

Common Dieta Plants

The following is a list of the plants most commonly dieted at Aya Madre; it is by no means exhaustive.

Abuta (Motelo sanango, Tropetero sacha, Abuta grandifolia): *Abuta rufescens*.

Uses: Antianemic, antirheumatic, antihemorrhagic, antidiabetic, in reducing menstrual cramps, dysmenorrhea, aphrodisiac or in female sterility and hemorrhages, hypocholesterolemic, tumors, cancer, infections.

Preparation and general administration: As it is a very powerful medicine, normally a $\frac{1}{4}$ to a $\frac{1}{2}$ of a spoonful of Abuta powder is taken in a glass of room temperature water.

Achiote (Shambu): *Bixa orellana*. **Uses:** Deinflamatory of the urogenital system and in particular of the prostate, restoring the erection of the penis and fluidity of the ejaculation, prolapse, urinary incontinence, obesity, infections of the skin, vaginal antiseptic and healing, hepatitis, vomiting.

Preparation and general administration: Achiote is sometimes taken alone, but is most commonly prescribed with both Pampa Orégano and Malva in a mug of hot water as a tea. Normally $\frac{1}{2}$ to 1 spoonful of the powder is taken in this way.

Agua Azahar: *Citrus × aurantium*. Orange blossom water is the product obtained after steam distillation of the infusion of petals of the bitter orange blossoms.

Uses: Menstrual discomfort, nervous states, colic, fainting, etc.

Preparation and general administration: Agua Azahar is often taken together with Shimi Pampana. It may be a few drops to a spoonful and up to an entire 30 ml bottle mixed in a glass of room temperature water.

Agua de Florida: **Uses:** Cleansing, healing, protection, stimulation, removes negative energy, good fortune, to remove unwanted thought forms and heavy vibrations, to encourage the display of emotions, to suppress those who talk too much, and to calm places where an excess of energy is present; to cleanse bad internal airs, to reduce blood pressure and stress.

Preparation and general administration: Agua de Florida is used externally both inside and outside of ceremony. It can also be used on the maloca floor or on the floor and items in one's tambo for cleansing and protection.

Ajo Sacha: *Mansoa alliaceae*. **Uses:** Rheumatism, arthritis, gout, headache, muscle pain reliever, restorative, epilepsy, abdominal pain, antiseptic.

False garlic: “Ajo” garlic and “Sacha” false. Its leaves, bark and roots have the smell and taste that resembles that of garlic - but it is not a part of the garlic family of plants. Ajo Sacha cleanses the energetic body and digestive system. Also recognized as a powerful blood cleanser and immunity booster. Indigenous healers view this plant with spiritual powers that protects against negative energies and purify the body. This plant is especially helpful for those beginning work with Ayahuasca for the first time. Ajo sachá is also often used for vomitivo ceremonies.

Preparation and general administration: Ajo sachá is normally taken in small amounts, up to a spoonful in room temperature or hot water.

Ayahuasca: *Banisteriopsis Caapi*. **Uses:** It is considered by healers and shamans as a Master Ceremonial Plant as are Shamburi and Huachuma. The potion prepared with the vine known as "purge" is taken within a ritual in order to achieve a divinatory capacity or to visualize via introspective trance the way to treat diseases and ailments of all kinds.

Preparation and general administration: Ayahuasca is only taken in ceremony and is administered by Maestra Estela.

Ayahuma: *Couropita guianensis*. **Uses:** Anti-inflammatory, malaise, muscle aches, tuberculosis. For external use only as in bathing. **External use only.**

Preparation and general administration: Most commonly, the fruits of the Ayahuma tree are crushed and prepared in room temperature water for bathing.

Bobinsana: *Calliandra angustifolia*. **Uses:** Rheumatism, uterine cancer, stimulating and invigorating the body, contraceptive, blood purifier. Considered a powerful teacher plant that can induce lucid and colorful dreams; protection, enhances one's resistance, empathy, compassion, clarity and concentration as well as opening us up energetically to the other plant medicines.

Preparation and general administration: Bobinsana is normally taken in small amounts, up to a spoonful in room temperature water.

Camalonga: *Thevetia peruviana*. **Uses:** Ayahuasca intensifier. Camalonga is a master Doctor/Teacher plant (seed) that is used just by few curanderos of the Amazonia of Perú. It is said that Camalonga visits you in your dream space bringing lucidity and an energetic balance. It is used to re-establish the energy levels and restore the nervous system.

Preparation and general administration: Unless otherwise directed by Maestra Estela, Camalonga is only taken (more often externally) in ceremony and is administered by Maestra.

Casho (Cashu, Marañon, Cashew tree): *Anacardium occidentale L.* **Uses:** Stomach colic, inflammation, insomnia, neuralgia, diabetes, antidiarrheal, malaria, tumors, memory problems, vaginal antiseptic, and infections of the skin. **Preparation and general administration:** Bark is collected from the Casho tree, cut into pieces, and stored in a pitcher of room temperature water. This water is dieted over the course of several days until it begins to lose its potency.

Chakruna: *Psychotria viridis.* **Uses:** Ayahuasca intensifier. The leaves are used in the Ayahuasca brew to give the hallucinatory and hypnotic effect. Sensitivity & Intuition, Strengthening, Protection & Defense. **Preparation and general administration:** Unless otherwise directed by Maestra Estela, Chakruna is only taken in ceremony as part of the Ayahuasca brew, and is administered by Maestra.

Chiric Sanango: *Brunfelsia grandiflora.* **Uses:** Anti-flu, anti-rheumatic, anti-infective, sexual stimulant, body purifier. **Preparation and general administration:** Chiric Sanango is commonly taken as a spoonful or more in room temperature water. It can also be used for bathing, and it is a powerful protector against unwanted energies.

Hierba Luisa (Yerba luisa): *Cymbopogon citratus.* **Uses:** Anxiolytic (antipanic or anxiety) and hypnotic and anticonvulsant, stimulant, sudorific, antiperiodic (reduces the recurrence of the disease) and anticatarral (eliminates excess mucus), cytoprotective, antioxidant and anti-inflammatory, dry cough and affections of the throat, malaria, respiratory processes, antispasmodic, carminative and digestive, post-birth. As an essential oil it is used as a carminative agent (anti-flatulence), depressant, analgesic, antipyretic (prevent or reduce fever), antibacterial and antifungal. Decreases blood pressure by vasodilation. **Preparation and general administration:** Hierba Luisa is most commonly taken as a tea. 4-5 blades of the grass are boiled in water which is then drunk when the water is cool enough.

Huambisa o Chagropanga: *Diplopterys cabrerana.* **Uses:** Ayahuasca intensifier. The leaves are used in the Ayahuasca brew to enhance their hallucinatory activity for therapeutic purposes. **Preparation and general administration:** Unless otherwise directed by Maestra Estela, Huambisa is only taken in ceremony as part of the Ayahuasca brew, and is administered by Maestra.

Icoja: *Unonopsis floribunda diels*. **Uses**: Anti-flu, analgesic, antidiarrheal, antirheumatic, hepatic anti-inflammatory.

Preparation and general administration: Icoja is normally taken in small amounts, up to a spoonful in room temperature water.

Macambo: *Theobroma bicolor*: **Uses**: The presence of high levels of unsaturated fatty acids provides protection mechanisms in the prevention of oxidative processes (slows aging). This species has the highest antioxidant activity within species of its genus; it also presents a good content of phosphorus, favoring healthy brain activity.

Preparation and general administration: When in season, the dry roasted seeds are eaten as a nice medicinal treat.

Malva: *Malachra ruderalis*. **Uses**: Common cold, headache, fever, colic, anti-inflammatory, burns, skin infections, cough, inflamed eyes, urinary inflammations, gastritis, constipation.

Preparation and general administration: Malva is sometimes taken alone, but is most commonly prescribed with both Pampa Orégano and Achiote in a mug of hot water as a tea. Normally ½ to 1 spoonful of the powder is taken in this way.

Mucura: *Petiveria alliacea*. **Uses**: For relieving diseases of the respiratory system, as well as headaches and joints (arthritis), and for its analgesic and anti-inflammatory power. It is used against colds and infections because it strengthens the immune system in a natural way. Mucura also has sweat, antispasmodic and diuretic properties.

Preparation and general administration: Several leaves are crushed and then held in one's hands and their aroma is inhaled. Mucura can then be steeped in hot water and drunk as a tea.

Paico (Cashua): *Chenopodium ambrosioides L*. **Uses**: Digestive, colic, urinary infections, wounds, gastritis, heartburn, cystitis, antidiarrheal, hemorrhoids, flatulence, diabetes, hepatoprotective, uterine fibroids, menstrual regulator, tumors, ulcers, intestinal parasitosis, rheumatism, skin infections, anticarcinogenic. Paico, often in combination with Ajo sacha, is also often used for vomitivo ceremonies

Preparation and general administration: Like Ajo sacha, Paico is normally taken in small amounts, up to a spoonful in room temperature or hot water, or as an addition to the Pampa Orégano-Malva-Achiote tea.

Palo Santo: *Bursera graveolens*. **Uses**: As a ceremonial smoke or smudge for Protection, Cleansing & Defense.

Preparation and general administration: Used in each ceremony, the use of Palo Santo is encouraged at any time to purify one's self and one's space.

Pampa Orégano: *Lippia alba*. **Uses**: Digestive, colic, urinary infections, wounds, gastritis, heartburn, cystitis, antidiarrheal, hemorrhoids, rheumatism, skin infections, anticarcinogenic.

Preparation and general administration: Pampa Orégano is sometimes taken alone, but is most commonly prescribed with both Malva and Achiote in a mug of hot water as a tea. Normally ½ to 1 spoonful of the powder is taken in this way.

Piñon Colorado: *Jatropha gossypifolia*. **Uses**: Fever, gingivitis, herpes, general desinflamante, vaginal flows, hemorrhagic, hemorrhoids, menstrual regulator, arthritis, diabetes, cancer, prostatitis, respiratory diseases, digestive tract and skin, lucid dreaming. Piñon is used to clean unwanted energies in the body and accelerate healing. It is often used as an ingredient in cleansing baths and helps to relieve emotional discomfort. It is also known to assist on a subconscious level, opening up visions in the dream state. Dieting this plant will help to empower your word and relieve depression & stress. Piñon Colorado is prescribed to those who are suffering from psychological aggression as it protects from outside negative energies, while also helping to release negative thought patterns.

Preparation and general administration: Piñon Colorado may be taken during the day, but is most commonly taken before bedtime. 25-50 (or even more) are collected and crushed into a pulp. This pulp is mixed into cold water and drunk.

Renaco: Renaco (or Renaquilla) is considered a Palo Maestro (Master Tree) with high roots that fall into the ground, and then ascend up again creating a beautiful tangled maze of powerful trunk. Its medicine is extracted from the inside part of the bark and is used to heal broken bones, connective tissue, contusions and lesions. It can support healthy blood circulation and is used as an anti-inflammatory. Those who diet Renaco are reinforced with strength. The spirit of the Renaco tree will often times enter into dreams or one's ceremony to teach the dieter its wisdom through song.

Preparation and general administration: Bark is collected from the Renaco tree, cut into pieces, and stored in a pitcher of room temperature water. This water is dieted over the course of several days until it begins to lose its potency.

Rosa Sisa (Ayasisa, Flor de muerto): *Tagetes erecta*. **Uses**: Bronchitis and colds, contraceptive, analgesic, nervous sedative, feibre, helminthiasis, emmenagogue,

muscle cramps, laxative, diuretic, vomiting, affliciones of the liver.

Preparation and general administration: Dried Rosa Sisa is commonly taken in its dried (one spoonful) or fresh form (leaves, stem and flowers) in a glass of room temperature water.

San Pedro o Huachuma: *Trichocereus pachanoi*. **Uses:** Hallucinogenic plant, used in rituals of Andean shamanism. Guidance, protection, heart-opener, wisdom.

Preparation and general administration: Huachuma is only taken in ceremony and is administered by Maestra Estela's staff.

Shimi pampana: *Maranta arundinacea*. **Uses:** Antacid, digestive, antidiarrheal, emotional regulation.

Preparation and general administration: Shimi pampana is often taken in its powder form (3 ½ spoonfuls) or as a fresh root crushed in room temperature water. It is often drunk alone or with Agua Azahar and Siete Espiritus as directed by Maestra Estela.

Shiringa: *Hevea Brasiliensis* (or a relative). Shiringa is also considered a Palo Maestro (Master Tree). Its medicine is extracted from the inside part of the bark lesions. Those who diet Shiringa are reinforced with strength. The spirit of the Shiringa tree will often times enter into dreams or one's ceremony, to teach the dieter its wisdom through song.

Preparation and general administration: Bark is collected from the Shiringa tree, cut into pieces, and stored in a pitcher of room temperature water. This water is dieted over the course of several days until it begins to lose its potency.

Suelda con Suelda (Pishco isma): *Phthirusa adunca*. **Uses:** Fractures, dislocations, stomach ulcers, post-partum treatment, skin infection. Suelda means to weld or welded.

Preparation and general administration: 10-15 fresh leaves of Suelda con Suelda are collected and crushed into a pulp. It is also commonly taken as a powder, generally up to one spoonful. In both cases, Suelda con Suelda is mixed in a glass of room temperature water.

Tabaco o Mapacho: *Nicotiana rustica*. **Uses:** Purification, Sensitivity & Intuition, Strengthening, and Protection & Defense

Preparation and general administration: Mapacho can be inhaled into one's mouth and blown on the body. Maestra Estela also uses Mapacho in ceremony for cleansing of herself and others.

Tanti Rao: **Uses:** Tanti Rao is known as the mind healer. It is used to calm the mind, to open one energetically to the medicines, and to provide good dreams and restful sleep.

Preparation and general administration: Tanti Rao leaves, stems and flowers are collected and crushed into a pulp. It is often drunk from a glass of room temperature water. Tanti Rao may also be taken together with Shimi Pampana and or Piñon Colorado.

Té Relajante: A mixture of powders of Valerian, Passion Flower, Pampa Orégano and Basil. **Uses:** Relaxing of the nervous system, antidepressant, stress, anxiety, irritability, insomnia, stabilizes the heart rate, anti-inflammatory and carmanative. **Preparation and general administration:** A spoonful is mixed in hot water and drunk as a tea, often close to bedtime.

Toé o floripondio: *Brugmansia suaveolens*. **Uses:** Dermic fungicide and hallucinogen.

Preparation and general administration: Unless otherwise directed by Maestra Estela, Toé is only taken in ceremony as part of the Ayahuasca brew, and is administered by Maestra.

Site Espíritus (7 Spirits): Azahar, valeriana, melissa, naranja, canela, clavo y limón. **Uses:** Sedative, sleep aid

Preparation and general administration: Drops of 7 spirits are often taken with Shimi Pampana and Agua de Azahar before bedtime in a glass of cold water.