

Herb Name		
Spanish	English	Scientific
Achiote	Achiote	<i>Bixa orellana</i>
Apio	Celery	<i>Apium graveolens</i>
Arnica	Arnica	<i>Arnica montana</i>
Ayahuasca	Ayahuasca	<i>N/A - a combination of many herbs</i>
Borraja	Borage	<i>Borago officinalis</i>
Cedron	Lemon Beebrush	<i>Aloysia citrodora</i>
Coca	Coca	<i>Erythroxylum coca</i>

Cola De Caballo	Horsetail	<i>Equisetum</i>
Diente De Leon	Dandelion	<i>Taraxacum</i>
Eucalipto	Eucalyptus	<i>Eucalyptus globulus</i>
Geranio	Geranium	<i>Pelargonium</i>
Hinojo	Fennel	<i>Foeniculum vulgare</i>
Maca	Maca	<i>Lepidium meyenii</i>
Malva	Common Mallow	<i>Malva sylvestris</i>
Menta	Mint	<i>Mentha</i>

Molle	Peruvian Peppertree	<i>Schinus molle</i>
Muña	Andean Mint	<i>Minthostachys mollis</i>
Ortiga	Stinging Nettle	<i>Urtica dioica</i>
Pensamientos	Pansies	<i>Viola × wittrockiana (Viola Tricolor)</i>
Romero	Rosemary	<i>Rosmarinus officinalis</i>
Sangre de grado	(Dragons Blood)	<i>Croton lechleri</i>
San Pedro (Wachuma)	San Pedro Cactus	<i>Echinopsis pachanoi</i>

Toronjil	Lemon Balm	<i>Melissa officinalis</i>
Totorá	Totorá	<i>Schoenoplectus californicus</i>
Una de gato	Cat's Claw	<i>Uncaria tomentosa</i>

Cultural Significance	Use or Uses	Method of Use
Although not particularly significant in its use, achiote was mentioned to me by a few participants as a commonly used medicinal herb.	Pulp is applied to the skin to prevent scarring and to promote wound healing.	Seeds are ground and boiled for use on burns.
Significant on Amantani amongst women who use it to prevent unwanted pregnancy.	Broth is drunk to prevent unwanted pregnancy.	The stalk is boiled and then allowed to cool before it is drunk.
Significant due to its widespread use in topical applications. Arnica is readily available primarily in its processed forms in herbal pharmacies.	Used to reduce inflammation and swelling for joints and sore muscles.	Pre-prepared rubs and ointments are applied topically.
One of the most important medicinal herbs in Peruvian healing because of its unique role as a spiritual healer and due to its appeal with western tourists.	Used to induce a psychoactive state that facilitates spiritual healing.	A brew of various medicinal herbs that varies by tribe, that is drunk.
Not altogether significant although it is sold by most herb vendors at the Cusco municipal market.	Used to dispell melancholly and with colds, bronchitis, and rhemetitis.	The dired flower is steeped as a tea and then stored for future consumption when it is cold.
Not altogether significant although it is sold by most herb vendors at the Cusco municipal market.	Used to aid in digestion, although it is not used that commonly.	Fresh or dried leaves are steeped in hot water and drunk as tea.
The most important of all herbs used in Peru, critical in the maintenance of one's relationship with pacha mama (mother earth).	Used to connect oneself to mother earth as well as to prevent altitude related sickness.	Either chewed raw or prepared as a tea and drunk.

Not altogether significant although it is sold by many herb vendors at the Cusco municipal market.	Used to treat wound and ulcers and to deal with kidney or urinary issues.	Dried horsetail stems are steeped in hot water and prepared as a tea.
Sold by many herb vendors at the Cusco municipal market and used frequently on Amantani.	Used to treat various infections.	The fresh leaves are eaten raw or the flowers are steeped to make a tea.
Sold by many herb vendors at the Cusco municipal market and used frequently on Amantani.	Used for centuries as a antibiotic and general antimicrobial. On Amantani it is used to reduce fever.	Oils can be applied to the skin and leaves can be used to prepare aseptic treatments for the mouth.
Commonly used for cleansing baths.	Used to clease the body and promote skin health.	Fresh leaves are added to a bath of hot water with other herbs.
Not altogether significant although it is sold by many herb vendors at the Cusco municipal market.	Used for a variety of illnesses including digestive issues, and respiratory problems.	Steeped as a tea, and infrequently used in cooking.
One of the most widely sold herbal supplements in the Cusco Municipal market. Sold not only by herbalists but also by other vendors.	Used to promote fertility in both men and women and to increase energy levels.	Stored as powder and added to food as a supplment in powdered form.
Not altogether significant although it is sold by many herb vendors at the Cusco municipal market.	Anti-inflammatory used topically to promote wound healing and used orally to aid in digestion.	Used as an essential oil topically or consumed as a tea.
Quite widely used, menta is avlaible primarily at herbal pharmacies	Used topically to soothe muscle pain and joint sorness.	Often purchased as an essential oil, or as a prepared topical rub.

One of the most common herbs to seen blended into ointments for use against muscle soreness.	Used in wound healing and as an antiseptic or topically for soreness.	Most often purchased prepared as a topical ointment.
Muna is very common and can be found in nearly every household in the Peruvian Highlands plus it is consumed nearly daily.	Used frequently to aid in digestion and prevent stomach pain.	A fresh sprig or tea bag containing dried leaves are steeped to make tea.
Quite commonly used or incorporated into topical rubs giving these rubs the feeling of icy-hot.	Used to ease both joint pain and muscle soreness when applied topically. Also used to reduce swelling.	Purchased as a topical rub from herbal pharmacies often containing other herbs, specifically arnica and molle. Dried flowers can be used to make tea.
Fresh cut flowers are often used in healing baths, they are sold in the Cusco municipal market by most herb vendors.	Used to treat various skin ailments including persistent itching and eczema.	Fresh cut flowers are added to the hot water of a bath.
Used quite frequently on Amantani and sold by most herbal vendors.	Used to treat postpartum depression in women.	A fresh sprig is used to prepare a tea.
Available in any shaman shop and in many herb stores, I did not encounter anyone that was actively using this herb likely because it is used in the event of extreme illness.	Used to treat open wounds and gastrointestinal illnesses including cancer.	Raw, red tree sap is consumed once diluted in water.
Although this cactus come from the arid northern parts of Peru, and not the highlands, it is now important in the highlands due to its popularity amongst western tourists.	Used in the same way as Ayahuasca, to treat spiritual problems through a guided hallucinogenic journey guided by a shaman.	Either the raw cactus or a powder is used to prepare tea.

Not altogether significant although it is sold by many herb vendors at the Cusco municipal market.	Used to calm anxiety and allow for relaxation or to fight insomnia.	Prepared as a tea from dried material.
Only used by the Uros where it is by far the most important plant to their culture.	Used to treat headache and fever and to ease stomach pain.	Flowers are used to prepare tea for stomach issues, and the skin of the stalk is peeled off and applied to the forehead for fever.
One of the most commonly referenced herbal remedies in the Highlands, although I did not see it used.	Used to treat joint pain and inflammation as well as cancer.	Dried vine bark is steeped and prepared as tea then drank.

Nature of use		Spiritual Healer	Physical Healer	Approx. Cost in USD
Prophylactic	Reactive			
	X		X	\$3 for enough to heal one large skin wound/rash.
X			X	N/A
	X		X	\$5 for a small container of prepared ointment.
	X	X		\$105 for an overnight guided experience with Cusco's most renowned Ayahuasquero.
	X		X	N/A
	X		X	\$5 for a packaged container of dried leaves that would likely last weeks or months.
X		X	X	\$1 or less for a large bundle of dried leaves.

	X		X	N/A
	X		X	1\$ or less for a bundle of fresh leaves or flowers.
	X		X	1-3\$ for a bundle of freshly cut leaves.
	X		X	1-3\$ for a bundle of freshly cut leaves.
	X		X	1-3\$ for a bundle of freshly cut leaves.
	X		X	10\$ for a one pound bag of dried and powdered maca.
	X		X	N/A although Malva grows wild in most countries, particularly in cultivated soils.
	X		X	3\$ for a small vile of essential oils.

	X		X	3\$ for a small vile of essential oils.
(X)	(X)		X	1-3\$ for a bundle of fresh sprigs. Often scavanged or grown at home.
	X		X	
	X		X	1-3\$ for a bundle of fresh cut flowers.
	X	X		1-3\$ for a bundle of fresh sprigs or grown in ones garden.
	X		X	5\$ for a small vile of raw sap.
	X	X		A guided experience costs around 100\$ but the herb can be purchased at the Cusco municipal market for about \$20.

	X		X	N/A
	X		X	Gathered at no cost to the Uros people because of its endemic growth in Puno Bay.
	X		X	5\$ for a fairly large bag of bark.

Included in Section 3?	
Yes	No
	X
	X
	X
X	
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X	

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X	
	X
	X
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X	
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	X
	X
	X

<http://www.medicalhealthguide.com/herb/achiote.htm>

<http://www.umm.edu/health/medical/altmed/herb/arnica>

<http://www.hosteltrail.com/hostels/casadelagringa2>

<http://www.medicalhealthguide.com/herb/borage.htm>

<http://www.herbs-info.com/cedron.html>

Me

<http://www.umm.edu/health/medical/altmed/herb/horsetail>

<http://www.umm.edu/health/medical/altmed/herb/dandelion>

<http://www.umm.edu/health/medical/altmed/herb/eucalyptus>

<https://www.webmd.com/vitamins-supplements/ingredientmono-311-fennel.aspx?activeingredientid=311&activeingredient>

Me

<https://www.organicfacts.net/health-benefits/herbs-and-spices/malva-sylvestris.html>

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<http://www.vitaminestore.com/pansy-benefits-reviews-side-effects-and-dosage/>

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<http://www.umm.edu/health/medical/altmed/herb/lemon-balm>

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