



REVIVAL OF TRADITIONAL MEDICINE OF MEXICO & THE SOUTHWEST

Curanderismo y yerbas Medicinales
Tonita Gonzales













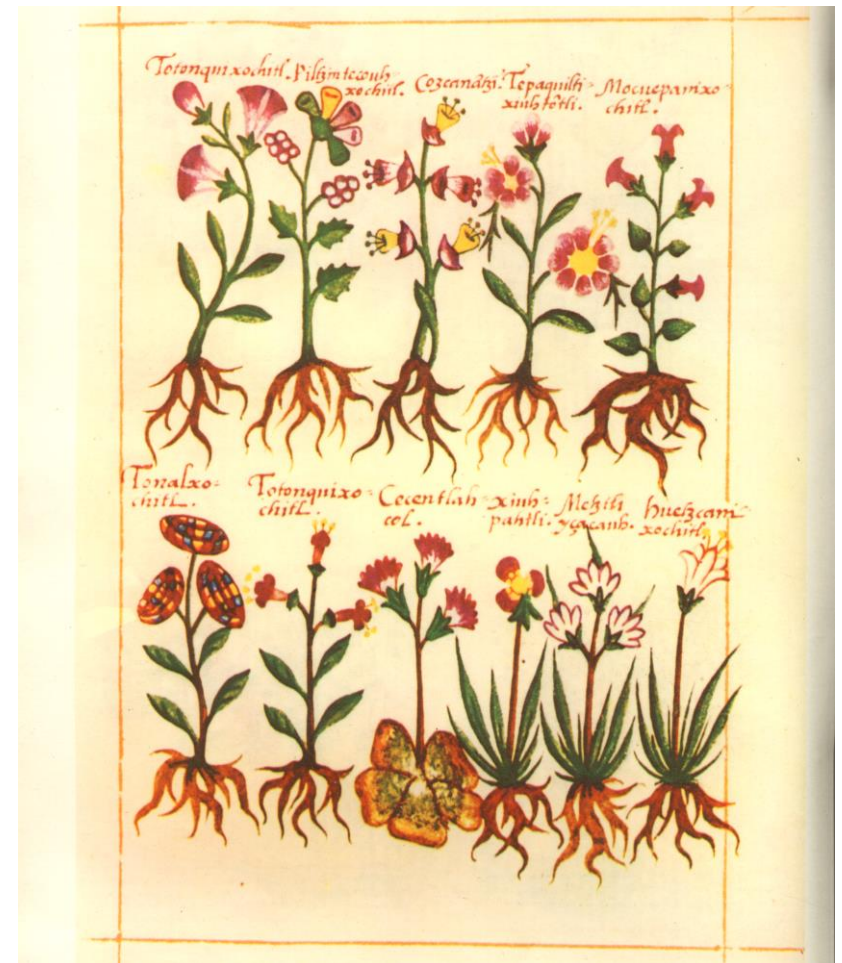
Curanderismo

- **Curanderismo** is the art of Mexican Folk Healing, from the word *curar*, meaning to heal
 - Curanderismo uses an holistic approach to healing – treating **body**, **mind**, and **spirit**
 - Traditional remedies of Europe and Asia have been blended with those of Aztecs and Mayans

History of Curanderismo

- 1519 – Spaniards arrived in Mexico
- 1521 – *Tenochitlan* & 3,000 medicinal plants destroyed
- 1552 – Martin de la Cruz, Aztec Indian doctor, wrote first book (listing 251 herbs) on medicinal plants at School of Santa Cruz de Tlaltelolco; written 31 years after conquest of Mexico
- 1554 – Cervantes de Salazar described Montezuma II's gardens; physicians experimented with hundreds of medical herbs

Pages from Codex Badiano



Codex Badiano (cont.)

Quetzabala. Cibaculilli. Quetzabala. Quetzabala.



Receptus pariter succedunt.
Malas si pariter distillentur per se, que pariter amara si
tum clarant et colat. Medicinam ex herbis quibusdam
in aqua licta caria de herbis cibaculilli, lapillo estel.
pimentilli, canela, uerone, liquorum bibul. Herbam cibacul
lia manu parat. Et sumit per et ad. inquit. ubi. uerber que
saluand. cana pellu. quili. uillanoy. fet. lapilli. fet.
insolau. cepe. cantharidilli. canth. calidant. fet. fetilli.
qui. ual. hanc. feruore. dicitur. uerber. et. estel. Et. sumit.
licta. calidant. et. ficut. singularit. Uel. par. uerone. coctum.
uol. de. uerone. 3. mansueti. ex. ual. uerber. mansueti.
aliquoties. pro. estel. habere. uerber. fet. fet. estel.
ita. et. hanc. quatu. canela. succum. in. dicit. uerber. Succul.
piment. quop. canel. liquorum. canela. et. uerber. fet. fet. te.
uerber. quoru. liquor. uerber. uerber. Succum. mansueti. quop.
liquor. fet. canel. in. aqua. et. herbam. cibaculilli. qui.
uol. uerber. uerber. uerber. uerber. uerber. uerber.

Szalhuagubauit. Szalhuagubauit.



In uulcan. uerber. mansueti. fet. fet. uerber. mansueti.
liquorum. feruore. uerber. mansueti. uerber. mansueti.
uerber. mansueti. uerber. mansueti. uerber. mansueti.



Szabium.

Szabium caput uerber. mansueti. deinde. uerber. mansueti.
uerber. mansueti. liquor. mansueti. liquor. mansueti. liquor.
mansueti. liquor. mansueti. liquor. mansueti. liquor.



Fucus albus.

Fucus albus. liquor. mansueti. liquor. mansueti. liquor.
mansueti. liquor. mansueti. liquor. mansueti. liquor.

Pedunculatambiti. Xomaha. Torcagamb.



Matricaria tuberculum.

Tuberculum. matricaria. liquor. mansueti. liquor. mansueti. liquor.
mansueti. liquor. mansueti. liquor. mansueti. liquor.

Aomallateli. Calosima.



Centra. infusum. aduersione.

Siccata. que. est. aduersione. infusum. mansueti. liquor. mansueti.
liquor. mansueti. liquor. mansueti. liquor. mansueti. liquor.

Hualacachilli. Lepidocarpum.



Antennaria.

Antennaria. liquor. mansueti. liquor. mansueti. liquor.
mansueti. liquor. mansueti. liquor. mansueti. liquor.

Espulsa. Sumbacali.



Sumbacali. liquor. mansueti. liquor. mansueti. liquor.
mansueti. liquor. mansueti. liquor. mansueti. liquor.

Evolution of Medicinal Herbs

- Aztec pharmacology
– 1,200 medicinal herbs
- Aztecs treated arthritis, gastrointestinal ills, hepatitis, etc.

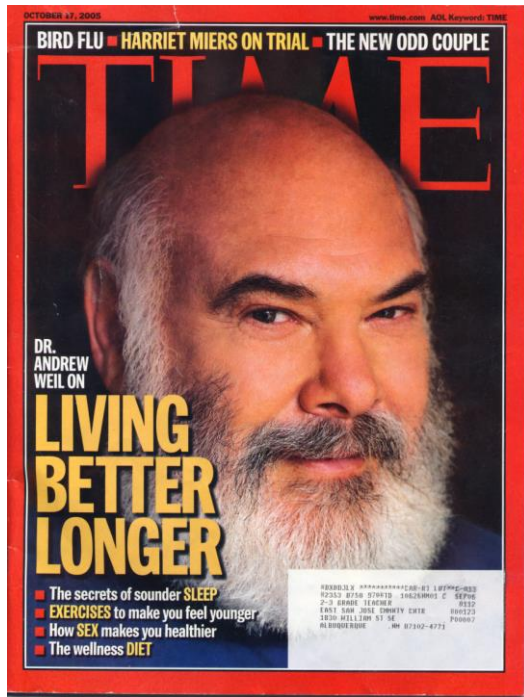


Curanderismo

Curanderismo has influenced the revival of Alternative, Complementary, Holistic Integrated Medicine

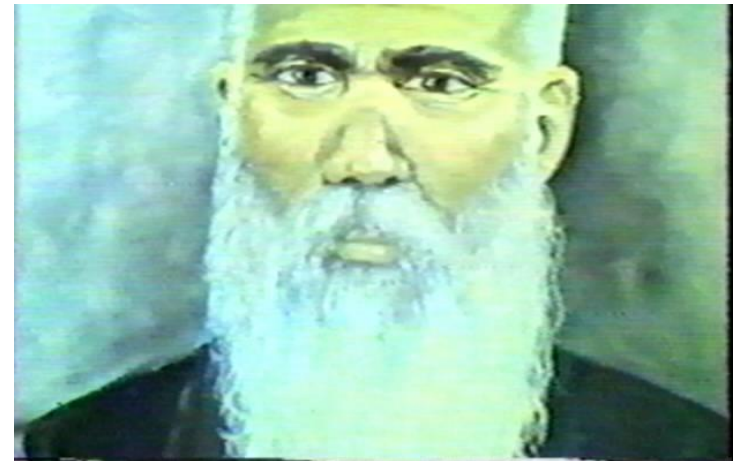
- \$21 Billion in Consumer Spending
- Andrew Weil's Common Sense Approach, "Cant hurt, could help"
 - ▣ Less fat, animal food, stress
 - ▣ Eliminate or reduce intake of booze, cigarettes, coffee
 - ▣ Begin exercise, massage and hypnosis therapy
 - ▣ Use herbs, olive oil, garlic, ginger, etc.
 - ▣ Keep lots of fresh flowers

Andrew Weil



Modern “Integrative Medicine” specialist who emphasizes holistic, common-sense approach to treatment and healing

Don Pedrito



Nineteenth Century Mexican Folk Healer who emphasized holistic, common-sense approach to treatment and healing

Uniting Two Countries and Cultures

- Learning from traditional medicines
 - ▣ University of New Mexico
 - ▣ Centro Desarrollo Humano Hacia La Comunidad (CEDEHC)
 - ▣ Tonantzin Traditional Healing







Calpulli

Mexica

La Cultura Cura



Center of Human Development

Centro de Desarrollo Humano

Mission: To contribute in the healing and teaching of holistic health, based on traditional and ancestral customs of health and healing.







Curanderismo Class



<http://curanderismo.unm.edu/>

- **This course uses instructors who are healers and health practitioners from the Southwest, Mexico and the Albuquerque community to provide information on the history of Curanderismo (the art of Mexican Folk Healing) in the Southwest and Mexico. It explores an integrative approach to medicine and featuring demonstrations that incorporate Curanderismo with various traditional and holistic health techniques.**





University of New Mexico Class



The poster features a dark red header with a photograph of a woman in traditional white clothing and a blue headscarf holding a small animal. The text in the header reads: "13th Annual Traditional Medicine without Borders: Curanderismo in the Southwest & Mexico". Below the header, the text says: "Uniting two countries & two cultures. Celebrating 13 years of traditional medicine & service to the community." The dates "July 15-26, 2013" are prominently displayed in the center. At the bottom, there is a photograph of a group of people in traditional attire, and the website "curanderismo.unm.edu" and Facebook page "www.facebook.com/curanderismo" are listed.

13th Annual
Traditional Medicine without Borders:
Curanderismo
in the Southwest & Mexico

Uniting two countries & two cultures.
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www.facebook.com/curanderismo

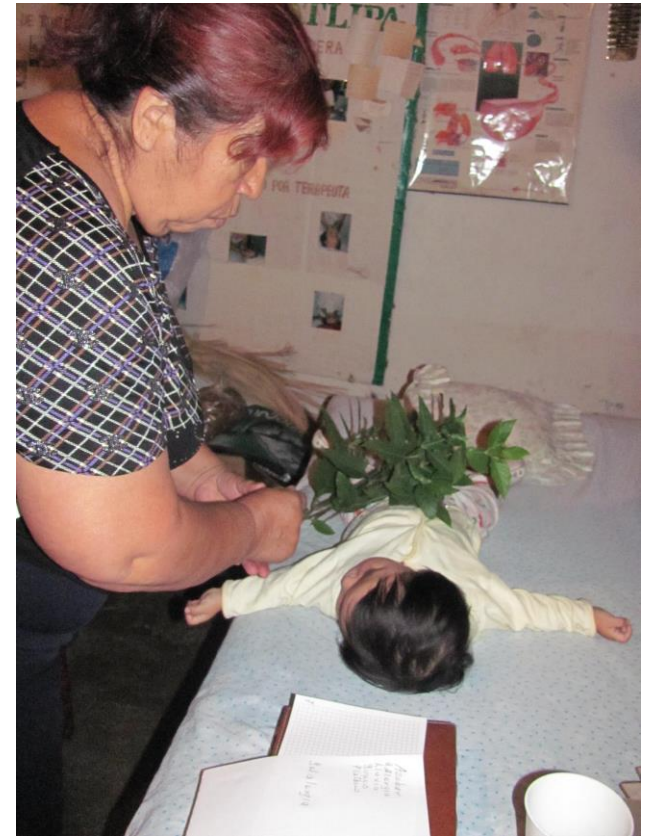
Three Levels of Knowledge

1. **Material** – herbs, animals, eggs, water, candles, cigars
2. **Spiritual** – *Curandero* as medium; soul concept
3. **Mental** – channels mental vibrations to patient



Specialties of Curanderismo

- *Hierbero* – herbalist
- *Sobador* – hands on healing
- *Partera* – midwife
- *Consejero* – heart to heart talks, platicas
- *Huesero* – bonesetter, traditional chiropractor
- *Espiritualista* – energetic channeling
- *Temazcalera* – sweatlodge healer
- *Acupuncturista* - Meso-American Acupuncture



Spiritual *and* Mental Levels

- Evil Eye – *Mal de Ojo*
- Magical Fright – *Susto*
- Other rituals
 - *Caida de Mollera* (tossing baby)
 - *Empacho* (bolus of food lodged in digestive tract)
 - *Bilis* (suppressed anger)
 - *Muina* (outward rage)
- *Sobador(a)* – a kind of *Curandero/a* who is a folk masseur(se)



Material Level

- Can use simple, mixed & popular plants
- Water
- *Piedra Iman* (Lodestone)
- Candles
- Temezcal



Traditional Medicine Ideology of Illness

- Curanderos don't use medical labels
- All illness starts as an emotional imbalance, trauma, or shock – *susto*, magical fright
- In treating an illness, Indigenous Mesoamerican medicine does not separate the body, mind, and spirit
- Patients have a direct connection to the earth, nature and society – holistic approach

Emotions and Curanderismo

<u>Element</u>	<u>Organ</u>	<u>Emotion</u>
Fire	Heart	Joy
Earth	Spleen	Worry
Metal	Lungs	Grief
Water	Kidneys	Fear
Wood	Liver	Anger

FEAR

- Accidents are wake-up calls
- Curanderos refrain from medical diagnoses which can become negative stigmas
- Fear eventually depletes the body of its essential energy and can lead to death
- Curanderos aim to empower patients:
 - ▣ Listen to their body
 - ▣ Become their own healer



Treating the Spirit

Temazcals are used for soul and spiritual cleansings



Temazcal Tonantzin in Albuquerque, NM
Curandera Tonita Gonzales



Xonaticuh







- *Limpias* – energetic cleansings
- *Platicas* – Heart to Heart Conversations
- Rituals to bring closure







Treating the Mind

- ❑ Daily meditation
- ❑ Deep Breathing
(minimum 100)
- ❑ Sleep 8 hours
- ❑ Calming herbal teas,
tinctures or Bach Flowers
- ❑ Changing lifestyle



Treating the Body

A sobada is light hands on energy work









Environment



Nutrition Recommendations

- Recommendations
 - ▣ Drink 3 liters water daily
 - ▣ Blended drinks
 - Papaya
 - Grapes with Seeds
 - Tomatoes with Spinach
 - Cranberry
 - Chia seeds/Cucumber
 - Carrots
 - Aloe juice



Not Recommended

- ❑ Lactose products
- ❑ White flour products
- ❑ White sugar, only honey or raw sugar
- ❑ Sugar substitutes
- ❑ Carbonated drinks



Traditional Medicinal Herbs

- ▣ Vinca, (*Vinca major*)
 - Anticarcinogenic
- ▣ Echinacea, (*angustifolia*)
 - Immune System



Traditional Medicinal Herbs

- Garlic, *Ajo*, (*Allium sativum*)

- ▣ Immune System
- ▣ Anti-inflammatory
- ▣ Antibiotic
- ▣ Liver function



- Chaparral, *Gordolobo*, (*Larrea Tridentata*)

- ▣ Lymphatic System



- Common Plantain, *Llanten*,
(*Plantago major*)

- Immune System

- Aloe Vera, (*Aloe barbadensis*)

- Digestive System
- Antiseptic
- Constipation
- Fever
- Inflammation



- *Chaya*, (*Cnidoscolus chayamansa*)
 - ▣ Nutritional supplement
 - ▣ Diuretic



- *Yerba Buena*, Spearmint, (*Mentha spicata*)
 - ▣ Digestive
 - ▣ Headaches
 - ▣ Indigestion
 - ▣ Nausea



❑ *Uña de Gato*, Cat's Claw,
(*Uncaria tomentosa*)

- ❑ Immune System
- ❑ Kidney "cleanser"



❑ *Boldo*, Bold, (*Peumus boldus*)

- ❑ Kidney cleanser
- ❑ Liver Cleanser





























¡Gracias!

Thank you for your interest in the great
and ancient art of Curanderismo.

If you would like to learn more
please contact

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