incense, Saumerio, and Myrrha. As bath: Alternative mixture for Spiritual Flowering, see below. Steam bath, as needed or bath one time per day for 15 - 30 days. 2. 20 g per 1 l water, boil 2 min. Combine with Pimpinela, Cedron, Mejorana, Simpre Viva, Flores de Diamelas, Toronjil, Romero, Claveles, Orange Flowers. 1 l per day or 3-4 cups per day after meals. 3. Standard Seguro mixture, see below.	1., 2. Fright / Susto, Nerves, Anxiety, Heavy air, Good luck, Susto of Death / Susto de muerte, Spiritual Flowering, Good business, Protection, Good Luck, Good health 3. Good business, Protection, Good luck, Good health	VFCHL17, RBU/PL375, RBU/PL289, GER123, JULS307
<i>Tillandsia multiflora</i> Benth. var. <i>decipiens</i> (Andre) Sm.	Siempre Viva, Siempre Viva Roja	1. Flowers, fresh 2. Whole plant, fresh	1. Oral 2. Topical	1. 10 g per 1l boiling water. Combine with Toronjil, Clavelin, and Lime juice. Take 3 times a day for 1 month. 2. 20 g per 5 l water and boil for 20 min. Bathe 3 times a week.	1., 2. Depression, Nerves	EHCHL15, RBU/PL376

Appendix 1. Contd.

BURSERACEAE

<i>Bursera graveolens</i> (H.B.K.) Triana and Planchon	Palo Santo, Palo de Santo	Small Stems, Bark and Wood, dried	1. Topical 2. Incense	1. 3 Tbs per 3 l water. Combine with Romero Blanco and Romero Castilla. Bathe 2-4 per month. 2. Big house: use 250 g of herb. Small house: 20g. Combine with Romero Blanco, Romero de Castilla, Romero, Hierba de la Plata, Hierba de la Fortuna, and Hierba de Oro, incense and myrrha. Every Tuesday and Friday as needed. For people: Patient must be naked with a piece of cloth tied to the neck. Place the jar with the smoking Palo de Santo under the person (feet) letting the smoke rise. Also used in animal corrals mixed with Palo Huaco to keep insects away.	1. Daño, Fright / Susto, Sorcery 2. Dispelling negative energy from the house, Bad shadow	ISA143, JULS210, GER34
<i>Commiphora myrrha</i> (T. Nees) Engl.	Mirra	Latex, dried	Incense	Burn it into charcoal and mix with 10 g of Myrrha plus Palo Santo, Saumerio, and Romero. Burn like an incense and spread smoke around the patients house. 3 times a week: Tuesdays - Friday - Tuesday. Repeat as necessary.	Dispelling negative energy from the house	JULS195

CACTACEAE

<i>Echinopsis pachanoi</i> (Britton and Rose) Friedrich and G. Rowley	San Pedro, Huachuma	Whole plant, fresh	Oral, Topical	Chop San Pedro in thin slices horizontally and boil in 4l of water from 12 noon to 6pm. Cook on low fire and add water if necessary. 1 glass for the patient and 1 glass for the shaman per ritual session. Cannot eat fat, spices (such as aji), fish or shellfish, for 24 h after drinking. Apply topical for wounds and acne. Patient should stay away from the sunlight for 24 hs.	Hallucinogen, Enhancing vision during rituals, Wounds caused by Mal Daño, Bad Air / Mal Aire	TRUBH36, JULS242, GER73
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CAMPANULACEAE

<i>Centropogon articulatus</i> Drake	Conchalalay	Stems and Leaves, fresh or dried	Topical	20 g per 5 l water, boil 20 min. Bath, 1-3 times per month.	Fright / Susto, Air / Aire	EHCHL119
<i>Centropogon cf. cornutus</i> L.	Raínga	Leaves and Stems, dried	Oral	Boil 1 cup of water with 100 g of the plant. Drink cold. Once a day. It has to be followed by other treatments with other herbs.	Bad Air / Mal Aire	GER78
<i>Siphocampylus angustiflorus</i> Schlechtendal	Contoya, Hierba de Envidia, Contolla	Flowers, Leaves and Stems, fresh	1. Oral 2. Topical	1. 5 g per 1/2 cup with boiled water, drink 1 per month. 2. 20 min, with 10g of herb per 10l water mixed with other herbs of luck. Bathe 3 times per week.	1. Purgative 2. Daño, Cast away envy	RBU/PL364, EHCHL99
<i>Siphocampylus cutervensis</i> A. Zahlbr.	Conchalalay Blanco	Leaves, fresh	Topical	1 handful or pouch with 3 l boiled water. Combined with Conchalay Colorado, Guaminga, Bully Vinegar, and 7 Espiritus. 2 baths a week, in agreement with what the Mesa indicates. As limpia 2 times a month.	Freight/ Susto, Daño	ISA2

Appendix 1. Contd.

<i>Siphocampylus tupaeformis</i> Zahlbr.	Cochaya	Whole Fruit, fresh	Charm	Do not ever cut the plant. Use it in its natural form by planting Guarding the house it in the area around your house. Always plant Cochaya close and land. to a San Pedro. Always have a few on your property. If a thief comes onto your property this plant will start to release snakes all around and tie the person up without ropes. A thief can go crazy. This plant always detects who is doing bad things and recognizes its owner and its family.		GER102
CAPPARIDACEAE						
<i>Capparis crotonoides</i> H.B.K.	Simuro, Bichayo, Simulo	Leaves, fresh	Topical	1. Boil 10 Flowers buds in 1/2 cup of water for 2 min. Patient should drink warm solution and stay inside the house during treatment. 1 cup a day for 8 days. 2. Boil 2 kg of Bichayo Leaves in 5l of water for 30 min. The patient must be naked with a towel over his head in an enclosed room. Patient must take deep breath/inhalations. Bath should last about 1/2 h. 1 bath every 6 days, 2 times only. 3. Crush 20 Leaves of Bichayo. Place crushed Leaves on affected area and masage the area with it. Patient should not go out during treatment. 4. Add 20 g of plant material into 4 – 5 l of water. Boil the mixture for 5 - 6 min. Bathe with the tizana. Do not ingest. Bath 2-3 times, as needed.	Bad Air / Mal Aire	GER4, JULS250
CAPRIFOLIAEAE						
<i>Lonicera japonica</i> Thunberg	Madre Selva	Whole plant, fresh or dried	Oral	Boil 1 l water, then add 10 g Madre Selva. Drink 3-4 cups per day for 1-3 months, or as needed. Epilepsy is characterized by heart pains, frequent falling to the ground, and los of consciousness every 3 days.	Depression, Pain of love, Nerves, Epilepsy, Psychological pain	JULS28
<i>Sambucus nigra</i> L.	Cinta de novia	Stems, fresh	Charm	Tie a picture on the Stems and wrap it. Pray and spray (fogear) perfume with the appropriate names. One per ritual. Repeat as needed. Ritual "Amarres" is for tying up a person, binding someone.	To tie a person	GER220
<i>Sambucus peruviana</i> H.B.K.	Sauco, Saucotillo	1. Leaves, Flowers, Stems, fresh or dried 2., 3. Leaves, fresh 4. Flowers and Leaves, fresh	1. Oral 2. Topical	1. Boil 1 l of water, then add 10g of Sauco. Add Manzanilla, Hinojo, Coleo, Ajenjo, Toronjil, Pimpinela and Claveles. Cover and let it sit for 2-3 min. Patient should drink warm solution, 3-4 cups per day for 1 month. 2. Bath. Combine with Nogal, Hierba del Susto, Manzanilla Blanca with a flask of Timolina. 2-4 times per month, not to be used too much because it is very cold..	1. Nerves, Cough, Insomnia 2. Fright / Susto	EHCHL140, RBU/PL291, VFCHL44, ISA131, ISA87, JULS246, EHCHL110

Appendix 1. Contd.

CARICACEAE

<i>Jacartia digitata</i> (Poepp. and Endl.) Solms-Lang.	Contra Hechizo	Root, fresh	Oral	Boil a 25 cm portion of root boiled with 3 l water, 20 min or crush 200g of Contra Hechizo adding 50 g of sugar. Drain the extract. 1 glass during the session, in agreement with the patient.	Purgative (Daño)	EHCHL70, GER72
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CARYOPHYLLACEAE

<i>Dianthus caryophyllus</i> L.	Claveles, Clavelina, Clavel de la Costa	Whole plant, fresh	1. Topical 2. Oral	1. Boil 7 entire plants with Hierba de la Plata, Hierba de la Justicia, Ruda, and Romero per 3l of water for 5 min. Bath as needed on special days depending on the phases of the moon. 1-3 times per month depending on the individual. 2. 50 g of the Claveles (white, red, yellow, and purple petals), 5 g of sugar and 1/2 cup of water and boil for 2 min. 3-4 cups per day, 1 month.	1.2. Pain of love / Mal de amor, Sentimentality, Nerves, Good luck, Insomnia	JULS18, JULS37, GER214
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CHLORANTHACEAE

<i>Hedyosmum racemosum</i> (R. and P.) G. Don.	Masamoche, Asancito, Asarcito, Asarquiro, Choleta	Bark, dried	Oral	Use outside of Bark. 8 - 10 g per 2l water, boil 20 min. drink as needed. Alternatively 30g per two bottles of alcohol mixed with Chuchuwasi, Cascarilla, 7 Raices, and Huayacanes then allow to sit for 8 days. Drink as needed, but do not drink before it has sat 8 days.	Nervous system	EHCHL147, RBU/PL377
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CHRYSOBALANACEAE

<i>Coupeia</i> sp.	Acharachango, Charachango, Ashango	Seeds, dried or fresh	1. Topical 2. Oral 3. Blown on patient	1. Bath, 20 Seeds per 5l water, ground and boiled. 3 times per week, or 2 a month, Tuesday and Friday. 2. Beverage: 7-15 Seeds per 1 l water, crushed and macerated for 8 days. 3-4 small cups per day, 7 days. Seeds can be also macerated in alcohol for 5 days, then 1 Tbsp, 3 times per day.	1., 2., 3. Fright / Susto, Bad Air / Mal Aire, Nervous system, Enchantment, Sorcery, Getting rid of daño, Epilepsia	EHCHL157, RBU/PL381, GER68, VFCHL54
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CLETHRACEAE

<i>Clethra castaneifolia</i> Meissner	Hierba del Olvido	Leaves and Stems, dried	Seguro	Put together in a cloth 10 g of Hierba del Olvido, 10g of Hierba del Demonio, and Hierba de la Justicia. Seal and pray. Patient must carry the bag and pray.	Dominating judgment (ritual), Dominating legal problems (ritual)	GER115
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CLUSIACEAE

<i>Clusia minor</i> L.	Chusgon	Whole Fruit, fresh or dried	Oral	Boil 1l of water, then add 10 g of Chusgon. Add Pimpinela, Manazanilla, Toronjil, Barrojo, Romero, and Chancas de Comida. Let it sit for 2 - 3 min. Patient should drink warm solution. 1 cup 4 times a day as needed.	Nerves, Heart disease	JULS280
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Appendix 1. Contd.

<i>Hypericum aciculare</i> Kunth.	Hierba de las Cordilleras, Lechuguilla, Hierba de Iman	Leaves and Stems, fresh	1. Seguro 2.. Topical	1. 1 small Stem. 2. Mix with Llonque, 7 Espiritus, Hierba Santa. Limpa twice a week.	1. So that you should get all you want 2. Sorcery, Headache	ISA135, ISA35, JULS301
<i>Hypericum laricifolium</i> Jus.	Hierba de Cariño, Hierba de la Fortuna, Solitario, Chinchango, Abrecaminos	Whole plant, fresh	1. Topical 2. Seguro	1. Alternative mixture for Spiritual Flowering, see below. Take 3 baths per month. 2. Standard Seguro mixture, see below.	1. Fragrance, Luck in love and work, Bad Air / Mal Aire, Love, Business Relations, Protection, Good fortune, Good health 2. Good business, Protection, Good fortune, Good health	RBU/PL344, TRUBH1, TRUVan/Eric a22, EHCHL145, GER128, GER126
CRASSULACEAE						
<i>Echeveria peruviana</i> Meyen	Pinpin, Siempre Viva, Rosa Berta, Haya Rosa	Leaves, fresh	Oral	2 Leaves per ½ l water, boil 5 min. 1 l daily or three times per day.	Nerves	EHCHL118, VFCHL33, JULS249
CUCURBITACEAE						
<i>Sicana odorifera</i> (Vell.) Naud.	Secana	Whole plant, fresh	Charm	Sleep with plant material and wash it every morning. Do not eat the plant. At the end of the treatment, the Secana will be wrinkled. Dispose of it in a far away place. Keep the Secana for 7 days and 7 nights.	Jealousy	JULS247
CYPERACEAE						
<i>Cyperus articulatus</i> L.	Baston de San Jose, Varita de San Jose, Pura pura	Whole plant, fresh	1. Seguro 2. Topical	1. Add plant material with Hierba de la Plata, Hierba de la Justicia, El Dolar, Carpintero, Chupa Flor, Señorita, Hierba de Oro, Fortuna, Agua Florida, perfume, Remillete de Novia, Lime juice, white sugar, and Holy water. Put all materials in a bottle: first herbs, then remaining materials, and cover the mixture. Only the patient can touch the seguro. It is kept within the house. 2. Boil the plant material with Hierba de la Plata, Hierba de la Justicia, El Dolar, Carpintero, Chupa Flor, Señorita, Hierba del Oro, Fortuna, Roses (various kinds), Ruda (Hembra and Macho), and 3l of water. Boil the mixture for 10 min to make solution concentrated. The patient is rubbed with Flowers while bathing in the lukewarm mixture. Bathe Tuesday, Friday, and the following Tuesday, which represents 1 cycle. The bath should be before noon, at 3PM or at midnight. Patients bathe for 3 cycles.	1. Protection 2. Spiritual Flowering	JULS267

Appendix 1. Contd.

<i>Kyllingia pumila</i> Michx.	Hierba de la Golondrina	Whole plant, fresh	Topical	Boiled 20 min, 30 g per 6l water with other herbs of luck. Bathe 3 times a week.	Heart, Nerves, Luck, Daño toward a woman	EHCHL73
<i>Oreobolus goeppingeri</i> Sues	Hierba Chupaflor, Hierba de Suerte, Hierba del Carpintero	Leaves, dried	1. Topical 2. Seguro	1. 20 – 50 g per 3 - 5 l, boil 20 min. Mixed with herbs of luck and herbs of strength. Bath, 3 times per week. Alternatively: Alternative mixture for Spiritual Flowering, see below. 1 time only. 2. Standard Seguro mixture, see below.	Success, Bad Air / Mal Aire, Good luck, Work, Aphrodisiac, Good business, Protection, Good fortune, Good health	EHCHL149, TRUVan/Eric a17, EHCHL67, GER119
<i>Scirpus californicus</i> (C.A. Meyer) Steudel subsp. <i>tatora</i> (Kunth) T. Koyama	Balsa, Tatora	Heart of the stem, fresh	Charm	Make a small tool, like a brush, of the insides of the Stems. Make the sign of the cros with the brush on the patient and wipe the brush on them. After use, burn the plant. If it falls apart it means the child had mal ojo. Note that this is used only for children.	Hangover, Evil eye/ Mal ojo	JULS111, GER169
ELAEocarpaceae						
<i>Vallea stipularis</i> L.f.	Chuingue	Leaves, fresh or dried	Topical	1 handful per 3 l water, mix with Timolina, use for limpia. Alternatively mix maternal milk together with the leaf and put in the ears.	Daño	ISA32
ERICACEAE						
<i>Bejaria aestuans</i> L.	Pullunrosa, Cadillo, Payama, Hierba de la Postema, Purenrosa, Hierba del buen querer	Flowers, Leaves and Stems, fresh or dried	1. Oral 2. Seguro	1. 5 g per 1 l, boil 5 min, used with Flor Blanca, Papa Madre, Flor de Arena, Gauyusa, Pasuchaca, Malva, Amor Seco, Berbena, Llantén, Cola de Caballo, Chumbiaura, Palo de China, Huaminga, Quinuajiro. Drink 3 cups daily or 1l per day for 1-3 months. 2. Standard seguro mixture, see below.	1. Spiritual Flowering 2. Good Luck, Good business, Protection, Good fortune, Good health	VFCHL22, JULS50, EHCHL39, ISA114, ISA43, JULS234, GER121
<i>Gaultheria reticulata</i> H.B.K.	Toromaique, Toro Maique, Toromaike, Maique, Maque Candela, Toro Maique Amarillo, Toro Maique Verde, Gavilan Maique Amarillo, Gavilan Maique Verde	1., 3., 4., 5. Whole plant, fresh 2. Leaves, dried	1., 5. Topical 2. Oral 3. Seguro 4. Incense	1. 20 - 30 min boil for 50 g per 7 L of water and mix with other Maiques (7 varieties), 10g each of: Mishia Blanca, Mishia Colambo, Mishia Galga, Mishia Morada, Mishia Roja, Mishia Rosada and Toro Maique. Recite a prayer. Bath, 3 times per week. Bathe the patient in the mixture while rubbing him/her with the herbs. Afterwards, rinse the patient in water, and allow him/her to air dry. 2. 3 g ground Leaves per 1 cup water, take once a month in the morning before breakfast. 3. Add 10 g of plant material with Hierba de la Plata, Hierba de la Fortuna, Hierba del Oro, Carpintero, Chupa Flor, Señorita, Condores, Trenza Dias, Agua Florida, Tabu Perfume, Lime juice, Agua Bendita, and sugar. Place all ingredients into 1 bottle. 4. Smoke the area using a right to left motion as needed. 5. Boil 1/2 a cup of water with 50 g of plant material for 5 min. Apply to affected area, once a day until it heals.	1. Hallucinogen, Bad Air / Mal Aire, Anything else that bothers the body 2. Purgative 3. Protecting the house, Protecting the patient 4. Protecting the house, Protecting the patient, Rituals 5. Wounds, Cysts, Wounds from Sorcery	EHCHL57, JULS259, RBU/PL293, EHCHL171, EHCHL51, GER81, GER241, GER57

Appendix 1. Contd

ERIOCAULACEAE

<i>Paepalanthus ensifolius</i> Kunth	Madriguera	Whole plant, fresh	Seguro	1/5 of plant per Seguro.	Make a business succesful, To have control of employees	ISA149(106a)
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ERYTHROXYLACEAE

<i>Erythroxylon coca</i> Lam.	Coca	Leaves, dried	Oral	Add 5 g of the leaf with 1 cup of water. Boil the mixture for 3-4 min, then let it cool. Gargle 3 times a day for 2 days. Drink 1 cup before bed for 2-3 days. Alternatively wash and chew about 5g of Leaves at a time.	Ritual practices	JULS144, GER201
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EUPHORBIACEAE

<i>Hura crepitans</i> L.	Habilla	Seeds, dried	Oral	Grind 3 Seeds, mix with 1 cup of oats. Make a hot cereal and drink warm 1 cup once. Drink cold. Do not exceed the dosage, is very strong and can kill you.	Laxative, Removing laziness	JULS161, GER205
<i>Jatropha curcas</i> L.	Piñones	Seeds, dried	Oral	Grind 7 Seeds and mix with 1 cup of oats. Drink warm. Patient will react with diarrhea and vomiting. After reaction, give strong tea. 1 cup, once.	Laxative, Getting rid of laziness	JULS231
<i>Jatropha gosypifolia</i> L.	Piñones	Seeds, dried	Oral	Grind 7 Seeds and mix with 1 cup of oats. Drink warm. Patient will react with diarrhea and vomiting. After reaction, give strong tea. 1 cup, once.	Laxative, Getting rid of laziness	JULS231
<i>Jatropha multifida</i> L.	Piñones	Seeds, dried	Oral	Grind 7 Seeds and mix with 1 cup of oats. Drink warm. Patient will react with diarrhea and vomiting. After reaction, give strong tea. 1 cup, once.	Laxative, Getting rid of laziness	JULS231

FABACEAE

<i>Cajanus cajan</i> (L.) Millsp.	Chivato	Whole plant, fresh or dried	Topical	Boil 3l of water with 10g total of Eucalyptus, Manzanilla, Ilambo, Cordon de Muerto, and Chivato, boil for 5 min. Bathe with the water and rub with the plants. 2 times a week or 4 times a month as needed, depending on how bad the Mal Aire was.	Bad Air / Mal Aire	JULS136
<i>Cassia fistula</i> L.	Caña Fistula	Seeds, fresh or dried	Oral	Boil 10g per 1l water. Drink 1 cup daily as needed (approximately 15-20 days).	Nervous system, Epilepsy	RBU/PL386
<i>Desmodium triflorum</i> (L.) DC	Pega Pega	Whole plant, fresh	1. Seguro 2. Topical	1. Standard Seguro mixture, see below. 2. Standard mixture for Spiritual Flowering, see below.	1. Spiritual Flowering 2. Good business, Protection, Good fortune, Good health	GER122, RBU/PL347
<i>Diodea virgata</i> (Rich.) Amsh.	Yin Yin	Whole plant, fresh	Oral	Remove sSeds from the pod. Pop the Seeds into a child's mouth, then promptly instruct the child to close their mouth. Repeat 3 times. Repeat this procedure 2 times a day, for 3 days.	Promoting child speech	JULS270

Appendix 1. Contd.

<i>Erythrina ormosia</i>	Huariro, Huairuro, Huayruro	Seeds, dried	Charm	Make a bracelet with the Seeds. Wear at all times on the left hand	Evil Eye / Mal Ojo	JULS170
<i>Erythrina</i> spp.	Huailulo, Huairuro	Seeds, dried	Charm	Make a necklace with the Seeds and have the shaman bless it with spiritual prayers. Wear the necklace, made for life.	Protection from evil	GER196
<i>Lathyrus odoratus</i> L.	Tacon Blanco, Pensamiento Blanco	Flowers, Leaves, Stems, fresh or dried	Oral	5g per 1l, 3 min, combined with Toronjil, Pimpinela, Mejorana, and Cedron. Drink 1l per day or 3-4 cups a day for one month.	Nerves, Anxiety	VFCHL43
<i>Myroxylon balsamum</i> (L.) Harms.	Quina Quina, Kina Kina	Seeds, dried	1. Oral 2. Topical	1. Grind 20 Seeds, mixed with Seeds from a specific seven other plants: Ashango, Pucho, Amala, Ishpingo, Mozcada, Cabalonga and put in a bottle of wine and amacerar for 8 days. Drink 3 small cups per day. 2. Boil 20 Seeds per 5l water for 20-30 min with Ishpingo, Ashango, Pucho, Amala, Raucha, Tokio, Nuez Moscada, Pepa de Cedron (use only the Seeds of these herbs) with 1l of 90 proof alcohol and add 2 pieces of tobacco, 2 pieces of Ajo Macho, 10 g of Quina Quina, 2 Leaves of Pacra, 1 branch of both Eucalyptus and Maye. Do not leave bath outside, take bath every other day. 3 times per week.	1. Nervous system, Bad Air / Mal Aire, Epilepsy 2. Bad Air / Mal Aire, Bronchitis, Fright / Susto, Headache	JULS287, RBU/PL382, EHCHL151, VFCHL46, GER91
<i>Spartium junceum</i> L.	Retama	Whole plant, fresh	Topical	Boiled for 20 min and mixed with Maiques. Bath, 3 times per week for one week. 50 g boiled 20-30 min, per 5 l of water, with herbs of luck, herbs of strength (like Condor and Trensilla) as steam bath, 3 times per week.	Good Luck	EHCHL60, EHCHL 146, RBU/PL279, JULS239
<i>Zornia reticulata</i> Sm.	Hierba de la Vibora	Whole plant, dried	Oral	5 g per 1 l water with Conchalagua, Norbo, Colores, three times per day during meals.	Nervousness	EHCHL122
GENTIANACEAE						
<i>Gentianella bicolor</i> (Wedd.) J. Pringle	Corpus Way, Corposhuar, Hornamo Leon	Whole plant, fresh or dried	Seguro	Mix plant material with Hierba de la Plata, Hierba de la Fortuna, Hierba del Dollar, Hierba de la Justicia, Hierba del oro, Carpintero, Señorita, Sonrisa, etc. Place all the herbs in one bottle with Agua Florida, Lime juice, etc. Use mixture for rituals, or use as a seguro.	Good luck, Good health, Good business, Protection	EHCHL14, VFCHL5, RBU/PL304, JULS167
GERANIACEAE						
<i>Pelargonium odoratissimum</i> (L.) L'Herit.	Malva de Oro, Malva de Olor, Malva Olorosa	Whole plant, fresh or dried	1. Oral 2. Topical	1. 5g per 1l boiling water. Drink 1l per day. 2. Boil 2 l of water with 10 g of Ishpingo, Eucalyptus, Cordon de Muerto, Flor de Chocho, and Flor de Retama. Boil for 3 min. Bathe 2-3 times a month.	1. Nerves, Blood, Mal de susto 2. Fright / Susto	TRUVan/Eric a14, TRUBH6, EHCHL89, JULS188
HIPPOCRATEACEAE						
<i>Tontelea crassifolia</i> (Mart.) Spreng.	Bejuco de Montaña	Seeds and Stems, fresh or dried	Topical	200g per 3l boiling water, take 2 baths per month.	Nervous system	RBU/PL383

Appendix 1. Contd.

JUGLANDACEAE

<i>Juglans neotropica</i> Diels	Nogal	Leaves, fresh	Topical	1. 3 l water with a bundle or pouch of the herb, 3 times per month. 2. Limpia, mixed with Añasquero Grande, Rumilanche, Ishpinguillo, Sauco, 3 per month.	1. Sorcery, Daño, Fright / Susto 2. Sorcery, Daño, Arthritis, Fright / Susto	RBU/PL273, ISA67, EHCHL4, ISA123
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LAMIACEAE

<i>Lavandula angustifolia</i> Miller	Alucema, Alhucema, Labanda	Flowers, Leaves, Stems and Seeds, dried	1. Oral 2. Topical	1. Do not use roots. Boil 1 l of water, then add a total of 10g of Labanda, Romero, Claveles, Hinojo, Toronjil, Anjenjo, Manzanilla, and Pimpinela for 2 min. Patient should drink lukewarm solution. 1 cup 3 to 4 times a day for 1 month. 2. Boil 3 l of water with 20 g total of Labanda, Romero, and Eucalyptus for 3 min. Patient should wash with water and masage with Flowers. 2 times a week or 4 times a month or as needed.	1. Nerves 2. Relaxant, Stress	GER113, JULS177
<i>Lepechinia meyenii</i> (Walpers) Epling	Salvia, Salvia Real	Whole plant, fresh or dried	1. Oral 2. Topical	1. Boil 30 g per 1 l water. Take with meals, three times per day. 2. 5 g per 3 l water, mixed with Añasquero Chico, Ajenco, Nogal and Bully Vinegar. Bath, 2 times per month.	1. Nerves, Memory, Fright / Susto, Freight / Susto in children	RBU/PL303, VFCHL17, ISA91
<i>Marrubium vulgare</i> L.	Cordon de Muerto, Chanca de Comida, Chancas de Muerto	Whole plant, fresh or dried	Topical	Boil 20 to 30 g of Cordon de Muerto, mix with Eucalyptus, Ishpingo, Chiuato, Quinual and place in 2 to 3l of water for 5 to 8 min. Empty into a bucket and place in an enclosed room. Rub the solution on your whole body with all the plants. 2 baths a week for 4 to 5 months if the patient is in good condition. Do not let the solution touch the mouth.	Mal de susto, Inflammation of the body	JULS132
<i>Melissa officinalis</i> L.	Toronjil, Melissa	Whole plant, fresh or dried	1. Topical 2. Oral	1. Boil in 2l water for 10 min. Mixed with Torongil, and Churguis. Bathe twice a week, or as needed. 2. 20 - 30 g per 1 l water, 2 min, with Pimpinela, Cedron, Mejorana, Siempre Viva, flores de Amelas, Romero, Claveles, ongona, Manzanilla, Mejorana, Pimpinela, Naranja Flowers. Drink 4 cups per day, 1 month.	1. Ill-mannered children 2. Pain of love, Nerves, Insomnia, Nervous system	JULS26, EHCHL2, RBU/PL260, VFCHL14
<i>Ocimum basilicum</i> L.	Albaca Mistura, Albaca Negra, Albaca, Albaca Morada, Albahaca (costa)	Whole plant, fresh	1., 3. Topical 2., Oral	1. Use 20 g of herb mixed with Agua Florida, Eucalipto, Alcanfor, Molle, and cane alcohol, Agua del Susto, Flor de Retama, Hierba del Gallinazo. Mix with Ruda Hembra and Macho, Ajenjo, two peppers. Limpia, take it on Tuesday, Friday, and next Tuesday, 3 times. 3. 100g per 1l for 5 - 8 min combined with Romero, Salvia Real, Yerba Santa, Malva, Olorosa. Bathe three days per week or every eight days. 6. Place 1 Seeds directly into the eye. Leave there for 3 hs or until the eye waters it out. 1 time a month for only 2 months.	1., 2., 3. Daño, Fright / Susto, Bad Air / Mal Aire, Insomnia, Low blood pressure, Good luck	JULS54, EHCHL48, VFCHL13, RBU/PL284, TRUVan/Eric a8, GER191

Appendix 1. Contd.

<i>Origanum majorana</i> L.	Mejorana	Leaves and Stems, fresh	Oral	10g Mejorana per 1 l water. Combine with Sanguinaria, Congona, Toronjil, Melisa, Manzanilla, Hinojo, Albahaca Serrana, Poleo, Manzanilla and Vanioir. Patient should drink love warm solution. 4 cups per day for 1 month. For diabetes 4 times a day for life.	Nerves, Anxiety, Depression, Pain of love	EHCHL88, JULS19, RBU/PL317, GER165
<i>Rosmarinus officinalis</i> L.	Romero, Romero Castilla	Leaves, fresh or dried	1. Oral 2., 3.. Topical	1. 5 g with Eucalyptus, Cola de Caballo and Ruda in 1 l boiling water. 2 cups per day for 2 days. Take 4 cups per day for 1 month. 2. Boil 1 bundle of Romero Castilla with 3 l water for 10 min. Combine with Llantén, Manzanilla Blanca, Savila, Palo Blanco, Manzanillón, the Flowers of Retama, the Flowers of Chochos, Cordon de Muerto, Verbena, Melisa, Eucalyptus and 7 Espiritus. Inhale or bathe Tuesday, Friday, and the following Tuesday for 10 min each time. 3. Burn 1 bundle of Romero Otomillo with several other plants, including Palo Santo. Cut the plant and put it on top of burning charcoal and inhale.	1. Gases, Heart, Nerves, Bronchitis, Indigestion, Colic, Headache, Stomach, Pain of love 2. Fright / Susto, Dispersing negative energy in the house 3. Purify, Absorb negative energy, To negative energy, To	RBU/PL329, ISA78, TRUBH11, EHCHL3, JULS27, VFCHL2, ISA105
<i>Salvia ayavacensis</i> H.B.K.	Ticra, Sticra	Leaves, fresh or dried	Leaves, fresh or Topical	1 handful per 1 l boiling water. Can combine with Tutapure Blanco, Lailambo, Conchalay Amarillo, Conchalay Blanco, Ticra, Zanahoria, Poleo de Gentil, and 7 Espiritus. 1-2 baths per month. Do not ingest.	Daño, Fright / Susto, Sorcery	ISA37, ISA150(92a), RBU/PL290
<i>Salvia cuspidata</i> R. and P.	Salvia Blanca	Whole plant, fresh or dried	Topical	1 bundle boiled for 5 min with 3 l water. 1 bath per week.	Fright / Susto, Daño	RBU/PL315
<i>Salvia discolor</i> H.B.K.	Palmeras (Chica), Llatama, Yatama	Stems, fresh	1. Seguro 2. Topical	1. 3 Stems per flask. 2. Used with de with Ishpinguillo, Hierba del Gallinazo, Ajos Giro, 7 Espiritus. Steam bath twice per month or bath 2 - 3 times per month for children.	1. Success 2. Clean the energy of the home, Fright / Susto in children	ISA93, ISA151(93a), ISA25
<i>Salvia macrophylla</i> Benth.	Cuchichara	Leaves, fresh or dried	Leaves, fresh or Topical	Toast and beat into a pulp. Put pulp on wound.	Wounds from Sorcery, Chronic gangrene	ISA29
<i>Salvia rosmarinifolia</i> Hort. ex G. Don.	Romero del Campo, Romero Blanco, Romero Serrano	Whole plant, fresh	1., 2., 3. Topical	1. Boiled 20 min, 20 g per 1 l water, with other Romero, Salvia, Mejorana. Administer while tepid and absorb the vapors produced. Steam inhalation 2 - 3 times per month. 2. Alternatively burn one bundle with charcoal, Palo Santo, incense and Myrrh and Eucalyptus. Patient should surround themselves with the vapors and smoke produced. 3. Can also be used as bath: 1 bundle or pouch per 3 l boiling water, with Canchalagua and Cola de Caballo. Fresh: use leaf and Stems. One time only (Tuesday or Friday).	1., 2., 3. Bad Air / Mal Aire, Negative energy, Cleansing of the home, Fright / Susto	JULS49, ISA118, ISA77, EHCHL108, GER111
<i>Salvia tubiflora</i> R. and P.	Hierba del Recaída, Hierba del Aire, Cutiquero, Yuca del Aire, Paja del Aire	Whole plant, fresh or dried	1. Oral 2. Topical	1. 5 g per 1 l water. Do not mix with other plants. 1 cup three times per day. 2. 500 g per 1 l alcohol, boiled for 20 min, with 1 bottle of Agua Florida, 1 bottle of Agua Cananga and finish filling the bottle with Cañazo. Bath, 3 times per week.	1. Bad Air / Mal Aire 2. Bad Air / Mal Aire, Paralysis, Body pain, Half body paralyzed, Facial paralysis	EHCHL148, RBU/PL286, EHCHL49, GER70, GER175

Appendix 1. Contd.

<i>Scutellaria scutellarioides</i> (Kunth) R. Harley	Poleo de Gentil	Whole plant, fresh	Topical	1 bundle boiled for 5 min with 3l water. 1 bath per week.	Fright / Susto, Daño	ISA69
LAURACEAE						
<i>Aiouea dubia</i> (H.B.K.) Mez.	Ishpingo	Seeds, fresh or dried	1. Topical 2. Oral	1. Crush and boil 20 Seeds per 5 l for 20 - 30 min. mix with Ishpingo, Achango, Pucho, Amala. Bath, every other day, 3 times a week. Do not leave bath outside, use every other day. 2. Crush Seeds, mix with Seeds from a specific seven other plants: Ashango, Pucho, Amala, Quina Quina, Mozcada, Cabalonga and boil in water. Drink 1 time per month	1. Fright / Susto, Bad Air / Mal Aire 2. Bad Air / Mal Aire, Epilepsy	EHCHL152
<i>Cinnamomum verum</i> J. Presl.	Canela	Bark, dried	1. Topical 2. Oral	1. 1 l of water with 10 g of canela and mix with petals of roses (red, white, yellow), Ramillete de Novia, Agua Florida, sugar, and 1 lime (its juice). Boil for 2 to 5 min. Take a bath in the solution 3 to 4 times a month. Alternatively grind and pulverize 100 g. Rub powder throughout the body while praying and wishing for the person you are yearning for. 4 times a week or as needed. 2. 1 l of water, 1 garlic clove, 10 g of Matico, Veronica, Brochamelia, Vira Vira, 3 g of Cinnamon. Boil for 3 to 4 min. Drink warm, 3 to 4 times a day as needed. After rituals drink cold a day after rituals occurrence. Preferably in the morning during breakfast. As much as the patient feels is needed.	1. Good luck, Love, Enchantment 2. Recovering after working all night on rituals	JULS122, GER101
<i>Nectandra floribunda</i> Nees	Ishpingo, Flor de Ishpingo, Hierba de Ishpingo	1. Seeds and Bark, fresh or dried 2. Leaves and Flowers, fresh or dried	1. Oral 2. Topical	1. Mixed with Seeds from specific seven other plants: Ashango, Pucho, Amala, Quina Quina, Mozcada, Cabalonga. Boil 5 Seeds per 1/2 l water, 20 min. Once a month for prevention. 1 l per day, 7-15 days for illness. 2. Limpia, combine with Timolina and Bully Vinegar, 3 times per week. Alternatively as bath, 20 g per 3 – 5 l water, boil for 20 - 30 min mix with Ajenco, Ruda, Romero, Albahaca, Ortiga, Añasquero, Hierba del Aire, Hierba del Susto, Romero, Hierba del Gallinazo. 3 times per week or once a month for prevention.	1. Bad Air / Mal Aire, Epilepsy 2. Fright / Susto, Bad Air / Mal Aire, Nerves, Epilepsy, Enchantment (prepare for)	EHCHL28, VFCHL47, RBU/PL302
<i>Nectandra reticulata</i> (R. and P.) Mez.	Ishpingo, Espingo-blanco, Espingo	1. Seeds, fresh or dried 2. Whole plant, fresh or dried	1. Oral 2. Topical	Boil with Hierba de Chocho, Cordon de Muerto, Claveles and Eucalyptus (10 g total). Both bathe and rub the solution over body. 3 times only, any day. Alternatively grind 100 g of Ashiango and 100 g (combined) of Ishpingo, Cedron Seeds, Samala and Quina Quina. Blow ground powder on patients face. 2 times a week for 4 months.	1. Nervous system 2. Fright / Susto	RBU/PL379, JULS151, GER67
LILIACEAE						
<i>Allium odorum</i> L.	Cebolla China, Cebolla	Whole plant, fresh	Topical	Crush 1 1/2 kg of Cebolla and strain in a piece of cloth to get all the extract. Discard the juice and use the rest. Place on top of the affected area and cover with a piece of cloth. Every other day in the AM for 3 days.	Bad Air / Mal Aire	JULS129, GER36

Appendix 1. Contd.

<i>Allium sativum</i> L.	Ajo	1. Clove, fresh 2. Peel, fresh	1. Topical 2. Incense	1. Crush 250 g of garlic. Add it to 10g Eucalypto, 90g of alcohol, pacra, chuchuhasi and ginger. Let these ingredients soak in 1l alcohol for 1 week. Masage and rub the mixture on affected areas. Rub 1 - 2 times a day, as needed. 2. Burn 1kg of Peel in top of a charcoal burning jar. Smoke the house. Once a week for 4 weeks. Only on Tuesday's or Thursday's.	1. Bad/ Air / Mal Aire 2. Mal de Aire, Removing bad spirits from the house	JULS92, GER37
<i>Hesperoziophium niveum</i> (Rav.) Rav.	Hierba de la Justicia, Piti Piti, Totorilla	Whole plant, fresh	1. Seguro 2. Oral 3. Topical	1. Put inside a bottle 10 g of Hierba de la Justicia and add Hierba de la Plata, Dollar, Fortuna, Señorita, Valeriana Estrellada, perfume Tabu, Agua Florida, Lime juice, sugar, and Agua Bendita. Keep seguro in bedroom. As alternative put together in a cloth 10 g of Hierba de la Justicia, 10 g of Hierba del Dominio and Hierba del Olvido. Seal and pray. Patient must carry the bag and pray. 2. Have patient eat 3 plants. Oral fresh. Patient must be kept from the light, staying inside for 1 week. Will probably cause vomiting. After consumption patient has to follow a strict diet of no spices at all for 1 week. The person who eats this cannot see the light for 7 consecutive days. 3. Boil 1 Hierba de la Justicia herb with some water for 3 - 4 min. Bathe 3 - 4 times per month.	1. House protection, Health protection, Succeeding professionally at work, Judgement, Wounds (rebellious), Fragrance, Good Luck, Love, Dominating judgment (ritual), Dominating legal problems (ritual) 2. Mal daño through the mouth, Daño, Purgative, Sorcery 3. Spiritual Flowering	JULS269, TRUVan/Eric a9, TRUBH27, RBU/PL325, JULS87, EHCHL79, GER93
LYCOPODIACEAE						
<i>Huperzia crassa</i> (H. and B. ex Willd.) Rothm.	Condor, Condor Amarillo, Condorcillo, Condorcilla, Condor Rojo, Condor Verde	Leaves and Stems, fresh	1. Seguro 2. Topical	1. 3 small Branches / Leaves 2. 20 g per 5 l, boil 20 min, combined with herbs of strength and of luck, bathe 2 - 3 times per week, during the evening.	1., 2. Good luck and succes in travels, Fragrance, Bad Air / Mal Aire	ISA140, TRUBH23, RBU/PL351, 353, 352, 356, EHCHL144
<i>Huperzia cf. columnaris</i> B. Oellg.	Hornamo Condor Purga	Leaves and Stems, fresh	Oral	For 20 patients boil 2 San Pedro's (1 of 7 lines and 1 of 8 lines) and 100 g of Condor Purga in 4 l of water for 3 h. Drink cold, 1/2 cup one time only.	Laxative	GER106
<i>Huperzia hohenackeri</i> (Herter) Holub	Guaminga	Whole plant, fresh or dried	1. Oral 2. Seguro	1. 5 g per 1 l boiling water, 1 time per day. 2. Seguro, use 7 small plants per Seguro.	1., 2. Fright / Susto, Purgative, Bad Air / Mal Aire, Work, Love	TRUVan/Eric a4
<i>Huperzia kuestneri</i> (Nessel) B. Ollg.	Condor Lasio, Trensa Hermosa, Condor Crespo, Condor Simuro, Condor Mise	Whole plant, fresh or dried	1. Topical 2. Seguro	1. Boil 3 leaves of the following plants: Condor Simuro, Mishia Galga, Semora Curandera, and mix with the following 6oz perfumes: Jardin España, Tabu. Add 1 12oz bottle of Agua Florida and 1 12oz bottle of Cananga, and boil in 1/2 cup of water for 10 min. Drink cold. Patient must stay in a dark room, isolated and on a diet without spices for 3 days. Afterwards, patient may come out of the dark room, but must rest inside the house for another 3 days. 2. 7 small branches per Seguro.	1., 2. Luck, Fragrance, Break Sorcery, Work, Love	RBU/PL357, TRUVan/Eric a3, TRUVan/Eric a1, GER59, TRUVan/Eric a15

Appendix 1. Contd.

<i>Huperzia reflexa</i> (Lam.) Trevis.	Condor Mulato, Enrededera	Leaves and roots, fresh	Topical	20 g with 1 l water and boil 30 min, with other herbs for strength. Bathe 3 times a week.	Fragrance, Good Luck, To prevent someone from moving, To cause someone to return	RBU/PL359, EHCHL113
<i>Huperzia sellifolia</i> B. Ollg.	Condor Crespo	Whole plant, fresh or dried	Topical	10 g per 1 l boiling water, 2 baths per month, during the evening.	Luck, Fragrance	RBU/PL356(a)
<i>Huperzia tetragona</i> (Hook. and Grev.) Trevis.	Trencilla Roja	Stems, dried	Topical	20 g per 5 l water and boil 20 min mix with herbs of strength like Hornamos and Maiques. Bathe 3 times per week.	Fractures, Good Luck	RBU/PL354
<i>Lycopodium clavatum</i> L.	Trencilla Verde, Destrencilla	Whole plant, fresh or dried	1. Oral 2. Seguro	1. 5 g per 1 l boiling water, 1 time per day. 2. Seguro, use 7 small plants per Seguro.	1., 2. Work	RBU/PL348, TRUBH 4, GER154
<i>Lycopodium jussiaei</i> Desv. ex Poir	Hierba del Hombre, Rastrera	Whole plant, fresh or dried	1. Oral 2. Seguro	1. 5 g per 1 l boiling water, 1 time per day. 2. Seguro, use 7 small plants per Seguro.	1., 2. Work	TRUBH3
<i>Lycopodium thyoides</i> H. and B. ex Willd.	Trencilla Roja	Stems, dried	Topical	20 g per 5 l water, boil 20 min mix with herbs of strength like Hornamos and Maiques. Bathe 3 times per week.	Luck, Bad Air / Mal Aire, Love, Succes, Business	EHCHL124
LYTHRACEAE						
<i>Cuphea strigulosa</i> H.B.K.	Lancetilla, Gacetilla, Sanguinaria, Gansetilla, Hierba del Toro	Leaves and Stems, fresh	1. Topical 2. Seguro 3. Oral	1. Alternative mixture for Spiritual Flowering, see below. Bathe once. 2. Standard Seguro mixture, see below. 3. 5 – 20 g per 1 l for 3 min, combine with Congona, Claveles, and Madre Selva, Ortiga, Moradilla, Contrahierba, Colores, Agujilla, Colcacur, Pie de Perro, Cola de Caballo, Verbena, Pimpinela, Flor Blanca, Grama Dulce, Esencia de Rosa and Cadillo. Drink 3-4 times per day, 1 l daily, take 1 week - 3 months. Patient should drink solution before eating.	1. Spiritual Flowering 2. Good Luck 3. Nervous system, Bad Air / Mal Aire	GER104, EHCHL35, VFCHL34, JULS33, ISA51, RBU/PL259, EHCHL43, JULS59, ISA53, GER147
MALPIGHIACEAE						
<i>Banisteriopsis caapi</i> (Spruce ex Grieseb.) Morton	Ayahuasca, Ayahuasca Verde, Ayahuasca Amarilla	Bark, fresh or dried	Oral	1 l of water with 20 g of the Bark. Boil from 12 noon until 4 pm on a low fire, then increase temperature toward the end. Drink cool, One small cup during ceremony. One needs to fast for 24 h before taking the drink prepared. Patient cannot be on menstrual period.	Enhancing vision during rituals	JULS109, GER65, GER239
MALVACEAE						
<i>Gossypium barbadense</i> L.	Algodon Pardo, Algodon	Seed hairs, dried	Topical	Remove the Seeds from the cotton and combine it with a mix of the heart of 2 shredded totoras, 2 aji peppers, and one unbroken egg. Rub the patient with the cotton and mix all over the body. Use the Seedsles cotton to make a sign of the cros on the patient. Then burn the cotton in a faraway place. If the cotton dissolves while rubbing, the patient is very sick. Crack the egg in a glass of water and look for signs of illnes in it.	Evil Eye (children)/ Mal Ojo (niños) 2. Wounds (external)	JULS98, GER 262

Appendix 1. Contd.

<i>Malva sylvestris</i> L.	Malva (Chica), Malva Blanca	Leaves, Stems, fresh or dried	Oral	20 g per 1 l water for 3 min. Mix with Toronjil, Pimpinela, Mejorana, Pensamiento, and Cedron. Drink 1 l per day, 15 days.	Fright / Susto, Bad Air / Mal Aire, Nerves, Epilepsy (initial stages)	VFCHL49, EHCHL29
MELASTOMATACEAE						
<i>Miconia salicifolia</i> (Bonpl. Ex Naud.) Naud.	Llatama roja	Leaves, Stems, fresh or dried	Oral	Boil 100 g in 1 cup of water for 5 min. Drink cold, 1/4 cup only once.	Bad Air / Mal Aire	GER83
MONIMIACEAE						
<i>Spiaruna aspera</i> (R. and P.) A.DC.	Rinchinchin, Chinchin	Leaves and Stems, dried	Topical	Ground 100 g of the plant material until it is completely pulverized. Blow the powder into the face of the person to whom you want to cause trouble and mention his/her full name. 1 time per ritual. 3 rituals.	Causing trouble for someone, Causing break-ups in other couples or families	GER96
<i>Siparuna muricata</i> (R. and P.) A. DC.	Añasquero, Hojas de Añasquero, Añasquero (Grande)	Leaves and Stems, dried	Topical	Boil 5 l of water with 100 g of: Anasquero, Hierba del Susto, Ishpingo, Romero, Ruda Hembra, Ishpinguillo, Chuque, Palo Santo and 7 Espiritus for 10 min. First: Rub body with herbs Second: Rinse with the water. Third: Do not dry with towel. Also to be used as poultice, 3 times a week to 3 times per month.	Fright / Susto, Daño, Sorcery	GER88, EHCHL129, ISA113, ISA64
MYRICACEAE						
<i>Myrica pubescens</i> H. and B. ex Wild.	Laurel	Leaves and Stems, dried	Topical	Bath, 5 g boiled with 3 l water, mixed with Sauco, Nogal, Hierba del Susto. 2-4 times per month. For wounds wash morning and afternoon.	Fright / Susto, Sorcery	ISA84, ISA128
MYRISTICACEAE						
<i>Myristica fragrans</i> L.	Nuez Moscada, Ajonjoli	Seeds, dried	1., 2. Oral	1. Grind Seeds and boil in 1 l water 1 Seeds to make 4 glasses. Drink 4 cups per day, 7-15 days. Alternatively macerate Nuez Moscada with 10g of Ajonjoli with 1 bottle of Abuelo wine, 10 g each of Palo Sangre, Palo Huaco, bee honey, Pacra, Huanarpo Macho, bee pollen, Huevo de Angelote and Para Para. Take 1 cup in the mornings, middays and evenings until bottle is finished. 2. Grind Seeds and boil in 1 l water with with Seeds from a specific seven other plants: Ashango, Pucho, Amala, Quina Quina, Ishpingo, Cabalonga. Once a month.	1. Nervous system, Bad Air / Mal Aire 2. Bad Air / Mal Aire, Epilepsy	RBU/PL385, EHCHL155, JULS292, GER197
MYRTACEAE						
<i>Scutia spicata</i> (H. and B. ex Schultes) Weberb. var. <i>spicata</i>	Pial, Pus	Stems, fresh or dried	Charm	Put the Stems in a cross formation and tie with a red ribbon. Place cross behind the house.	Keeping evil spirits away from the house	JULS226

Appendix 1. Conts

NYCTAGINACEAE

<i>Boerhavia coccinea</i> Mill.	Pega Pega	Whole plant, fresh	1. Topical 2. Seguro	1. Alternative mixture for Spiritual Flowering, see below. 3 baths per month, during the evening. 2. Standard Seguro mixture, see below.	1. Spiritual Flowering 2. Good business, Protection, Good fortune, Good health	GER122, RBU/PL347
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OLEACEAE

<i>Olea europaea</i> L.	Hojas de Olivo, Olivo	Leaves, dried	Incense	Place a handful of Olivo, Mirra, Palo Santo, incense, and Romero on top of burning charcoal. Smoke for rituals. Pas the smoke throughout the patient's body and around the house, repeat 2 - 3 times a week, or as needed.	Dispelling negative energy from the house	EHCHL86, JULS204
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ONAGRACEAE

<i>Fuchsia ayavacensis</i> H.B.K.	Conchalalay, Conchalalay Colorado	Leaves and Stems, fresh or dried	1., 2. Topical	1. 5 g mixed with Sauco, Nogal, Salvia, Añasquero Grande and 7 Espiritus with 3 l boiled water. Boil for 1 h, then let cool down to tepid temperature (lukewarm). 2 Baños per week in agreement with what La Mesa indicates or twice a month. 2. Use fresh Leaves. Combined with Conchalay Blanco and Guaminga, 7 Espiritus, Timolina, Bully Vinegar. Use as poultice 2 per week in agreement with what the mesa indicates.	Daño, Fright / Susto, Swelling	ISA82, ISA1
<i>Oenothera rosea</i> Aiton	Hierba del Dominio	Whole plant, fresh or dried	Oral	5 g per 1 l water. 4 cups per week, 2 weeks.	Decreasing bad character	RBU/PL366

ORCHIDACEAE

<i>Aa paleacea</i> (H.B.K.) Rchb. f.	Hierba de la Soledad, Hierba Sola	Leaves, fresh	1. Oral 2. Seguro	1. Boil 1 leaf per cup water, drink once a year. 2. One leaf per seguro.	1., 2. Depression, Loneliness	ISA141, EHCHL75
<i>Epidendrum calanthum</i> Rchb. f.	Sémora Negra, Sémora Curandera	Leaves and Stems, dried	Oral	Boil 1 cup of water with 50 g of plant material. Drink cold once a day.	Bad Air / Mal Aire, Mal de susto	GER79
<i>Pachyphyllum pastii</i> Krenzl. ex Weberb.	Guaimi Guaimi, Huami Huaimi, Huaime Huaime	1. Leaves, fresh 2. Stems, fresh	1. Topical 2. Seguro	1. Boiled, 10 g per 5 l water with other strong herbs. Use 3 times a week. 2. Add a small Stems tio the seguro, together with herbs of luck.	1., 2. Self defense, to arm against everything	EHCHL97
<i>Stelis eublepharis</i> Rchb. f.	Hierba del Oro, Boton de Oro	Whole plant, fresh	1. Seguro 2. Topical	1. One Stem / 3 g, combined with Hierba de la Plata, Hierba de la Justicia, Hierba del Dominio, Encanto, Sigueme Sigueme and plants of strength and luck. 2. Bath, boiled 20 min, 200 g per 8 L water, 3 times per week for 1 - 6 months.	1., 2. Fragrance, Good Luck, Nerves, Luck in love, Luck in business, Good luck for work, Good travels	RBU/PL342, EHCHL9, VFCHL40

Appendix 1. Contd.

POLEMONIACEAE

<i>Cantua buxifolia</i> Jus. ex Lam.	Candu	Whole plant, fresh or dried	Topical	1l water with 10 g, add a mixture of 10 g of Eucalyptus, Chancas de Muerto, Flor de Chochos. Bathe 3 times in one week (Tuesday, Friday, Tuesday) in the afternoon. Hit children who do not speak lightly on the mouth to induce speech.	Fright / Susto, Speech impediment	JULS297
<i>Cantua quercifolia</i> Jus.	Dormidera, Hierba Adormecedora, Tutapure Morado (Chico)	Leaves and Stems, fresh	1. Oral 2. Topical	1. 3 – 5 g per 1 l of water. 1 cup per day in the evening. 2. 3l water boiled with the herbs and vaporized. Baño vaporized over half the body. Can combine with Chingue, Huaminga, Chuque. 1 bath per month.	1. Insomnia, Sedative, Good Luck, Nerves 2. Daño, Sorcery	RBU/PL362, EHCHL100, GER144, ISA10

POLYPODIACEAE

<i>Cheilanthes myriophylla</i> Desv.	Hierba del Dominio	Leaves and Stems, fresh or dried	1. Seguro 2. Oral	1. Place in bag 10 g of Hierba del Dominio plus 10g Hierba de la Justicia y Hierba del Olvido. Seal. The patient must carry the bag and pray. 2. 3 - 5 per 1 l of water. Drink 3 times per day for one week.	1., 2. Dominating a problematic person, Dominating a person who is out of control, Anger, Bad humor So that everything continues to go well, So that nothing bad happens to you.	GER94, EHCHL37
<i>Grammitis moniliformis</i> (Lag. ex Sw.) Proctor	Trencilla pequena	Whole plant, fresh	Seguro	4-5 small Branches.	So that everything continues to go well, So that nothing bad happens to you.	ISA138
<i>Jamesonia goudotii</i> (Hieron) C. Chr.	Hierba del Carpintero	Stems, fresh	Seguro	3 Stems per seguro.	Success, To open a door that never closes again)	ISA146(107a)
<i>Jamesonia rotundifolia</i> Fée	Trencilla Amarilla, Hierba del Oso, Bonito de Oro, Bastón del Inca	1. Whole plant, dried 2. Leaves, fresh	1. Seguro 2. Topical	1. According to the size of the portion (almost never the root). 3 little Stems minimum for 1 seguro. 2. Bath, 200 g per 15 l water.	1. Good Luck, Fragrance, Strength (large amount), Adornment 2. Adornment, Fragrance	RBU/PL343, ISA132, EHCHL26, TRUVan/Eric a11, TRUBH22

PROTEACEAE

<i>Oreocallis grandiflora</i> (Lam.) R.Br.	Rumilanche, Bunbun, Huaminga	Leaves and Stems, fresh or dried	Topical	One handful per 3 l water. Can combine with Chingue, Polea de Zanahoria Gentil, Conchalalay Blanco, Apostema and Trebol. Bathe once a week.	Daño de Brevaje, Fright / Susto	EHCHL127, JULS31, ISA28, ISA70
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ROSACEAE

<i>Alchemilla nivalis</i> H.B.K.	Hierba del Oso	Leaves and Stems, fresh	Seguro	3 Stems per flask.	To have spiritual strength and power	ISA97
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Appendix 1. Contd.

<i>Cydonia oblonga</i> Miller	Membrillo	1. Fruit Peel, fresh 2. Leaves, dresh	Oral	1. Boil 1 l water, then add 1 Membrillo Fruit Peel. Add 10 g Manzanilla, Toronjil, Hinojo, Madre Selva, and Romero. Patient should drink warm solution. 1 cup 3 - 4 times a day for 1 month. 2. Boil 1 l water, then add 10 g Membrillo leaf. Add Manzanilla, Toronjil, Pimpinella, Borraja, Pensamiento, Mejorana, and Romero. Place mixture in hot water and let it sit covered for 2 - 3 min. Drink 1 cup 3 - 4 times per day for 1 month.	1., 2. Depression, Nerves, Insomnia	JULS194
<i>Fragaria vesca</i> L.	Fresa	Leaves, fresh	Oral	Boil 1 l of water, then add 10 g of Fresa. Mix with 10g total of Hinojo, Manzanilla and Pimpinella. Let sit for 2 - 3 min. Drink warm, 1 cup 2 - 3 times a day for 1 month.	Nerves, Insomnia	JULS158
<i>Geum peruvianum</i> Focke	Valeriana	Stems and Fruits, dried	Oral	Boil 1 cup of water and 10 g of Valeriana for 3 min. drink cold, 1/2 cup 1 time a day, before bed, for 15 days or as needed.	Nerves, Insomnia	GER200
<i>Polylepis racemosa</i> R. and P.	Quinual	Leaves, fresh or dried	Topical	Boil 1 bundle of Quinual with 4 - 5 l water. Do not mix with other plants. Patient should bathe with tepid water. 2 or 3 times, as needed.	Bad Air / Mal Aire	JULS2
<i>Rosa centifolia</i> L.	Rosa de Castilla, Rosa	Flowers, fresh or dried	1. Oral 2. Topical	1. Add 10 g of plant material with 1/2 l water. Add Senn and boil the mixture for 1-2 min. Drink warm, 1 cup in one day, only once. 2. Should collect the plant late in the afternoon. Soak in 3l of water 100g of roses of each color, 100g of Margaritas. Let sit overnight and add one bottle of Agua Florida (12 oz) and one bottle of perfume (12 oz.) Rub body with Flowers and Leaves. Rinse and air dry. 2 times a week for 7 days.	1. Laxative 2. Improvement of health, love, economy	JULS240, GER97
<i>Rubus robustus</i> C. Presl.	Zarzamora, Moyaca, Zarza, Zarza Parrilla, Mora, Cushai	Flowers and Leaves, fresh or dried	Topical	5l of water boil for 30min. Bathe 3 times per week.	Fright / Susto, Pain of the body	EHCHL132a, b, ISA41, ISA48, JULS47
<i>Sanguisorba minor</i> Scop.	Pimpinella, Flor de Overa	Whole plant, fresh	1. Oral 2., 4. Topical 3. Seguro	1. 5g per 1l water, mix with Cadillo, Hierba del Apostema, Esencia de Rosa, Lancetilla, Toronjil, Congona, Clavela, Manzanilla, and Azares. Drink 3 times per day 6-12 months. 2., 3. Standard Seguro mixture, see below. Spray the mixture and rub the patient's body with the liquid for good luck. Spray the mixture every Tuesday and Thursday, as needed. 4. 50 g of all: Hierba del Lucero, Hierba del Este, Ambrocilla, Senorita, Caballero, Pega Pega, Siempre Viva, Carpintero, Waime Waime, Piri Piri (Hembra y Macho), Hierba del Buen Querer, Hierba del Oro, Hierba de la Plata, Hierba del Halago, Sigueme Sigueme, Hierba del Negocio boil into 5 - 7 L water and boil for 20 min then add a bit of the following perfumes: Cariño, Dios de la Huaranga, Dios de la Felicidad, San Antonio, Macumba Pusanga, Gran Jefe, Mil Flores, Llama Plata, and Ekeko and let it cool before bathing. Bathe 2 times (Tuesdays and Fridays only) every 3 months.	1. Nervous system, Nerves, Insomnia, Depression, Pain of love, Anxiety, Arthritis, Blood, Mal de susto 2., 3., 4. Spiritual Flowering, Good luck	EHCHL117, TRUBH35, RBU/PL262, ISA57, JULS25, ISA147(103a), VFCHL20, GER170

Appendix 1. Contd.

RUBIACEAE

<i>Arcytophyllum nitidum</i> (H.B.K.) Schlecht.	Hierba de la Madrugera	Whole plant, fresh	Seguro	Seguro, 1/5 of the plant per flask.	Do not spend too much money, So that you do not spend on unnecessary items	ISA144(94a)
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RUTACEAE

<i>Citrus aurantium</i> L.	Hojas de Naranja	Small Leaves and Stems, dried	Oral	5 g per 1 l water, boil and mix with Bolsilla de Menta, Anís. Drink 3 times a day for 1 week.	Nerves	EHCHL105
<i>Citrus limetta</i> Riso	Lima	1. Flowers, fresh 2. Fruit, fresh	1. Oral 2. Topical	1. Boil 1 l of water, then add 10 g of the Lima Flowers. Combine with Manzanilla, Hinojo, Toronjil, Romero, Borraja, Madre Selva, and Violeta. 1 glass 3 to 4 times a day for 1 month. 2. Once the limes are cut, the shaman sucks out the lime juice and sprays toward patient. 2 limes per person. The mixture is used during rituals to calm angry patients by sweetening their hearts, taking their bitterness away, and leaving them refreshed.	1. Nerves 2. Spiritual Flowering, Sucking the pain away, Refreshing the patient, Taking bitterness away	JULS182, GER177
<i>Citrus limon</i> (L.) Burm. f.	Limon	1. Flowers, fresh 2.. Fruit and Fruit Peel, fresh	1. Oral 2. Topical	1. Boil 1 l of water, then add 5 g of the Limon flower. Combine with Manzanilla, Toronjil, Pimpinella, Violeta, and Claveles. Let the mixture sit for 2-3 min. Take 1 glass, 3 - 4 times a day for 1 month, or as needed. 2. Place 7 green limes in a pot with 4 l of water. Boil the mixture until limes turn yellow, then remove the water and let it cool down until it becomes lukewarm. Add 1 tablespoon of sugar to the temperate water. Apply mixture as a Baño de Florecimiento and a rub. Take 2 limes that were submerged in the water and pray while rubbing limes over patient's body. Repeat until 1 lime is left. With 1 lime, pray the phrase "Que salga lo negativo y entre lo positivo para mi hogar, trabajo, amor, etc.". Finish by rubbing the final lime over the patient's body. Discard of all the limes. After bath you may rinse with cinnamon water. Bathe 3 times: that Tuesday, Friday and the following Tuesday.	1. Nerves 2. Good luck	JULS183, GER11
<i>Citrus reticulata</i> Blanco	Mandarina	1. Flowers, fresh 2. Fruit Peel, fresh	1., 2. Oral	Boil 1 l of water for 2 - 3 min. Add Mandarina and 10 g of Mejorana, Toronjil, Pimpinella, Poraja and Manzanilla. 3 times a day for 1 month (1 cup).	Nerves	JULS191

Appendix 1. Contd.

<i>Citrus sinensis</i> (L.) Osbeck	Naranja	Flowers, fresh	Oral	1 l water + 10 g herbs, 5 g of Orange flower in boiling water. Let it sit covered for 3 min. Mix with Melissa, Claveles, Manzanilla, Mejorana, Chancas de Comida and Romero. Drink lukewarm, 3 cups per day for 1 month.	Depression, Nerves, Insomnia, Anxiety ache	JULS202, GER178
<i>Gardenia augusta</i> (L.) Merr.	Jasmin, Margarita	Leaves, Stems, Flowers, fresh	1. Oral 2. Topical	1. 1 l of water and 10 g of the flower. Place together and boil water over and leave for 2 to 3 min. Drink and gargle the solution. 2 to 3 times a day for 2 to 3 days or gargle 3 times a day for 2 days. 2. In 3 l of water soak 100 g of Margarita and 100g of Rose petals, let it soak for about a day then add 1 bottle of Agua Florida and 1 bottle of your favorite perfume. Rub body with Flowers, rinse with perfumed water and air dry. Do not use soap or towel. 2 times a week for 7 days. A commercially available perfume of Jasmin can also be used.	1. Nerves 2. Improvement of health, Love, Economy	JULS175, GER98, GER105
<i>Ruta graveolens</i> L.	Ruda, Ruda (Macho y Hembra), Hierba del Quinde	Whole plant, fresh	1., 4. Oral 2. Topical 3. Seguro	1. Boil 1 l of water with one whole Ruda Hembra plant and Agenciana, Corpus Way, Salvia, Oregano, Molle, Eucalipto, Altamisa, Ajenco and Culantrillo. Allow to boil until there are 3 cups of solution left. For Abortyion use pure Ruda. Patient should drink hot solution. Drink in the morning and at night for 2 days. Be careful when ingesting because herb is extremely hot. 2. Bundle the herbs together with Gallinazo, Flor de Retama, Flor de Chochos, Clavel Blanco, Manzanillon, Romero, Agua del Susto, Rosas Blancas, Rosas Amarillas, Rosas Rojas, white sugar, Hierba de la Justicia, Hierba de la Plata, Hierba de la Fortuna, Hierba de Oro, Juice of 3 limes, Perfume "Tabu", Agua Florida and crystallized rock. Rub patient 3 times per month on Tuesday, Friday, and the following Tuesday. 3. Whole plant per seguro. 4. Crush 20 Leaves and drain the extract. Drink extract at room temperature or mix it with a glass of water. 3 - 4 drops 1 time only.	1. Good luck, Fright / Susto, Depression, Bad Air / Mal Aire, Nerves 2. Fright / Susto, Success, Aphrodisiac, Envy, Improve business, Bad luck, Improve life 3. So that all goes well for you, To open a door that never closes again, To obtain success 4. For babies who cry too much and/or can not be tranquil.	ISA152, JULS1, TRUVan/Eric a20, EHCHL128, VFCHL16, ISA145(108a), GER24
SALICACEAE						
<i>Populus deltoides</i> Bartram	Alamo	Leaves, fresh or dried	Oral	Boil 1 l of water, with 10 g of material. Add Manzanilla, Toronjil, Pimpinella, Hinojo, Chancas de comida and Cascara de Membrillo. Let mixture sit for 2-3 min. Drink warm, 1 cup, 3-4 times a day for 1 month.	Heart, Nerves, Anxiety	JULS93
<i>Salix chilensis</i> Molina	Sauce	Leaves, fresh	1. Topical 2. Oral	1. Smash Leaves for juice, apply as enema once. Do not ingest. Use only when the patient is very sick. 2. Boil 10 g of Sauce and 10 Fruits of Capuli in 1 l of water for 30 min. Drink warm, 1/2 small cup every time the patient has chills.	1., 2. Hangover fever	TRUBH25, JULS82, GER39

Appendix 1. Contd.

SAXIFRAGACEAE

<i>Escallonia pendula</i> (R. and Chuque P.) Pers.	1. Leaves, dried 1., 2. Topical 2. Leaves, fresh	1. 1 bundle with 3 l water. Can combine with Huaminga, Chingue, Ishpinguillo, Ajenco, 7 Espiritus. Bath, once a week. 2. Poultice, do not mix with other plants, 3 times per week.	1., 2. Sorcery, Susto of Death	ISA23, ISA63
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SMILACACEAE

<i>Smilax medica</i> M.Martens and Galeotti	Zarzaparrilla, Zarza Parilla	Stems, dried	Oral	In 1 cup of water boil 20 g of Zarzaparrilla plus 20 g of Congona, Chajur, Matico and Cola de caballo for 5 min. Drink in the morning while fasting. 1 cup 3 times a day for 1 month in the morning before breakfast. Repeat if necessary.	Bad Air / Mal Aire	GER218, JULS273
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SOLANACEAE

<i>Brugmansia arborea</i> (L.) Lagerheim	Mishia Colombo, Misha Morada, Mishia Blanca, Mishia Rastrera, Floripondio, Datura, Misha Toe	1., 5. Leaves, dried 2. Whole plant, fresh 3. Flowersss and Leaves, fresh 4. Leaves, fresh 6. Flowersss, fresh	1., 3., 4. Oral 2., 5., 6. Topical	1. Boil 3 leaves of Mishia Colombo and 10 leaves of Toro Maique in 1 cup of water until water is reduced to 1/2 cup. Drink cold. Patient should be kept in a dark and quiet room and on a diet of no seafood or spices for 3 days. Afterwards the patient may leave the room, but should rest indoors for 3 more days. 1 small cup 1 a day for 3 days. 2. Bath mixture for Protection from Evil, see below. 3 times a day Tuesday - Friday - Tuesday. 3. 30g per 8 L, boil 1/2 h, seems like Misha Blanca, Misha Roja, Misha Tigre, and Misha Ganadera, but the hallucinations are weaker. Use with San Pedro, and Hornamo. 1 cup per day. Alternatively chew 1/4 of a leaf. Overdosae is lethal. 4. Plant must be gathered at 6 in the morning. Add 2 leaves of the plant material, 1 leaf of MishaAmarilla, 1 leaf of Misha Blanca, 1 leaf of Misha Rosada, 1g of Toromaique and 1g of Toromisha into 1/2 cup of water. Boil the mixture for 5 min. Drink the mixture cold. Patient must stay in a dark room for 3 days while maintaining a diet without spices. Three days afterwards, rest. Exceeding the doseage is lethal. Take 1/8 of a small glass. 5. Grind leaves and put powder on affected area as needed. 6. Place 4 flowers under the pillow in form of a cross.	1. Untangle sorcery, Heal maldad 2. Protection from evil 3. Hallucinogen, Vision enhancement 4. Bad Air / Mal Aire 5. Wounds on the heel, Ulcers caused by sorcery 6. Insomnia	GER64, VFCHL18, GER50, JULS157, GER52
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Appendix 1. Contd.

<i>Brugmansia candida</i> Persoon	Mishia Rosada, Miaha, Misha Blanca, Misha Amarilla, Huarqua	1. Leaves, fresh 2. Leaves, dried 3. Whole plant, fresh	1. Oral 2., 3. Topical	1. Add 2 leaves of the plant material, 1 leaf of Misha Amarilla, 1 leaf of Misha Blanca, 1 leaf of Rosada, 1 g of Toromaique and 1g of Toromisha to 1/2 cup of water. Boil the mixture for 5 min. Drink the mixture cold. Patient must stay in a dark room for 3 days while maintaining a diet without spices. Three days afterwards, rest. Exceeding the doseage is lethal. Take 1/8 of a small glass. 2. Grind and pulverize the leaves. Place the powder on affected area until healed. 3. Bath mixture for Protection from Evil, see below. Bathe once. Mixture can also be taken orally.	1. Bad Air / Mal Aire, Diarrhea, Hallucinogen to see 2. Wounds on the heel, Ulcers caused by Sorcery 3. Protection from evil	GER54, RBU/PL316, RBU/PL327, RBU/PL328, GER51, GER77
<i>Brugmansia sanguinea</i> (R. and P.) D. Don.	Mishia Galga, Misha Rastrera, Misha Guargan, Misha Roja, Guar Guar Rojo, Floripondio, Mishia Roja	1., 2. Leaves and Stems, fresh 3. Flowers and Leaves, fresh	1., 3. Oral 2., 3. Topical	1. 1/2 cup of water and 50 g of Mishia Galga and boil for 3 min. Drink cold, on time only. 2. Boil 6 l of water with 10 g each of: Mishia Blanca, Mishia Colambo, Mishia Galga, Mishia Morada, Mishia Roja, Mishia Rosada, Agua de Susto, Hierba del Gallinazo, Flor de Choclo, and Toro Maique for 5 min. Recite a prayer. Bathe the patient in the mixture while rubbing him/her with the herbs. Afterwards, rinse the patient in water, and allow him/her to air dry. 3 times a day Tuesday - Friday - Tuesday. 3. Boil 6 l of water with 10 g each of: Mishia Blanca, Mishia Colambo, Mishia Galga, Mishia Morada, Mishia Roja, Mishia Rosada, Agua de Susto, Hierba del Gallinazo, Flor de Choclo, and Toro Maique for 5 min. Recite a prayer. Bathe the patient in the mixture while rubbing him/her with the herbs. Afterwards, rinse the patient in water, and allow him/her to air dry. 3 times a day Tuesday - Friday - Tuesday.	1., 2. Bad Air / Mal Aire, Protection from sorcery, Daño, Nervous tension, Susto of spirits/ Susto de espíritus, Negative spirits 3. To look into the other world	GER103, EHCHL10, VFCHL23, RBU/PL250, GER53
<i>Capsicum chinense</i> L.	Aji Panca	Fruit, fresh	Incense	1 kg of Aji Panca plus 1/2 kg sulfur mix and place on top of hot burning charcoal and let the smoke spread. At this time do the spiritual prayers. Smoke should spread around the house, room by room. None should be in the house but the shaman alone doing the spiritual prayers.	Bad Air / Mal Aire	GER203
<i>Capsicum rhomboideum</i> (Dunal) Kunze	Aji Colorado	Whole Fruit, fresh	1. Charm 2. Topical	1. Place 3 peppers (green, yellow and red), tie with red ribbon and Ruda (female and male). To be used for protection against envy. Place bunch behind the door of the house. When no longer needed, dispose into the ocean or river. Hang 1 bunch behind door until no longer needed. If in 2 days the peppers in the bunch turn bad, there is a "mal" in the house. 2. Wrap one Aji and one whole egg in Algodon Pardo. Rub/ Frotar, Rub the body with water and herbs. Use the prepared bundle to rub the patient from head to toes. Then take Aji and Algodon Pardo far from the house and burn. Crack the egg, and let content fall in a glass with water for further diagnosis.	1., 2. Evil eye/ Mal ojo, Protecting the patient from envy	JULS91

Appendix 1. Contd.

<i>Cestrum auriculatum</i> L'Herit	Hierba Santa, Agrasejo	Leaves, fresh or dried	1. Topical 2. Oral 3. Incense	1. Boil 1 bundle (20 g) Hierba Santa per 3 l water. Combine with Quinual, Eucalipto, and Romero de Campo. Wash with herbs and bathwater or use for limpia. 3 times per month as needed. 2. 5 g per 1 l with Corpus Way, Carqueja, and Flor de Overo. Drink 1l / day 3. 200g of herb placed over hot charcoal. Inhale the smoke produced. 1 time or as needed.	1. Relaxant, Fright / Susto 2. Fright / Susto 3. Bad Air / Mal Aire, Sending away bad shadows	JULS166, RBU/PL281, EHCHL172, ISA122, GER174, EHCHL102
<i>Datura ferox</i> L.	Chamico	Leaves, dried	Oral	Ground and boiled. Buy after 6pm so that it is fresh. Dry 2 leaves, then grind into a powder. Add 1 cup of boiling water. Let sit for 3 min. Drink hot to lukewarm as needed. Too much could kill someone.	Bewitching men, Lowering moral	JULS131
<i>Jaltomata</i> sp.	Gato Simuro	Leaves and Stems, fresh or dried	1. Oral 2. Topical 3. Seguro	1. Boil 10 g of Hierba del Tigre, 10 g of Hierba del Oso, and 10 g of Semora Negra, 3 Leaves of Toro Simuro, and 3 Leaves of Mishia Amarilla in 1/2 cup of water for 5 min. Very strong compound. Do not exceed the dosage. 1/8 cup 1 time only. Drink cold. Patient should stay inside the house without any light or noise for 3 days. Should also observe a diet (no spices or seafood). 2. Bath mixture for Protection from Evil, see below. Only once. 3. 2 small branches per seguro.	1., 3. Bad Air / Mal Aire, Fragrance, Good luck for work, Daño (prevention), Undo bad things done to you, Strength, Maldad (cure), Evil eye/Mal ojo 2. Protection from evil	GER58
<i>Juanulloa ochracea</i> Cuatrecasas	Cuya Cuya	Seeds, dried	Toical	Grind and grate 1 Seed with Agua Florida, Timolina, and Alcohol. As needed.	Bad Air / Mal Aire, Pain anywhere on the body	EHCHL154
<i>Lycopersicon hirsutum</i> Dunal	Ambulluco de Muerto	Whole plant, fresh or dried	Topical	Mix with Flores de Muerto, Zanahoria de Zomo, Poleo Gentil, Bully Vinegar, 7 Espiritus, Agua del Susto. Limpia, 2 times a week.	Susto of Death/ Susto de muerte	ISA31
<i>Nicotiana tabacum</i> L.	Tabaco	Leaves, dried	Oral	Mix 1 g of Tabaco with Agua Florida, lime juice, Ramillete de Novia, white sugar, Agua Bendita, Cañazo, Agua Florida and Agua Cananga. Let mixture sit for 2 h. Both shaman and patient inhale mixture through nose during rituals.	1. Improving vision and insight during rituals, Suspend the patient (te voy levantando), Raise the energy of the patient	JULS251, GER92
<i>Solanum americanum</i> Mill.	Hierba Mora, Hierba del Susto, Baja del Espanto, Semora	1. New shoots, fresh 2. Whole plant, fresh	1. Oral 2. Topical	1. Boil 1/2 cup of water with 100 g of plant material for 5 min, mix with Toronjil, Mejorana. Drink 1/4 cup, 1 time only. 2. Bath, Boil 5 l of water with 100 g of: Hierba del Susto, Hierba del Gallinazo, Romero, Paja del Aire, Ashango, Ishpingo, Samalas, Flor de Muerto and Ruda. Boil for 10 min. First rub your body with the leaves. Second, rinse with the water. Do not use soap or water to dry. One bath Tuesday or Fridays only.	1., 2. Fright / Susto	EHCHL125, JULS76, EHCHL87, GER85, GER159

Appendix 1. Contd.

<i>Solanum mammosum</i> L.	Macumamuna, Toro si Muere, Toro Mishia Negro, Toro Mishia Amarillo, Toro Simuro	1. Fruit, fresh 2. Leaves, fresh 3. Whole plant, fresh	1., 3. Topical 2. Oral	1. Use whole Fruit with Agua Florida. Boil for 20 min. 1 bath per week, for 1 month. Plant is highly toxic. 2. Boil 100 g of Toro Mishia Amarillo in 1 cup of water for 10 min. Drink 1 cup, cold. 3. Bath mixture for Protection from Evil, see below.	1. Good Luck 2. Bad Air / Mal Aire 3. Protection from evil	VFCHL45, GER56, GER55, GER153
<i>Solanum</i> sp.	Tutapure Chico	Leaves and Stems, fresh	Topical	1 handful boiled with 3l water. Mix with Agua del Susto and 7 Espiritus. Can combine with Tutapure grande, Tutapure blanco, Zanahoria. Bathe, twice per month or 1 - 2 times a week, depending on severity. More often used for children.	Susto of Death, Haunting of a ghost	ISA3
<i>Solanum</i> sp.	Hornamo Simuro	Whole plant, fresh or dried	Topical	Bath mixture for Protection from Evil, see below. Only once.	Protection from evil	GER238
TILIACEAE						
<i>Tilia platyphyllos</i> Scop.	Tilo	Flowers and Leaves, fresh	Oral	Boil 1 l of water, then add 10 g of Sauco. Add Manzanilla, Hinojo, Coleo, Ajenjo, Toronjil, Pimpinela and Claveles. Cover and let it sit for 2 - 3 min. Patient should drink warm solution, 3 - 4 cups per day for 1 month.	Nerves, Insomnia	JULS257
ULMACEAE						
<i>Celtis loxense</i> C.C. Berg	Palo Huaco, Palo Blanco	Bark, Stems and Leaves, dried	Topical	Bath, Boiled for 5 min. 1 handful in 3 l water. Can combine with Conchalay Blanco, Tutapure de Estrella, Timolina and Agua del Susto. 3 baths per week.	Susto of animals, Susto of water, Susto in adults	JULS208, EHCHL65, GER87, ISA7
URTICACEAE						
<i>Urtica urens</i> L.	Ortiga	Stems and Leaves, fresh	Topical	7 Stems with their Leaves boiled with 3 – 5 l water, combined with Agua del Susto, Ajenco, and Llatama for 20 min. Bath, 2 - 3 times per week, at 7,9, and 11 PM.	Bad Air / Mal Aire, Prostate, Fright / Susto, Business, Casting away bad luck, Freight in children / Susto en niños	RBU/PL299,
VALERIANACEAE						
<i>Phyllactis rigida</i> (R. and P.) Persoon	Hornamo Estrella, Siete Sabios, Valeriana Estrella, Valeriana, Hierba de la Estrella	Stems, fresh	1. Seguro 2., 4., 5., 6. Topical 3. Oral	1. Mix with other herbs of strength, herbs of luck for seguro. 2. 20 g per 5 l, boil 20 min; mix with other herbs of strength and herbs of luck.. Bathe 3 times a week. 3. Boil 1 l water, then add 10 g Valeriana Estrella. Drink 4 times per day, as needed. Children can not take it very often (start taking at 6 years). 4. Combine with Timolina, Bully vinegar, Agua Florida, and Arnica. Put on the back of the head, or afflicted area. Put it on	1. Fragrance, Good luck, To always shine 2., 5., 6. Spiritual Flowering, Good luck, Bad Air / Mal Aire, Success 3. Insomnia, Relaxant, Sleep aid, Nerves,	EHCHL163, TRUBH30, JULS57, EHCHL44, JULS46, ISA137, RBU/PL365, RBU/PL355,

Appendix 1. Contd.

				daily through the night. 5. Alternatively in a bottle place 1 g of each of the following: Hierba del Lucero, Hierba Este, Ambrocilla, Senorita, Caballero, Pega Pega, Siempre Viva, Carpintero, Waime Waime, Piri Piri (Hembra y Macho), Hierba del Buen Querer, Hierba del Oro, Hierba de la Plata, Hierba del Halago, Sigueme Sigueme, Hierba del Negocio. 1 bottle of perfume "Cariño" and a bit of the following perfumes: Dios de la Huaranga, Dios de la Felicidad, San Antonio, Macumba Pusanga, Gran Jefe, Mil Flores, Llama Plata, and Ekeko. Some spiritual prayer invoking the name of the patient, owner of the seguro. Fogear. Spray and rub the patient with the mixture for good luck. Tuesdays and Fridays. 6. 50 g of all: Hierba del Lucero, Hierba del Este, Ambrocilla, Senorita, Caballero, Pega Pega, Siempre Viva, Carpintero, Waime Waime, Piri Piri (Hembra y Macho), Hierba del Buen Querer, Hierba del Oro, Hierba de la Plata, Hierba del Halago, Sigueme Sigueme, Hierba del Negocio boil into 5 – 7 L water and boil for 20 min then add a bit of the following perfumes: Cariño, Dios de la Huaranga, Dios de la Felicidad, San Antonio, Macumba Pusanga, Gran Jefe, Mil Flores, Llama Plata, and Ekeko and let it cool before bathing. Bathe 2 times (Tuesdays and Fridays only) every 3 months.	Headache, 4. Contusions, Mental disorders, Schizophrenia, Cerebral pain	GER187
<i>Belonanthus aff. hispidus</i> (Wedd.) Graebn.	Boton de Oro	Whole plant, fresh or dried	1. Topical 2. Seguro	1. 3l water with 10g of Boton de Oro, and 10 g each of Hierba de la Justicia, Hierba del Halago, Hierba de la Plata, Hierba de la Fortuna, Dolar, Sigueme Sigueme, boil 3 min, add Agua Florida, Agua Tabu, white sugar, and Lime juice. Bathe 3 times a week, on Tuesday, Friday and Tuesday. 2. Prepared with perfumes and the typical Seguro herbs. One Seguro, refill perfumes as needed, keeps its power as long as filled.	1., 2. Good luck	JULS299
<i>Valeriana bonplandiana</i> Wedd.	Fortuna	Whole plant, fresh or dried	Topical	10 g per 1 l boiling water, 2 baths per month, during the evening.	Fragrance, Good Luck	RBU/PL350
<i>Valeriana plantaginea</i> Kunth	Hornamo Morado, Hornamo Caballo, Horno Morado	Leaves and Stems, fresh	1. Oral 2. Topical	1. Boil 10 g Hornamo Morado with 1/2 cup water for 2 min. Patient should drink cold solution. 1/2 cup 1 time only. 2. Boil 3 l water for 10 min with 100 g Hornamo Morado, with 10 g each of: Mishia Blanca, Mishia Colambo, Mishia Galga, Mishia Morada, Mishia Roja, Mishia Rosada and Toro Maique. Recite a prayer. Patient should rub with herbs. When the bath is finished, the patient should not rinse or use a towel, but air dry only.	1. Bad Air / Mal Aire, Purgative, Laxative 2. Protection	GER193, EHCHL91, EHCHL120

Appendix 1. Contd.

VERBENACEAE

<i>Aloysia triphylla</i> (L. Her.) Britt.	Cedron, Pepas de Cedron, Sidrón,	1. Whole plant, fresh 2., 3., 4. Seeds, fresh or dried	1., 3., 4. Oral 2. Topical	1. Boil 1 l water, then add Cedron, and mix with Chancas de Comida, Toronjil, Hinojo, Madre Selva, Claveles, and Pensamiento. Use a total of 10 g for all the material. Let the mixture sit for 2 - 3 min. Patient may drink solution at all temperatures, but it is recommended to drink while lukewarm. Take 1 cup, 3 - 4 times a day for one month. 2. Grind 4 - 5 Seeds and boil in 5 l water. Bathe. 3. Boil 1 Seeds per 1 l, drink 4 cups per day, 7 days. 4. Mix the grind of 10g of Seeds, 1/4 of a small cup of pisco, 1g of Alucema, 1 g Oregano and 1 g of Pimienta. Warm up. Drink 1 tablespoon a day for 6 days.	1. Depression, Nerves, Insomnia 2., 3. Bad Air / Mal Aire 4. Sharp pain in the body	JULS130, RBU/PL384, EHCHL161, RBU/PL305, GER90
	Llatama Blanca	Leaves and Stems, dried	Oral	Boil 1 cup of water in 100 g of plant material for 10 min. Drink cold, 1/4 cup 2 times a week.	Quema rastro, Feet blisters	GER82

VIOLACEAE

<i>Viola tricolor</i> L.	Pensamiento Amarillo, Hierba del Pensamiento, Hierba del Tacón	Whole plant, fresh or dried	Oral	Boil 1 l water, then add 10 g Pensamiento Amarillo, used with plants for the heart, including Toronjil. Drink 3 cups per day as needed.	Pain of love, Nerves, Insomnia, Forgetting pain, Fright / Susto, Bad Air / Mal Aire, Nerves, Epilepsy	JULS36, VFCHL19
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XYRIDACEAE

<i>Xyris subulata</i> R. and P.	Hierba del Caballero, Chupa Flor	Stems, fresh	1. Seguro 2. Topical	1. Standard Seguro mixture, see below. 2. 2. Standard mixture for Spiritual Flowering, see below.	1., 2. Asking that a woman become your love, Fragrance, Good luck, Good business, Protection, Good fortune, Good health	ISA103, RBU/PL349, JULS300, GER132, JULS306
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ZINGIBERACEAE

Chima Pampana	Tuber, fresh	Topical	Use the red or purple tuber. Grate to create a light perfume, 1 half a tuber per ointment container. Mix with Cariño perfume. Place perfume on the body as needed.	To get a female sexually interested, To get a male sexually interested, To trap a man	JULS55
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INDET.

Samala, Asmala, Amara	Seeds, dried or fresh	1. Topical 2. Oral 3. Blown on patient	1. Bath, 20 Seeds per 5 l water, ground and boiled. 3 times per week, or 2 a month, Tuesday and Friday. 2. Beverage: 7 - 15 Seeds per 1 l water, crushed and macerated for 8 days. 3-4 small cups per day, 7 days. Seeds can be also macerated in alcohol for 5 days, then 1 Tbsp, 3 times per day.	1., 2., 3. Fright / Susto, Bad Air / Mal Aire, Nervous system, Enchantment, Sorcery, Getting rid of daño, Epilepsia	RBU/PL378, EHCHL158
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Appendix 1. Contd.

	Anti Ajo	Stems, fresh	Charm	2 l of water with 40 cm of the Anti Ajo Stems. Boil 3 h. Let it sit 5 min. Use Ruda (Hembra and Macho) and dip into tizana. Use Ruda to distribute the solution to every corner of the house, always going from right to left. Splash the remainder of the solution in front of the house.	Sorcery within a house	JULS103
	Huarate	Stems, dried	Oral	Boil 1 l of water, then add 10 g total of Manzanilla, Toronjil, Pimpinela, Hinojo, and the Huarate Stems. Let mixture sit for 2 min. Patient should drink lukewarm solution. 1 cup 3 to 4 times a day for one month. Also used by bad shamans for daño and burn anything that can trail it back to them.	Nerves	JULS173
<i>Trichilia ?</i>	Pucho	Leaves and Seeds, dried	Oral	Gather Jan-Feb, when there is 'pollen'	Nervous system	RBU/PL380
Standard Seguro mixture:	1 small Stems per seguro. Mix all of the of the following in a bottle of perfume: 3 Stems and Leaves of Hierba de la Señorita Hierba del Buen Querer, Palmerilla, Destrencilla, Lanzetia, Hierba del Carpintero, Pega-Pega, a bit of the following:, Palmerilla, Destrencilla, Lanzetia, Siempre Viva, Hierba de la Fortuna, Hierba del Tesoro, Hierba de la Plata, Hierba del Cariño, Guaima-Guaima, Piri- Piri, Hierba del Caballero, Hierba de la Justicia (amount depends on the size of the bottle). Add perfume "Cariño" and a bit of the following perfumes: Dios de la Huaranga, Dios de la Felicidad, San Antonio, Macumba Pusanga, Gran Jefe, Mil Flores, Llama Plata, and Ekeko. The Shaman will then bless it and Fogear. Keep the seguro bottle at home, or if is small enough carry it with you at all times.					
Standard mixture for Spiritual Flowering:	3 l water, boil for 30 min with 10 g Chupaflor, and 10 g each of Hierba del Buen Querer, Palmerilla, Destrencilla, Lanzetia, Hierba del Carpintero, Pega Pega, Siempre Viva, Hierba de la Fortuna, Hierba del Tesoro, Hierba de la Plata, Hierba del Cariño, Guaima Guaima, Piri Piri, Hierba de la Señorita, Hierba de la Justicia, Hierba de la Fortuna, El Dolar, Hierba de la Plata, Hierba del Halago, Tabu, Petalo de Rosas Roja, Blanca, and Roja Amarilla. Also add Agua Florida, white sugar, and Lime juice. After boiling add a bottle of your favorite perfume, Hierba de la Plata, Hierba de la Fortuna, white/yellow and red Roses, Agua Tabu, Agua Florida, white sugar, limas juice. Bathe 3 times, that Tuesday, Friday and the following Tuesday. Patient may repeat when needed. Rub the entire body with all the herbs, then rinse with the water and air dry. Do not use soap nor a towel.					
Alternative mixture for Spiritual Flowering:	In 3 l of water boil for 30 min 3 Stems and leaf of Hierba de la Señorita plus a bit of the following: Hierba del Buen Querer, Palmerilla, Destrencilla, Lanzetia, Hierba del Carpintero, Pega-Pega, Siempre Viva, Hierba de la Fortuna, Hierba del Tesoro, Hierba de la Plata, Hierba del Cariño, Guaima-Guaima, Piri-Piri, Hierba del Caballero, Hierba de la Justicia after boiling add a bottle of your favorite perfume, Rub the entire body with all the herbs, then rinse with the water and air dry. Do not use soap nor a towel, only once.					
Bath mixture for Protection from Evil	Boil 6 l of water with 10 g each of: Mishia Blanca, Mishia Colambo, Mishia Galga, Mishia Morada, Mishia Roja, Mishia Rosada and Toro Maique for 5 min. Recite a prayer. Bathe the patient in the mixture while rubbing him/her with the herbs. Afterwards, rinse the patient in water, and allow him/her to air dry.					