



UNIVERSIDAD DE QUINTANA ROO

**División de Estudios Internacionales
y Humanidades**

**SPANISH-ENGLISH-MAYA-LATIN GLOSSARY
OF THE MOST COMMONLY USED MEDICINAL
HERBS OF THE MAYAN WORLD**

**TRABAJO MONOGRÁFICO
Para obtener el Grado de
*Licenciado en Lengua Inglesa***

**PRESENTA
Karla Ariana Pech Razo**

**SUPERVISORES:
Mtro. Alessio Zanier Visintin
Mtro. Javier Gómez Navarrete
Mtra. Mariza G. Méndez López**

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COMITÉ:

SUPERVISOR: 
Mtro. Alessio Zanier Visintin

SUPERVISOR: 
Mtro. Javier Gómez Navarrete

SUPERVISOR: 
Mtra. Mariza G. Méndez López

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Introduction

A magical and amazing history began in the Pre-classical age in 1500 B.C. with the establishment of the first Mayan tribes in the Yucatan Peninsula and some regions of Central America. With this, the ancient, original and historical Mayan civilization was born.

This history is divided into three important periods. The first is the Pre-classical or Formative age, in which the first signs of this civilization appeared. In this period the creation of the first hamlets and ceremonial centers as well as cultural activities related to religion began. The second is the Classical age in which political, social, priestly, and military divisions were consolidated. Also, at this same time, most of the buildings and cities were built. An important aspect of this age was the rise of commercial activities which later were affected by an economic crisis. The third period, or Post-classical age is characterized by the arrival of many foreign groups, the most famous of which were the Spanish conquerors, who marginalized and submitted the Mayan people in their own lands.

The Mayan civilization had a well-organized society in political and economic terms. Their main economic base was agriculture, especially corn, which was the most important crop, together with beans, chili, and tomatoes. As for the economy, their way of paying was through the interchange of cocoa seeds, little copper bells, gold, silver, jade, and colourful feathers.

It is important to say that since the two words "Mayan civilization" could make us think about a culture full of mystery, we need to know the meaning of these two words to understand more about their society.

"Maya: group of indigenous people belonging to the mayan linguistic family"

"Civilization: this term is usually employed to describe a culture which developed to the point of having a centralized government, specialized craftsmen and a formal religion"¹

"Maya; grupo de pueblos indígenas que pertenecen a la familia lingüística maya o Mayense"

"Civilización; se emplea generalmente para describir una cultura que se desarrolló hasta el grado de tener un gobierno centralizado, artífices especializados y una religión formal"²

This leads us to a conclusion about Mayan life. They were considered a civilization because of their division in social levels, and their practise of religion which seemed to be

well defined if compared with our present-day divisions in political, religious and social matters.

“It seems certain that the ancient Maya society was divided into four main classes: the nobles (in Maya *almehenoob*); the priests (*ah kinoob*); the commoners (*ah chembal unicoob*) and the slaves (*ppencatoob*).”

“La Antigua sociedad maya parece haberse dividido en cuatro clases generales: la nobleza (en maya *almehenoob*); el sacerdocio (*ah kinoob*); los plebeyos (*ah chembal unicoob*) y los esclavos (*ppencatoob*)”³

Their main governor was *Jalach Uinic* (Supreme Head). Only men could be main governors. Then came the noble class who made decisions about the administration of the towns and hamlets. On the next level were the priests who had their own division.

“The great priests had to be skillful administrators, outstanding wise men, astronomers and mathematicians, as well upholding their specific religious attributes.”

“Los grandes sacerdotes debían ser hábiles administradores, sabios eminentes, astrónomos y matemáticos, además de sus atribuciones puramente religiosas”⁴

The main priest was the *Ahaucán Mai*. This person had to be intelligent enough in order to provide knowledge because he worked close to the Supreme Head as his principal adviser. He had to give him the right advice in order to have good control over people.

“The function of the *Chilanes* was to transmit to the people the answers of the Gods.”

“Las funciones de los *Chilanes* consistía en dar al pueblo las respuestas de la divinidad”⁵

The second-level priests were the *Chilanes*, best known as diviners. They were in charge of giving good explanations or reasons about how the world had been created. Also they had to say what was right or wrong, what they had to respect, and inflict some of the punishments that some gods prescribed as a result of doing something bad.

The next level in this group was the *Nacon* who was the most hated and feared public figure.

“He was not held in high esteem since he was the official who opened the chests of the victims of human sacrifices and tore away their hearts”

“Era poco estimado porque era el funcionario que abría el pecho a las víctimas de los sacrificios humanos y les arrancaba el corazón”⁶

This priest was the person who made human sacrifices by opening the victims' chests to take out their hearts. This was done to those people who received punishment as a result of stealing, raping or not paying respect to their gods or authorities.

The last person was the *Ah men* who had certain power to make people feel bad because he provoked some diseases in them.

“He is the prophet and at the same time he provoked illnesses and cured them”

“Es el profeta y al mismo tiempo causaba las enfermedades y las curaba”⁷

He provoked these diseases as a way to make people become conscious about the wrong things they were doing, and when they changed their lives in a correct way, he had the ability to cure those diseases.

On the next level, according to the social divisions, there were the common people who did not have any important position in religion or politics.

“The rest of the people were the poor corn growers, whose activity not only sustained them, but also their supreme leaders, land-owners of the place where they worked, and priests”

“La gran masa del pueblo eran los humildes sembradores de maíz, con cuyo trabajo se sostenían no sólo ellos, sino también sus jefes supremos, los señores del lugar y los sacerdotes”⁸

In a few words these people had to work hard not only for themselves, but for their authorities. What they earned had to be shared with the higher classes. They showed much respect for cultivating and caring for trees because these were sacred for them.

The lowest of the social classes was formed by slaves called *ppentacoob* in Maya. There were five reasons for becoming a slave.

“1) For having been born a slave; 2) for having been made slave as a punishment for stealing; 3) for having been made a prisoner in war; 4) for having been left an orphan; and 5) for having been bought in trade”

“1) Por haber nacido esclavo; 2) por haber sido hecho esclavo en castigo por delito de hurto; 3) por haber sido hecho prisionero en la guerra; 4) por haber quedado huérfano; y 5) por haber sido comprado en el comercio”⁹

The Mayan civilization not only focused on social levels, but also developed in many other ways such as in religion and medicine. Religion was very important for Maya people; it could be said that all their decisions were based on religion. Medicine also was based on religion, and many answers as to why people got sick were found in religion.

The Mayan medicine is very interesting because of the rich knowledge the Mayas had in order to cure people. This knowledge (the use of medicinal herbs for relieving symptoms) could be useful for people to learn and put into practice almost in the same way as the Mayas did in their times. This topic is directly linked to the myriads of gods who were considered important to answer our questions about the many reasons for people's illnesses.

Gods played an important role in the lives and in the beliefs of the Mayas. They had gods for everything. In this case they had a god for medicine, but unfortunately it is not known who exactly the real god of medicine was.

These gods are divided into good and bad. In the group of good gods was *Hunab Ku*, considered the god of medicine because he was the creator of everything. Later, his son *Itzamná* (sun god) adopted that title. Another good god was a female, *Ixchel* (moon, water, and flood god) who was considered to be the real god of medicine but has not proved. Also, there was a herbalist god, *Sacal Puc* who protected and provided with knowledge those people who cured with herbs.

“There were herbal healers who held important knowledge about medicinal herbs”

“Existían curanderos como los yerbateros con un importante conocimiento sobre las hierbas medicinales”¹⁰

In the second group, that of the bad gods, just one was considered the god against medicine, *Ah Puch* (death god). He treated sick people by persuading them to feel worse and took sick people with him to an evil place where they would suffer more.

The Ancient Maya had gods for specific illnesses. For instance, *Ahalcaná* was considered the god of hydropsy and jaundice; *Ahalpuh* the god of pus; *Ahalm* and

Ahaltocolo were gods for injuring people to make them feel bad and die; *Chuchumaquic* and *Xiquiripat* were gods of hemorrhages; *Chamiabac* and *Chamiaholom* gods made men feel weak so that they died; *Patán* and *Quicxic* made people suddenly die or vomit blood.

These are some of the gods rescued from history, but we have to remember that there were many others because it is well known that the Maya people thought their lives were controlled only by gods and that their illnesses were punishments as a result of something bad that they had done.

“According to the Mayas, illnesses and diseases were caused by evil winds, witchcraft and magic, the stars, or the anger of one of the gods in Mayan theogany”¹¹

The origins of illnesses and diseases were divided into three groups: divine etiology, human etiology and natural etiology.

“Divine etiology, where the illness was produced as a punishment for having directly offended the gods or their laws, or violating different taboos, disobeying parents, committing sexual abuse with blood relatives or practicing sodomy”

“Etiología divina, donde la enfermedad se producía como castigo por haber ofendido directamente a los dioses o a sus leyes, ya sea por la violación de diversos tabúes, por desobedecer a los padres, por cometer abusos sexuales con parientes consanguíneos o por practicar la sodomía”¹²

Divine etiology referred to everything considered as bad behavior in their society. These bad actions were not only caused by the people themselves, but also by someone who was in charge of that: the god *Ah Puch*. This god had the ability of taking different shapes; for instance being an animal, a human, a *Ik' al*, a black fetid dwarf, a *Natikilyol*, a man with long hair, a *Nalaptac*, an evil person with two heads and four legs, or he could even become a *Me' chamel*, an old person, or *Shpakinté*, - a young pretty woman. The god *Ah Puch* tried to make people behave badly so that they got sick and he could take them with him because that was their punishment for doing something wrong.

“Human etiology was distinguished by the production of black magic effects, such as the *Ah pul yah* or mal de ojo, which was practiced by some sorcerers or by a malign Shaman who had been offended directly or who had been visited by another person who the requested to send an illness against that person's neighbors”

“En la etiología humana, destacaba aquella producida por el efecto de a magia negra, como el *Ah pul yaah* o mal de ojo, que era practicada por algún hechicero o chaaman maligno al que le había ofendido directamente o al que recurría otra persona para que lanzara la enfermedad en contra de su vecino”¹³

In this way black magic was used to affect other people or enemies by sending them those diseases that would make them feel bad and die. It was a way to destroy people or to end problems between two people. Also, it was used to transmit diseases to those who were healthy. These diseases originated from human etiology; this means diseases were caused or produced by human beings, in this case by the wizard and by the person who needed his help.

“Natural etiology involved coldness and hotness, especially cold and hot food, as the most common causes of illnesses. Wind was also a common cause. Plants were also origins of illnesses, not only toxic, or poisonous ones and those that caused skin rashes, but also those which were used by the healers in their healing ceremonies for someone who was ill, as these same plants were accidentally trodden on as a result of having been left on a path”

“La etiología natural incluía el frío y el calor, especialmente los alimentos fríos y calientes, como las causas más comunes de enfermedad. El viento también era causa habitual. Las plantas también eran origen de enfermedades, no sólo las tóxicas, venenosas o urticantes, sino también aquéllas que habían sido utilizadas por los hechiceros en sus ceremonias de curación a un enfermo y que posteriormente abandonaban en medio de un sendero y que podían ser pisadas accidentalmente”¹⁴

Natural Etiology was produced by nature, in this case wind, plants, cold and heat. Mayan people considered this the main reason why people got sick because they thought that diseases could be transmitted by the wind or the changes of temperature. Also they believed that that the herbs used in ceremonies had the illnesses of the person who was cured. They thought that they were exposed to illness as a result of Mother Nature's action.

These were some of the reasons for diseases and there were different ways for curing them. There were different people in charge of curing illnesses but each of them had their own beliefs and their own knowledge. Some of them were:

“*Ah-men*; was a prophet and a diviner, who cured spiritual illnesses from his patients through divine inspiration which he got by invoking spirits and gods in a state of trance. Some of the illnesses were caused by sorcery and he cured them by using Zastún or a healing stone, in which he was thought to

see the people who caused that evil. He also knew the secret of many medicinal herbs”

*“Ah-men; era un profeta y adivino, que curaba los males espirituales de sus pacientes por medio de la inspiración divina que recibía en sus largos trances con los espíritus y dioses que invocaba. Los principales males de los que se ocupaba eran los que se causaban por hechicería, y para curarlos utilizaba el Zaztún o piedra taumaturga, en donde creían ver a las personas que causaban el mal. También conocían el secreto de muchas yerbas curativas”*¹⁵

The Ah- men was a person who, with the help of some invoked gods, guessed the illnesses, especially those originated by human etymology, by using a kind of stone in which he could see the person or the sorcerer who had caused that evil. At the same time he had great knowledge and practiced with the use of some medicinal herbs. Also, he used ceremonies, prayers and herbs as a way of communicating with the Gods so that they could send him knowledge for curing.

“The sorcerer (Pul-yahob); was the person who cured illnesses by practicing rituals with plants and animals and using earthen figures to expel bad winds and spirits from ill people. Also, he was visited to cause evil to the enemy. He also used his curative art, the Zaztún, herbs and plants”

*“El brujo hechicero (Pul-yahob); era el personaje que curaba las enfermedades practicando ritos con plantas y animales utilizando figurillas de barro para ahuyentar los malos viento y espíritus de sus enfermos. También era el personaje buscado para causar algún mal al enemigo. Utilizaba también en su arte curativo el Zaztún, yerbas y plantas”*¹⁶

The wizard (*Pul-yahob*) was a person who used rituals, plants and animals for curing some illnesses. For him the best way of curing people was using plants. Also, he was visited by people who wanted to visit evil upon their enemies. This person was a combination of goodness and badness. Goodness because he tried to relieve people but at the same time he could damage people. So he used his knowledge according to what he was asked to do.

“The Dzac yahes, are the real healers or herbalists who perfectly dominate the chemical and medicinal knowledge of herbs and plants. Their curative system is scientific and effectively applied”

*“Los Dzac yahes, son los verdaderos curanderos o yerbateros que dominan a perfección el conocimiento químico y medicinal de yerbas y plantas. Su sistema curativo es científico y eficaz”*¹⁷

These people were considered the real medicine men. Their knowledge was based on their own experience with plants. Also, they successfully relieved people by selecting and using the right herbs and plants. They based their treatment only on herbs and not on the gods.

These people in charge of curing were some of many involved in this practice. The difference was that they were the most common or known in Mayan history. This history tells us about the origins of medicinal herbs, how they were first used, why and who used them; all these were found in Mayan life.

Looking at Mayan history and the Mayas use of medicine in their daily life, the importance of using medicinal herbs for relieving people and the close relationship between religion and medicine can encourage people today to be interested in Mayan history and at the same time to support some of the main reasons for compiling this glossary.

This research is important because in addition to providing history, it can give the public, access to information about medicinal herbs and their usage. At the same time it involves the ancient Mayas by making a comparison between their life and ours. This glossary revives the use of herbs in the 21st century and reminds us of our roots and takes into account that the land we tread was that of the Mayan people and the use of vegetation was the heritage they left us through the writing they recorded on stones. On these stones they left us recipes, now rescued years after the Spanish conquest.

This glossary has been undertaken in three languages: Spanish, English and Maya, because Spanish is the language of Mexico, English because it is a world language and Maya is still widely spoken in the state of Quintana Roo. Another reason is because our state Quintana Roo is located in a touristic place where many foreigners come to visit.

“In the West and South of Campeche a Spanish predominance is registered, as a consequence of a notable immigration of people from the center of the Mexican country. During the last twenty years Mayan people from Quintana Roo and from the Yucatan have suffered a significant series of cultural changes as a result of two determining factors: a wider infrastructure in rural communities (such as communication and transportation services) and a high rate of migration related to tourism and the growth of cities. In Quintana Roo three different sociolinguistic regions are found: the Caribbean, where the use of Spanish and English prevail; the center, which is the most conservative Mayan linguistic zone, and the South with Chetumal, the capital of the state located in the border with Belize, where Spanish is mostly spoken”

“En el occidente y el sur del estado de Campeche se registra un predominio del español, debido a la fuerte inmigración de personas del centro de México. Durante los últimos veinte años los mayas de Quintana Roo y de Yucatán han sufrido una serie de cambios culturales significativos que son

producto de dos factores determinantes: una infraestructura ampliada de las comunidades rurales (como los servicios de transporte y comunicación) y una tasa alta de migración relacionada con el turismo y el crecimiento de las ciudades. En el estado de Quintana Roo encontramos tres regiones de diferente situación sociolingüística: el Caribe, donde predomina el uso del español y el inglés; el centro, con la zona lingüística maya más conservadora, y el sur, con Chetumal, la capital del estado ubicada en la frontera con Belice, donde se habla principalmente español”¹⁸

The most important reason to explain the usage of the Mayan language is because for some people who live in this region, it is their first language or they learn how to speak it as a second language. This language was the language of communication for the ancient Mayas and thanks to this language we inherited a record of how people were cured of their illnesses. This has now been translated into other languages, and a part of this knowledge is being manifested here in this monography.

The Mayan language, like many others, has undergone many changes over time. The problem here is that this language is disappearing as a result of many factors, one of which is the influence of the media.

“In the Yucatan, some advertisements on the radio and television frequently transmit a denigrated, discriminative and prejudiced image of the Maya, who are shown as ignorant and opposed to progress. For example, in spite of the fact that the Mayan language has been the object of systematization with the purpose that people could read it and write it, this language is less spoken in local audiovisual media”

“En Yucatán, la radio y la televisión comerciales con frecuencia proyectan una imagen denigrante, discriminatoria y prejuiciada de los mayas yucatecos, a quienes se muestra como ignorante y reticente al progreso. La lengua maya, por ejemplo, a pesar de haber sido objeto de sistematizaciones con fines de lecto-escritura se expresa muy poco en los medios audiovisuales locales”¹⁹

Unfortunately, many of us contribute to that disappearance because our attitude projects the idea that the Mayan language is a language spoken only by poor people who have not studied; it is only spoken by people who live in the rural zone and wear huipiles¹ and alpargatas². Many of us think that this language is not part of us, but we should be conscious that a long time ago the Yucatan Peninsula and some parts of Central America were places where Maya was the

¹ A typical cotton dress with colorful embroidered flowers, worn by women.

² Typical shoes made of hemp or hide with rope, worn by men and women.

language most spoken and we have not taken into account that this language is one that should be respected as equally as the others in this area.

“In the Yucatan, bilingualism is, to a large degree, instrumental. In other words, people learn Spanish for practical reasons (trade, medical consultations, services, etc.) without having the intention of perfecting it. As a matter of fact, a large percentage of Maya-speakers who say they speak Spanish in the Population and Housing Census have a limited use of this language”

“En Yucatán el bilingüismo es, en gran medida, de tipo instrumental, es decir, que la gente aprende el español por razones prácticas (comercio, consultas médicas, servicios, etc.) sin tener la intención de perfeccionarlo. De hecho, un gran porcentaje de maya-hablantes que declara hablar español en los Censos de Población y Vivienda tiene un uso limitado de mismo”²⁰

Many Mayan people have learned Spanish not because they want to, but because it is necessary in order to communicate with other people. Although they do not speak this language perfectly, they at least try to do so. We do not do anything to learn their language; taking into account that we came to live in their lands; we should have adopted to their way of living and not viceversa. Maybe one of the reasons of the disappearance of the Maya language is because this region is not only inhabited by native Mayans but also by people from others cities and even from other countries. Sometimes these outsiders try to change the Mayas life and customs, instead of respecting them and making them feel proud of their roots.

“The internal emigration of indigenous people to urban and tourist places in the Peninsula seeking better conditions for living, has caused a decrease of Mayan speakers. The indigenous people who leave their place of origin (to big urban places) may stop speaking their mother tongue in a period of ten years”

“La migración interna de indígenas en busca de mejores condiciones de vida, hacia centros urbanos y turísticos de la Península, ha ocasionado una disminución de hablantes de lengua maya en Yucatán. Los indígenas que cambian su lugar de residencia (a grandes centros urbanos) en el curso de diez años podrían abandonar su lengua materna”²¹

Maya people have been marginalized which has made them look for new opportunities far away from their lands. They have had to leave their families to find a better life by adapting themselves to a new life almost always by working in the tourist section which often includes changing their mother tongue.

The rest of the non native people have not done anything to change this problem. On the contrary, people used them for work without taking into account that every Maya has a

rich knowledge which we consider not usable. For example, one topic that not many people are involved in is the use of medicinal herbs.

For that reason this research is based on the most common herbs Mayans used to relieve sickness. The name in Maya is added because these herbs were firstly known in Maya and then were translated into our language.

The inclusion of the Mayan language is a homage to all people who have suffered in their life from being rejected and for all those who are being forgotten in this new century. Also, it is a way of reviving a language spoken since a long time ago, and this work reminds us that Maya is a language to be proud of.

When we discuss herbs, there are many books related to this topic, and few of them are in two languages. This work includes the most common herbs in the Mayan regions in just one glossary in three languages: Spanish, English and Maya. A short explanation of each one is included, so that every person who has access to this glossary can easily understand each term according to their language, which is different from many books and publications that use technical words making it difficult to understand their information.

This glossary is for experts in any field, but is for any person interested in herbs. It can therefore be used by students, professionals, common-folk as well as medical specialists.

Justification

Quintana Roo and some regions of Central America are places full of magic, richness and history. These places gave us a big treasure left by the Maya people, which includes lands, knowledge and many important buildings which leave us the legacy of how they used to live.

Today, these buildings no longer have life, but their walls keep the memories of the Mayas alive. These walls were witnesses to the many activities carried out by the Mayas; their drawings and hieroglyphs explain their ideas, beliefs and knowledge. In this way, these buildings have become an attraction for tourists from all over the world.

The Mayas carried out many important activities such as religious ceremonies, trading, farming, as well as different scientific studies. They also developed the science of medicine. This was very important and interesting because the Mayas took advantage of nature for curing several diseases. They had the ability to know exactly what to do or use for certain illnesses. Herbs were always present in everything they did in the field of medicine.

For that reason, the present research aims at bringing into our life the use of medicinal herbs as an option for relieving our pains without spending a lot of money. Medicinal herbs can be used in the same way as the Mayas did. This research project contains a glossary of around 200 herbs which are used for relieving certain illnesses.

During the undertaking of this investigation, it was lamentable to see that we, human beings, have been destroying our nature in different ways. For instance, in medicine, many medications are prepared by adding herbs taken from nature. Laboratories are some of those who make the most of nature by providing medicine to people; beautifully presented, but with a high price. A price that is sometimes difficult to pay, especially by poor people.

If we think of our origins, we have to say that nature gives us life, including air for breathing, trees and animals for eating, clothes and furniture. Unfortunately, people use these valuable gifts from Mother Nature for profit.

The same problem happens with medicine. Experts use nature and sell it to us using a good presentation, but why do we have to pay for something that belongs to us? We are part of nature, but we are trying to destroy it. In fact, we are destroying ourselves because we are nature, we were born from nature and we have to think that we can find solutions in nature.

If we think about the advantages of medicinal herbs, we can find that there are plenty of them. For example, medicinal herbs never expire as medicines do. You do not have to go through lengthy treatments or use possibly harmful medications: you have a

wide variety of herbs used for curing. Instead of being confused with what medicine to buy, you could have access to this glossary and use many options. They come from nature, so the effects are quick because they do not have other chemicals mixed with the herb. But the use of herbs has disadvantages; for instance, just because they come from nature does not mean they are safe. There are many herbs that are dangerous or poisonous but if they are used appropriately or with knowledge, they can be medicinal. Another disadvantage is that users need to follow a process to prepare herbal infusions, whereas medicine can be quickly gotten in drugstores. People prefer taking medicine because they do not look as nauseating as herbal infusions.

The advantages and disadvantages previously mentioned are explained to clarify that herbs are an option for people. It does not mean that medicinal herbs are better. This research has been done to provide an investigation into herbs as medicine, their history and most importantly, to know that the Yucatan Peninsula and regions of Central America have knowledge that could be useful for others. This work is reviving something that has been forgotten through time.

This work is based on nature, a nature first discovered and used carefully by the Mayas, and now inherited by us. This research is related only to herbs that any person could use for quick, economical, and less risky solutions. It could be a better option instead of spending money, wasting time in hospitals where doctors do not do anything without asking for money. The use of herbs has become another and more successful way for relieving pain and treating illnesses.

This research has also been done with consideration for those people who already are or want to be tourist guides wishing to provide elements about Mayan history. They could include the use of medicinal herbs into their work by explaining the use of plants in natural medicine as an important characteristic of the Maya culture.

This work could be useful for translators who investigate or need to translate some passages or books about Maya life. At the same time, some translators could be interested in the field of natural medicine of Quintana Roo and Central America.

These regions have become the focus of interest for many foreigners who have learnt about their magic. They feel attracted to these areas and travel to these places to feel and experience being in contact with nature. They learn and adopt some of the Mayan beliefs. It could be that when they go back to their countries they would feel pleased about knowing some important aspects of our region and they might want to come again or they might encourage other people to come here and enjoy the magic of the Mayas.

Another reason for doing this work is that foreigners could have access to information in English so that medicinal herbs could be useful for English-speaking people.

The Mexican and Maya people are proud to have these riches and to think that there are many people interested in their culture but the most important thing is that this culture becomes a shared commodity.

We know that we are envied by many people; unfortunately we do not value our culture as foreigners do. Therefore, this work also wants to encourage people to think about the nature that surrounds us and which is part and parcel of our life. We need to value our nature and respect Maya people and culture.

This work has been done with the students of the University of Quintana Roo in mind who could improve their linguistic and natural knowledge. Maybe through students, people could become conscious of the value of protecting nature and using herbs for their personal health. It will transmit culture through natural medicine from a research carried out by consulting many sources and by collecting in one glossary those herbs which can be used as an option for relieving suffering.

Nature was present before human beings appeared and it will exist as long as we take care of it. This work is a gift from a human being who would like to thank our mother nature, so it will remind us where we came from and where we are living.

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Who taught me the value and richness of the Maya Language and culture. Without his help this work could not have been carried out. Due to his invaluable contribution, this work is imbued with perceptible magic and a not-to-be-forgotten wisdom.

Dr. Carlos Alejandro Pech Pech:

My father and technical advisor for this work. He gave me the tools and helped me find the necessary information about certain illnesses. Thanks a lot Dad!

My family:

Who gave me everything, including support and encouragement for being a better person. Thanks to their support, my dreams came true.

Objectives of the glossary

General objectives

The general objective of this research work is to provide people with a trilingual glossary of medicinal herbs as well as to let them have quick access to the specific names of herbs which are used nowadays and were part and parcel of the ancient Maya civilization.

Each term presented in this glossary is accompanied by a brief explanation whose aim is to allow users to read the information and to know the function of each herb and its possible use.

This work has been carried out with the intention of letting people know the use of herbs as another possibility for relieving illness. The following is a possible definition of "glossary":

*" A collection of glosses or explanations of words and passages of a work or author; a partial dictionary of a work, an author, a dialect, art, or science, explaining archaic, technical, or other uncommon words. "*²²

This monographic work matches the meaning of a glossary since it consists of a compilation of a list of specific words belonging to the medicinal herb semantic field, together with its meaning. Its characteristic, as in many other glossaries, is that it is organized alphabetically, so that any person could look up a word easily.

Specific objectives

This work is an additional tool for students, translators and guides, which could help them translate and understand terms found in books, or the ones used by healers or doctors.

This work has also been done thinking about foreigners who come to Quintana Roo and Central America. It is useful to explain to them the use of herbs as a common activity for relieving illnesses by letting them know or getting them involved in their use as a cheaper and easier choice. It is important to mention that users see this work as another alternative for relieving pains rather than spending money on expensive medicines. But also, users have to take into consideration that the point of view of a specialist in the medical field, such as a doctor, is useful and safer in order to have a clear idea of the kind of illness that is going to be treated with herbs or medicines

Another goal is to familiarize users with some information related to this topic, so they have a clear idea about the fact that the vast majority of medicines are based on herbs.

Another objective is that of providing users with a manual of information, not only about herbs, but also about Maya history, in order to know the first uses of herbs in Maya life. Its purpose is to know the reasons why Mayas used herbs and how they used them as the only available option for curing people. It will help users to know that in the past herbs and plants were seen as the only option for relieving pain and treating illnesses.

An additional objective which I consider especially important is to think that it would be useful for us to know the importance of medicinal herbs in the past, and, drawing on this knowledge, to begin considering the possibility of changing our way of treating illnesses.

Methodology of the glossary

After choosing the topic of this research, the initial step was finding some information related to medicinal herbs which is the main topic of this work. This research followed a process that seemed to be easier than I thought. Some difficulties emerged in the process of compiling this work, mainly due to the fact that it was my first attempt at investigating a topic from a scientific slant.

This work began by recovering many terms from different sources and by spending enough time reading books and gathering information from a considerable number of websites. Books were chosen by consulting different options that could have important information for this glossary. At the end, the sources that had enough or important information according to the main theme for this work, were the most consulted.

Also, some information was taken from interviews with native Mayas and experts in the field. These interviews were undertaken according to different methods. For that reason it is important to explain them. For instance, interviews are divided into structured, non-structured and semi-structured.

“Structured is based on a series of question previously decided by the interviewer. The interviewer plays an active role, while the other person is limited to answering. Non-structured allows the interviewer to formulate question not previously decided in the conversation, but questions are asked as the interview is carried out. In the semi-structured interview, structured and non structured questions are asked. This method is the most used since these interviews try to create a comfortable environment to make the communication easier because the main objective is that obtaining as much information as possible from the interviewed person”.

“La estructurada se basa en una serie de preguntas determinadas previamente por el entrevistador. El entrevistador desempeña un papel activo, mientras que el entrevistado se limita a responder. La no estructurada permite que el entrevistador formule preguntas no previstas durante la conversación, los temas se van abordando a medida que surge el diálogo. En la semi-estructurada se utilizan preguntas estructuradas y no estructuradas. Es el método más utilizado ya que son entrevistas en las que se trata de crear un clima que facilite la comunicación, pues su objetivo es la obtención de la mayor cantidad posible de información del entrevistado.”²³

Before the interview I decided to use the first method so I could ask only about the information that I was interested in, but when I was involved in the conversation, unconsciously this interview became a semi-structured interview. With this method I got enough information to have more bases and reasons to keep working on this project. It also helped me to get more information than expected.

As a result of all these investigations, some of the words of this glossary were found in sources totally related to medicinal herbs, while others came from specialized books, articles and glossaries in websites and interviews. So, I had to select those words which I deemed fit to be included in this work.

This selection was a difficult task to undertake as a result of having a considerable amount of important terms available from sources. Therefore, the selection was done in three important steps. The first one was the pre-selection of three hundred words. These terms were the most common, based on interviews, specialized books and books about Mayan history. The second step was the selection of possible words for the last version. This was carried out by discarding the ones that were not known in English or in Maya. For instance, if a word was in Spanish and in English but if this word was not known or common in Maya, it was taken off the glossary. The same happened with the other two languages. The third and last step was the post-selection of words, this refers to the reviewing again of the information to have the words presented in this glossary.

Also, as I have said, I had to talk with experts to corroborate the information. The problem I had to deal with was that not all of these plants are easily found in the Yucatan Peninsula and neighboring regions of Central America. Therefore, I had to discard some in order to follow the central idea of this work which is that the herbs included in this glossary had to be characteristic of these regions. Another problem I was faced with was that many Maya people knew how to say the words but not how to write them. So, I had to consult some experts in the Maya language.

Before compiling all these words, I considered that this work needed to be introduced by a short history of Mayan life, so we could understand the importance that the use of medicinal herbs had for those people. It was hard to recover the names of certain gods and the different kinds of people in charge of this medicinal field based on herbs. This was made possible thanks to some specific books. Through reading these books, I could check and compare some of the herbs used in those times and those which are still used nowadays.

The next step was finding information on the illnesses that could be cured by each herb. To do this, I had to visit some medicinal herb shops located in this state in order to talk to the people in charge about all the information found until that moment, so they helped me by corroborating and providing me with more information, which was used to reinforce this glossary.

This information included a lot of technical words related to illnesses, which led me to ask some doctors about them, and to consult specialized dictionaries and books in order to be able to explain these words to make them more understandable.

Then, having the information in Spanish, I had to find the equivalent in English and see if the herbs relieved the same illnesses. After that, a translation was done, so the same information was presented in Spanish as well as in English. It was a difficult activity because I had to spend a lot of time looking for this information on the internet or in specialized books. Also, I had to consult specialized books on translation to do the translating work based on the two methods used in this research.

After reading about translation I would like to explain a little about the methods. Firstly, a translation from one language to another one should be exact and convey the same idea.

“The first requirement that a translation has to have is, in fact, accuracy. If it is not exact, it will not be a translation”.

“El primer requisito que debe reunir una traducción es, en efecto, la exactitud. Si no es exacta no es traducción”²⁴

This idea made me think that in order to do a good job, I had to be precise; this is when this task became a difficult one. I tried to use a literal translation which meant translating word by word, but through my studies of English language I was taught that the best way to translate was a free translation which kept the main idea of the original one. Therefore, I was a little confused and I needed to find other alternatives.

For that reason according to Gerardo Vazquez Ayora’s book in which the author tried to explain to the readers the wrong beliefs about literal translation, I wanted to be sure what method I needed for this work. The writer also made a distinction between literal and oblique translation and some of the beliefs.

“Literal translation acquires two features: a) false translation or no translation; b) authentic procedure of translating in its minimal level, this means, zero stage of translation. Oblique translation, on the other hand, is closer to the idea of real translation, through some steps such as transposition, modulation, omission, and compensation”

“La traducción literal adquiere dos fisionomías: a) la falsa traducción o no traducción; b) la de procedimiento legítimo de traducción en su nivel mínimo, o sea, el grado cero de la traducción. La traducción oblicua, en cambio, se acerca al ideal de la verdadera traducción, por medio de

procedimientos como la transposición, modulación, omisión y compensación”²⁵

Literal translation was not refused in this book, because a translator is free to use these two methods but it depends on the situation. This means that there were some translations that could be done by both a literal or oblique translation. For instance, the former could be used in situation like:

“If in two given sentences, one in English and one in Spanish, there exists an exact correspondence of structure and significance and the equivalent is carried out word by word, a literal translation is produced, and it can be applied with no risk”

“Si dadas dos oraciones, una en inglés y otra en español, existe entre ellas una correspondencia precisa de estructura y de significación y la equivalencia se cumple monema por monema, se produce la traducción literal, y se le puede aplicar sin riesgo”²⁶

English	Spanish
She is reading	Ella está leyendo

Apart from the literal, the second method was the oblique that could be used as another alternative for translating. In this method sentences are analyzed in order to have a final version of the translating sentence.

“Oblique translation is known as the result of the gradual application of different proceedings. These methods are divided into four levels: transposition is defined as the procedure in which a part of the original text is replaced by another one in the translated text. Modulation refers to the fact that the significance of the original text has to be the same as the translated one, but symbols are different from one language to another one. Equivalence is characterized by a situation expressed in different forms, for example, when a person wants to make way in a bus he says: “excuse me”, but in Spanish “permiso”. If the same person sits on the skirt of another person and says “excuse me”, in Spanish we cannot say “permiso” but “perdón”. Adaptation happens when the same message is expressed with another equivalent situation”.

“La traducción oblicua se entiende como el resultado de la aplicación de una serie gradual de procedimientos. Estos procedimientos están divididos en cuatro niveles: la transposición se define como el procedimiento por el cual se reemplaza una parte del texto del original por otra diferente en el texto traducido. La modulación se refiere a que la

significación del texto original al texto traducido debe ser la misma, pero los símbolos son distintos en una y otra lengua. La equivalencia se caracteriza cuando la misma situación se expresa con distintas modalidades, por ejemplo, cuando una persona se abre paso en un autobús dice excuse me! y, en castellano, ¡permiso!, pero si la misma persona se sienta por equivocación en la falda de otra persona y expresa excuse me!, en castellano no podría decirse permiso sino ¡perdón! La adaptación es cuando un mismo mensaje se expresa con otra situación equivalente.²⁷

After this brief explanation, I would like to let the users know that in this research the two methods were used without any distinction. A literal translation was enough for certain sentences but it became a difficult task using the oblique method, since I needed to dedicate more time to some sentences.

On the other hand, I knew that a translation done by myself was not precisely correct, so I had to talk to English-speaking people to know if an equivalent for some words existed, and also I went to visit experts who were proficient in English. It was the same in Maya. I had to consult Maya people to write the equivalent in their language. It was complicated because the Maya spelling varies according to the region, so after consulting a lot of people in interviews, I had to choose the most widely accepted terms used by the people from the region considered in this research. This selection was the result of comparing different opinions and information. It was almost like a survey; if the majority of the people interviewed used the same word, it would be added to the glossary.

Lastly, I decided that apart from having the herbs' names in Spanish, English and Maya, it was also necessary to write the corresponding scientific names. They were found in dictionaries, books and websites. It was a hard process, because many similar names were found and some others vary in spelling, so I had to be careful to choose the right one for the appropriate herb. This process started at the same time as that of selecting the herbs. When I found a herb, immediately I consulted books or the internet to find its scientific name. This process was almost the same with the selection of the terms. After consulting a lot of sources, the most scientific names used, known and that coincided with the information we had at that moment and those I considered could fit in the glossary, were put in this research. It is important to clarify that all these scientific names were checked and proved by healers and experts in the medicinal herb field.

This glossary is divided into four columns. The first contains the herbs' Spanish names with their own explanation. In the second, we have the equivalent names and information in English. In the third, one can find the Mayan equivalents of the names. In the last column, the scientific names of the herbs are reported.

After the first draft of this glossary, I had to contact experts so that they could revise it and give suggestions for some changes. These experts were doctors, healers, Maya people with a rich knowledge of medicinal herbs, and biologists. Doctors contributed in explaining

to me some technical words given to certain illnesses. Healers and Maya people played an important role in this research because they gave me considerable information and also they are more familiar with the action of medicinal herbs. Biologists helped me to corroborate the scientific names of the herbs and plants so that users could see that the work was seriously done. There were moments in which I had to find more words because some of those I had chosen were synonyms. Furthermore, these experts told me which herbs could still be found in these regions and which ones had disappeared or had become difficult to find in this area.

After many revisions, many changes and many drafts, the final product was presented in its final form. This work was carefully carried out, so that each word fits into this glossary with its equivalent.

After the medicinal herbs glossary, a quick reference guide was included, which contains a list of all the terms with an entry for the page in which they can be found. For practical use, it is also ordered alphabetically in the English and in the Spanish sections.

What follows is the glossary itself, starting with a little guide to its usage, and followed by the alphabetical quick reference guide.

How to use this glossary

1. To locate a term in English, first refer to the English Quick Reference Guide beginning on page 87 at the end of this book. The English terms are arranged in alphabetical order for easy reference. Following each term you will find a page number.
2. Next, find the page in the main text where the page number appears. The Spanish term will appear to the right of this page. The equivalent English term and definition appear to the left of this page.
3. To locate a term in Spanish, refer to the Spanish index, beginning on page 78 at the end of this book; and follow the same procedure used to locate a term in English.

Como usar este glosario

1. Para encontrar un término en inglés, remítase en primer lugar al índice en inglés, que comienza en la página 87 al final de este libro. Los términos en inglés están dispuestos en orden alfabético para facilitar su localización. Después de cada término encontrará un número de página.
2. Seguidamente remítase a la página del texto principal donde aparece el número de página. Encontrará el término en español a la derecha de la página. El término equivalente en inglés y la definición aparecen a la izquierda.
3. Para encontrar un término en español, remítase al índice en español que comienza en la página 78 al final de este libro, siguiendo el mismo proceso utilizado para encontrar un término en inglés.

Medicinal Herbs Glossary

A

SPANISH	ENGLISH	MAYA	SCIENTIFIC NAME
<p>Abrojo: se usa como diurético (provoca el aumento de la secreción de la orina), para combatir las afecciones del pecho, inflamación de los ojos y del hígado.</p>	<p>Thistle: used as a diuretic (causing an increase of urination), to fight chest afflictions, inflammation of the eyes and of the liver.</p>	Cha'm x-nuk	<i>Opuntia Tunicata</i>
<p>Acedera: ayuda a bajar la hinchazón del cuerpo (crecimiento anormal).</p>	<p>Common Sorrel: helps reduce body swellings (abnormal enlargement).</p>	Abal kan Elel	<i>Rumex Crispus</i>
<p>Achiote: alivia la retención urinaria y la amenorrea (falta de menstruación). También cura la lepra (enfermedad bacteriana contagiosa, caracterizada por ulceraciones de la piel, pérdida de sensación y varias deformidades) y las quemaduras del Chechén.</p>	<p>Annatto: relieves delayed urination and amenorrhea (absence of menstruation). Also, it cures leprosy (contagious bacterial disease characterized by ulcerations of the skin, loss of sensations and various deformities) and burning caused by the Black Poison Wood tree.</p>	K'uxub K'uxu' Kiwi'	<i>Bixa Orellana L.</i>
<p>Aguacate: sus hojas son buenas para tratar las consecuencias de golpes recibidos en cualquier parte del cuerpo, evitando la postema (acumulación de pus</p>	<p>Avocado: its leaves are good to treat the results of blows on any part of the body, preventing abscesses (localized collection of pus accompanied</p>	Oon	<i>Persea Americana</i>

acompañada de inflamación). También, trata los catarros rebeldes (enfermedad respiratoria caracterizada por tos, estornudo y dolor de garganta) y el asma (dificultad en la respiración).	by inflammation). Also, it treats chronic colds (respiratory illness characterized by coughing, sneezing and sore throat) and asthma (difficulty in breathing).		
Ajenjo: es eficaz para curar los cólicos (dolor intestinal) y dolores de estómago, hinchazones (aumento anormal en alguna parte del cuerpo) y dolores agudos del oído.	Wormwood: effective to cure colic (intestinal cramps) and stomachaches, swelling (abnormal enlargement in any part of the body), and acute earaches.	Sisim	<i>Artemisia Absinthium</i>
Alamo: alivia las enfermedades del estómago.	Yellow Poplar: relieves stomach illnesses.	Kopo'	<i>Liriodendron Tulifera</i>
Albahaca: ayuda a curar las llagas de la boca, regulariza la menstruación (descarga cíclica mensual de sangre del útero de una mujer no embarazada). Ayuda también a curar el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones), torceduras y calambres (contracción de los músculos).	Sweet Basil: helps to cure mouth sores. It regularizes menstruation (cyclical monthly discharge of blood from the non-pregnant uterus of a woman). Also, it helps to treat rheumatism (disease characterized by the inflammation of joints), sprains, and cramps (muscle contractions).	X-kakaltun Ix kakaltok	<i>Ocimum Basilicum</i>
Algodonero: cura la tos incluyendo la bronquial. Cura los pujos (dificultad de orinar o defecar) y la leucorrea (flujo blanco secretado	Cotton Plant: cures coughs including bronchial cases. It cures the women's tenesmus (lack of ability to urinate and	Ak'te'taman	<i>Gosipyum Herbaceum</i>

<p>por el útero o exudado por la vagina causado por la irritación de la vulva).</p>	<p>defecate) and leucorrhea (a white fluid secreted from the uterus or exuded from the vagina caused by the irritation of the vulva).</p>		
<p>Almendro: es bueno para la picazón y las erupciones infecciosas de la piel. Cura la diarrea (movimiento anormal, frecuente y fluido del intestino) y alivia el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones).</p>	<p>Almond: good for itches and for infectious eruptions on the skin. It cures diarrhea (abnormally frequent and fluid bowel movements) and relieves rheumatism (disease characterized by the inflammation of joints).</p>	<p>Kastelan tuk'</p>	<p><i>Prunus Amygdalus</i> <i>Basch</i></p>
<p>Amapola: apropiado para las enfermedades de la garganta y vías respiratorias. Es buena para curar catarros crónicos (enfermedad respiratoria caracterizada por tos, estornudo y dolor de garganta), tos seca bronquial (inflamación respiratoria caracterizada por una tos repetitiva) y la tos ferina (enfermedad de niños contagiosa).</p>	<p>Poppy: suitable to cure illnesses in the throat and in the respiratory system. It is good to cure chronic colds (respiratory illness characterized by coughing, sneezing and sore throat), bronchial dry cough (respiratory inflammation characterized by repeated coughing) and whooping cough (infectious childhood disease).</p>	<p>X- k'uyche'</p>	<p><i>Papaver</i> <i>Somniferun</i></p>
<p>Amaranto: alivia la diarrea (movimiento anormal, frecuente y fluido del intestino), la disentería (enfermedad intestinal) y la</p>	<p>Amaranth: relieves diarrhea (abnormally frequent and fluid bowel movements), dysentery (intestinal disease), and</p>	<p>Xtees</p>	<p><i>Amaranthus</i> <i>Hipochochriacus</i></p>

menstruación excesiva (descarga cíclica mensual de sangre del útero de una mujer no embarazada). También es buena para curar llagas y para dolores de garganta.	abundant menses (cyclical monthly discharge of blood from the non-pregnant uterus of a woman). Also, it is good to cure sores and throat pains.		
Anis: alivia dolores estomacales. Es un diurético (provoca el aumento de la secreción de la orina) y evita los gases.	Anise: relieves stomachaches. It is a diuretic (causing an increase of urination) and alleviates gas.	Le anisoo	<i>Pimpinella Anisum</i>
Anona: sus hojas ayudan a curar las cámaras de sangre (hinchazones causadas por la acumulación de sangre) y las hemorragias abundantes de las mujeres dentro del ciclo menstrual.	Annona: its leaves help to cure blood hematoma (swelling due to an accumulation of blood) and women's abundant hemorrhages during the menstrual cycle.	Op' Op	<i>Annona Muricata</i>
Añil: cura el empacho (dificultad de digerir la comida).	Indigo: cures indigestion (difficulty in digesting food).	Ch'ooj	<i>Indigofera Suffruticosa</i>
Apio: alivia el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones), calma los nervios y dolores estomacales.	Celery: relieves rheumatism (illness characterized by the inflammation of joints), calms nerves and stomachaches.	Le apio	<i>Apium Graveolens</i>
Árbol de alacrán: Es recomendado para aliviar el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones), disolver	Prickly Yellow Ash: It is recommended for relieving rheumatism (illness characterized by the inflammation of joints), dissolving	Síina'an che'	<i>Zanthoxylum Floridanum Nutt.</i>

cálculos renales y para la hidropesía (acumulación anormal de líquido en el cuerpo).	stones in kidneys and hydropsy (abnormal accumulation of fluid in the body).		
Artemisa: evita el cansancio y corrige la amenorrea (falta de menstruación).	Mugwort: avoids tiredness and corrects amenorrhea (absence of menstruation).	Jaway che'	<i>Artemisa Vulgaris L.</i>
Azafrán: ayuda a producir la menstruación en caso de amenorrea (falta de menstruación) en las mujeres.	Saffron: helps to produce menstruation in case of amenorrhea (absence of menstruation).	Chac tsots ak'	<i>Crocus Sativa</i>
Azul de mata: ayuda al estreñimiento (situación en que es difícil la evacuación proveniente de los intestinos y no ocurre regularmente) y para los trastornos de la vesícula biliar.	Wild Indigo: helps with constipation (condition in which the evacuation of the bowels is difficult and does not occur regularly) and gallbladder disorders.	Ch'ooj che'	<i>Baptisia Tictoria</i>

B

Bacalbo: ayuda a aliviar la calentura (enfermedad que se caracteriza por alta temperatura en el cuerpo).	Corncob Tree: helps in relieving fever (illness characterized by high body temperature).	Bakalche'	<i>Bourreria Pulchra Hill</i>
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Báculo de la vieja: cura el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones) y las calenturas intermitentes.	Mist Flower: cures rheumatism (illness characterized by the inflammation of joints), and intermittent fevers.	Xolte' x-nuk	<i>Eupatorium Pinetorum</i>
Barrabás: ayuda a reducir los escalofríos de la malaria.	Fiddlewood: helps in reducing the chills of malaria.	Ya' ax nik	<i>Vitex Gaumeri</i>
Bejuco colgante: cura la ictericia hasta la crónica (enfermedad causada por exceso de pigmentación biliar en la sangre caracterizada por el amarillamiento de la piel, apatía y pérdida de apetito).	Cordage Plant: cures jaundice including chronic (disorder caused by an excess of bile in the blood characterized by yellowness of the skin, lethargy and lack of appetite).	Chu'uy aak'	<i>Desmoncus Cissampelos</i>
Belladona: ayuda a deshinchar pústulas (granos llenos de pus y ampollas en la piel) y tumores (masa de tejido anormal en cualquier parte del cuerpo).	Belladonna: helps to reduce pustules (pus-filled pimples or blisters on the skin) and tumors (abnormal swelling of any part of the body).	Xts'un yaail	<i>Atropa Belladona</i>
Berenjena: es considerado un contraveneno (medicina que funciona en contra de los efectos de veneno).	Eggplant: considered a poison antidote (medicine that works against the effects of poison).	Chobobot	<i>Solanum Melongena</i>
Berros: es un diurético, ayuda a curar las enfermedades de pecho y a combatir enfermedades hepáticas (de o relacionadas con el hígado).	Watercress: a diuretic (causing an increase in urination); helps to cure chest illnesses and to combat hepatic illnesses (of or pertaining to the liver).	Sac x tees	<i>Nasturtium Officinale</i>
Bledo: ayuda a incrementar el apetito.	Blite: helps increase the appetite.	Xtees puch	<i>Amaranthus Spinousus L.</i>

<p>Alivia los dolores de cabeza y reumáticos (enfermedad caracterizada por la inflamación de las articulaciones). También es bueno para el asma (dificultad en la respiración).</p>	<p>Relieves headaches and rheumatism (illness characterized by the inflammation of joints). Also it is good for asthma (difficulty in breathing).</p>		
<p>Bolsa de pastor: ayuda a controlar las hemorragias tanto externas e internas. También alivia el estreñimiento (situación en que es difícil la evacuación proveniente de los intestinos y no ocurre regularmente).</p>	<p>Shepherd's Purse: helps control internal and external hemorrhages. Also it relieves constipation (condition in which the evacuation of the bowels is difficult and does not occur regularly).</p>	<p>Páawo'ti' Aj kanan Taman</p>	<p><i>Capsella Bursapastoris</i></p>
<p>Bonete: ayuda a desaparecer ronchas y fuegos.</p>	<p>Papain: helps to reduce welts and skin rashes.</p>	<p>K'umche</p>	<p><i>Papaya Peptidase L.</i></p>
<p>Botoncillo: alivia el dolor de cabeza, asma (dificultad en la respiración) y el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones).</p>	<p>Button-Wood: relieves headaches, asthma (difficulty in breathing), and rheumatism (disease characterized by the inflammation of joints).</p>	<p>Kaan che'</p>	<p><i>Conocarpus Erecta L.</i></p>
<p>Brasilete: es usado como diurético. También, es un remedio eficaz en caso de cistitis (inflamación de la vejiga) y otras infecciones del aparato urinario. Es recomendado para aliviar el reumatismo (enfermedad caracterizada por la inflamación de las</p>	<p>Braziletto: used as a diuretic (causing an increase of urination). Also, it is an effective remedy in case of cystitis (inflammation of the bladder) and other infections of the urinary system. It is recommended for relieving rheumatism (disease</p>	<p>Chakte' kok</p>	<p><i>Caesalpinia Platyloba Wats.</i></p>

articulaciones), disolver cálculos renales y para la hidropesía (acumulación anormal de líquido en el cuerpo).	characterized by the inflammation of joints), dissolving kidney stones and hydropsy (abnormal accumulation of fluid in the body).		
Bugambilia: alivia la tos (inflamación respiratoria caracterizada por una tos repetitiva), el asma (dificultad en la respiración), la calentura (enfermedad que se caracteriza por alta temperatura en el cuerpo) y la gripe (enfermedad contagiosa provocada por un virus y caracterizada por fiebre e inflamación de las vías respiratorias).	Bougainvillea: relieves coughs (respiratory inflammation characterized by repeated coughing), asthma (difficulty in breathing), fevers (disease characterized by high body temperature), and influenza (contagious disease caused by a virus and characterized by fever, and inflammation of the respiratory tract).	Le bungabiliao	<i>Bougainvillea Glabra</i>

C

Cadañera: es buena para curar los resfriados (caracterizados por tos, estornudo y dolor de garganta).	Oneleaf Senna: good to cure colds (characterized by coughing, sneezing and sore throat).	Tuab x tuab	<i>Cassia Uniflora Mill</i>
Caimito: es bueno para curar la disenteria	Star-Apple: good for curing dysentery	Chi' kéej	<i>Chrysophylum CainitoL.</i>

(enfermedad intestinal) y para fortalecer los órganos sexuales.	(intestinal disease), and for fortifying sexual organs.		
Calabaza: sus hojas son recomendadas para las irritaciones del estómago.	Pumpkin: its leaves are recommended for stomach irritations.	K'úum	<i>Cucúrbita Pepo</i>
Camino de culebra: esta planta cura eficazmente los dolores reumáticos más agudos (enfermedad caracterizada por la inflamación de las articulaciones).	Snake Plant: this plant effectively cures the most acute rheumatic pains (disease characterized by the inflammation of joints).	Bej kaan Jaban kaan	<i>Arum Dracunculus</i>
Canal ix chu: alivia los síntomas de vómitos (contenido del estómago el cual ha sido expulsado por la boca).	Giant airplant: relieve symptoms of vomiting (stomach contents which have been expelled through the mouth).	Ka'anal- Xchúuj	<i>Tillandsia Fasciculata</i>
Cancerillo: cura llagas y heridas infectadas, así como algunas enfermedades venéreas.	Blood Flower: cures infected wounds and injuries, as well as some venereal diseases.	Analpoolkuuts	<i>Asclepias Curassvica L.</i>
Caña agria: ayuda a sacar astillas de palo. Alivia el dolor de espalda y cura la tiña.	Spiked Alpina: helps in the removal of woods splinters. Relieves backaches and cures ringworm.	Tek jalal	<i>Costus Spicatus</i>
Caoba: cura resfriados (caracterizados por tos, estornudo y dolor de garganta) y calenturas catarrales (enfermedad respiratoria)	Mahogany: cures colds (characterized by coughing, sneezing and sore throat) and catarrhal fever (respiratory illness characterized by	Ka'wakche' caoba	<i>Swietenia Mahogani</i>

caracterizada por tos, estornudo y dolor de garganta).	coughing, sneezing and sore throat).		
Capulín: se usa para calmar dolores musculares, diarrea (movimiento anormal, frecuente y fluido del intestino), disentería (enfermedad intestinal). También es buena para curar la tos (inflamación respiratoria caracterizada por una tos repetitiva) y vías respiratorias.	Capulin Cherry: used to calm muscular pains, diarrhea (abnormally frequent and fluid bowel movements), and dysentery (intestinal disease). Also, it is good to cure coughs (respiratory inflammation characterized by repeated coughing) and the respiratory system.	Pujan	<i>Prunus Capuli</i>
Cardo amarillo: sirve para curar las almorranas externas (hinchazón de vasos sanguíneos cerca del ano).	Goatweed: useful to cure external hemorrhoids (swollen blood vessels near the anus).	K' an lool	<i>Argemone Mexicana L.</i>
Cardosanto: es bueno para aliviar el asma (dificultad en la respiración), la tos (inflamación respiratoria caracterizada por una tos repetitiva) y los cólicos (dolor intestinal). También para eliminar verrugas (pequeñas masa de piel endurecida que usualmente crecen en las manos o pies causadas por un virus) y ulceraciones	Blessed Thistle: good for relieving asthma (difficulty in breathing), cough (respiratory inflammation characterized by repeated coughing), and colic (intestinal cramps). Also, it eliminates warts (small lump of hardened skin that usually grows on the hands or feet and is caused by a virus) and ulcers on the skin (open sore	X- k'an lool	<i>Cniaus Benedictus</i>

de la piel (llagas acompañadas de pus y desintegración del tejido alrededor de la misma).	accompanied by pus and disintegration of surrounding tissue).		
Cebadilla: puestas sobre cualquier llaga mata la gusanera y protege la curación.	Rescue Grass: placed on any sore kills worms and promotes healing.	Ta'cho'ol	<i>Bromus Uniolooides</i>
Cebollina: alivia el asma (dificultad en la respiración).	Chives: relieves asthma (difficulty in breathing).	Kukut Le cebollinau	<i>Allium Schoenoprasu</i>
Cedro: es bueno para expulsar toda clase de parásitos intestinales. Cura los ataques de epilepsia (enfermedad neurológica caracterizado por ataques) y enfermedades del sistema nervioso. También calma el dolor de muelas.	Cedar: good to expel any kind of intestinal parasite. It cures epilepsy attacks (neurological disorder characterized by seizures) and illnesses of the nervous system. Also, it calms tooth pain.	K'u che'	<i>Cedrella Mexicana</i>
Ceiba: ayuda a curar la hidropesía (acumulación anormal de líquido en el cuerpo) y afecciones de la sangre.	Kapok Tree: helps to cure hydropsy (abnormal accumulation of fluid in the body) and blood affections.	Ya'axche'	<i>Ceiba Pentandra</i>
Chaya: alivia la retención urinaria y las glándulas de los riñones.	Chaya: relieves delayed urination and the glands of the kidney.	Chaay	<i>Cnidoscolus Chayamansa</i>
Chayote: las hojas sirven para romper y deshacer las piedras formadas en la vejiga y hacen echar las arenillas en abundancia.	Chayote: its leaves are useful to break and remove stones formed in the bladder and it helps discharge the stones in abundance.	K'i'x pach K'úum	<i>Sechium Edule</i>

Chechén: cura la lepra (enfermedad bacteriana contagiosa, caracterizada por ulceraciones de la piel, pérdida de sensación y varias deformidades) y toda clase de erupciones cutáneas (de o relacionada con la piel).	Black Poison Wood: cures leprosy (contagious bacterial disease characterized by ulcerations of the skin, loss of sensations and various deformities) and any kind of cutaneous eruptions (of or relating to the skin).	Chéechem	<i>Metopium Brownei</i>
Chile Habanero: la infusión de sus hojas cura los flujos de sangre que generalmente padecen las mujeres.	Habanero Chile: an infusion of the leaves relieves blood discharge that is generally suffered by women during their menses.	Ik	<i>Capsicum Annuum L.</i>
Chile verde: cura erupciones benignas en la piel.	Green Chile: cures benign eruptions on the skin.	Ya'ax ik	<i>Capsicum Frutescens L.</i>
Chobenche: cura las convulsiones nerviosas y ataques epilépticos (enfermedad neurológica que se caracteriza por ataques) y las fiebres (enfermedad que se caracteriza por temperatura alta en el cuerpo).	Broomstick: cures Nervous convulsions and epileptic attacks (neurological disorder characterized by seizures) and fevers (disease characterized by high body temperature).	Choben che'	<i>Trichilia Arborea</i>
Chum Tok: normaliza la orina suprimida y cura la gonorrea (enfermedad de transmisión sexual) en pocos días.	Black Ironwood: regularizes delayed urination and cures gonorrhea (sexually transmitted disease) in a few days.	Chin Tok'	<i>Krugiodendron Ferreum</i>
Cilantro: ayuda a la	Coriander: helps	Culantro	<i>Coriandrum Sattium</i>

falta de apetito y los problemas estomacales.	cure lack of appetite and stomach problems.		
Cinco negritos: cura la caspa, piojo y demás parásitos de la cabeza. También es útil para curar llagas superficiales.	Little Crown: cures dandruff, lice and other parasites found in the head. Also, it is useful to cure superficial sores.	Jo'otúul chan Booxo'ob	<i>Lantana Camara</i>
Ciricote: sus hojas ayudan a curar los desarreglos estomacales, catarros (enfermedad respiratoria caracterizada por tos, estornudo y dolor de garganta) y afecciones de las vías respiratorias.	Geiger Tree: its leaves help to cure stomach disorders, colds (respiratory illness characterized by coughing, sneezing and sore throat) and problems in the respiratory system.	K'óopte'	<i>Cordia Sebestena L.</i>
Ciruelo: cura fogajes y llagas de la boca. También cura las diarreas (movimiento anormal, frecuente y fluido del intestino).	Plum Tree: cures cold and mouth sores. Also it cures diarrhea (abnormally frequent and fluid bowel movements).	Abal	<i>Prunus Doméstica</i>
Claudiosa: cura hinchazones del vientre, irritaciones del hígado y de los riñones. También es buena para curar la gonorrea (enfermedad de transmisión sexual).	Goatweed: cures swelling in the abdomen, irritations of the liver and in the kidneys. Also, it is good for curing gonorrhea (sexually transmitted disease).	Claudiosa xiíw	<i>Capraria Biflora</i>
Clavel del aire: Las hojas se utilizan para el reumatismo (enfermedad caracterizada por la inflamación de las	Air Moss: its leaves are used for relieving rheumatism (disease characterized by	Junpé ests' k' iin	<i>Tillandsia Tricholepis</i>

articulaciones).	the inflammation of joints).		
Clavo: es un analgésico para el dolor de muelas.	Clove: an analgesic to calm toothaches.	Baajeb	<i>Caryophyllus Aromaticus</i>
Cocoyol: es efectivo para aminorar los síntomas de la diabetes aun en casos crónicos (enfermedad en que la capacidad de metabolizar azúcar en el cuerpo se vuelve difícil).	Coyol Palm: effective to alleviate the symptoms of diabetes even in chronic cases (disease in which the body's ability to metabolize sugar is impaired).	Tuk'	<i>Acromia Mexicana</i>
Cola de caballo: ayuda a combatir la disentería (enfermedad intestinal), a disminuir la tos, curar la tos (inflamación respiratoria caracterizada por una tos repetitiva), hemorroides (hinchazón de vasos sanguíneos cerca del ano) y heridas.	Horse Chestnut: helps to combat dysentery (intestinal disease), reduces and relieves coughs (respiratory inflammation characterized by repeated coughing), to cure hemorrhoids (swollen blood vessels near the anus) and wounds.	Nej tsiimin	<i>Equisetum Arvense</i>
Cola de la iguana: alivia el dolor de cabeza, las irritaciones de los ojos y la calentura.	Iguana Tail: relieves headaches, irritation in eyes and fevers.	Nej tolok	<i>Ithecoctenium Echinatum</i>
Coloradillo: es antibacterial, antiinflamatorio. También es diurético (provoca el aumento de la secreción de la orina).	Scarlet Firebush: is antibacterial, anti-inflammatory. It is also diuretic (causing an increase of urination).	K' ana' an	<i>Hamelia Patens Jacq.</i>
Consuelda: es diurética (provoca el	Comfrey: a diuretic (causing an	Kanchak-che'	<i>Symplytum Officinalis</i>

aumento de la secreción de la orina), cura el asma (dificultad en la respiración) y la gonorrea (enfermedad de transmisión sexual).	increase of urination) cures asthma (difficulty in breathing) and gonorrhea (sexually transmitted disease).		
Contrapeste: es efectiva para curar la hidropesía (acumulación anormal de líquido en el cuerpo), llagas y postemas (acumulación de pus acompañada de inflamación).	Bat Leaf Passion Flower: effective to cure hydropsy (abnormal accumulation of fluid in the body), sores, and abscesses (localized collection of pus accompanied by inflammation).	Xiik koot	<i>Passiflora Coriaceae Juss</i>
Convo: es bueno para lavar las heridas pútridas.	American Dodder: good for washing putrid wounds.	K' anle' kay	<i>Cucuta Americana L.</i>
Copo cordial: cura llagas y postemas (acumulación de pus acompañada de inflamación), erupciones de la lengua y llagas de la boca.	Wild Physic Nut: it cures sores and abscesses (localized collection of pus accompanied by inflammation), eruptions on the tongue and mouth sores.	Pomol che'	<i>JatrophaGossypioliai</i>
Coral: cura las mordeduras de víbora y los dolores de estómago.	Blood Berry: cures snake bites and stomachaches.	K'ukax kab	<i>Rivina Humilis L.</i>
Cucaracha: se usa para curar las ulceraciones de la garganta, amígdalas inflamadas. También cura la leucorrea (flujo blanco	Wandering Jew: used to treat cankers in the throat, swollen tonsils. Also, it cures leucorrhoea (a white fluid secreted	K'ab kuum	<i>Zebrina Pendula</i>

secretado por el útero o exudado por la vagina causado por la irritación de la vulva) y hemorragias leves de la mujer (descarga cíclica mensual de sangre del útero de una mujer no embarazada).	from the uterus or exuded from the vagina caused by the irritation of the vulva) and light women`s hemorrhages (cyclical monthly discharge of blood from the uterus of a non-pregnant woman).		
Culantrillo: es bueno para las recién paridas para que expulsen el sangrado detenido.	Maidenhair: good for women who have recently given birth so that they can expel coagulated blood.	Til xiiw	<i>Adiantum Capillusveneris</i>
Cundeamor: cura las almorranas (hinchazón de vasos sanguíneos cerca del ano) en pocos días.	Balsam Apple: cures hemorrhoids (swollen blood vessels near the anus) in a few days.	Yaxkunaj xiiw	<i>Momordica Charantia</i>

D

Damiana: alivia el asma (dificultad en la respiración) y la bronquitis (inflamación de uno o los dos bronquios).	Damiana: relieves asthma (difficulty in breathing) and bronchitis (inflammation of one or two bronchia).	Misil kok	<i>Turnera Difusa Wild</i>
Datura tropical: cura el reumatismo articular (enfermedad caracterizada por la inflamación de las	Datura Stramonium: cures reticular rheumatism (disease	Chamik	<i>Datura Stramonium L.</i>

articulaciones). Es bueno para aliviar el asma (dificultad en la respiración).	characterized by the inflammation of joints). It is good for relieving asthma (difficulty in breathing).		
Diente de león: es bueno para curar los problemas de las vías urinarias y del riñón.	Dandelion: is good for relieving urinary and liver problems.	Koj ti'koj	<i>Taraxacum Officinale</i>
Doradilla: es buena para el mal del hígado, para la retención urinaria y tiene la propiedad de limpiar, y purgar la vejiga y los riñones de toda suciedad. También cura la bronquitis (inflamación de uno o los dos bronquios) y el asma (dificultad en la respiración).	Blitter Blain: good for liver problems, problems with delayed urination. It has the property of cleaning, and purging bladder, and kidneys of any dirt. Also, it cures bronchitis (inflammation of one or two bronchia) and asthma (difficulty in breathing).	Muuch-kok	<i>Waltheria Douradinha</i>
Dormilona: alivia el asma (dificultad en la respiración) y el dolor de muelas.	Sensitive Plant: relieves asthma (difficulty in breathing) and toothaches.	Weenel che'	<i>Mimosa Invisa</i>
Dulcamara: es buena para la bronquitis (inflamación de uno o los dos bronquios) y para el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones). También es buena para el herpes.	Bitter Sweet: is good for relieving bronchitis (inflammation of one or two bronchia) and rheumatism (disease characterized by the inflammation of joints). Also it is good for curing herpes.	Chuuch	<i>Solanum Dulcamara</i>

E

Epazote: ayuda a expulsar parásitos intestinales y alivia el dolor abdominal.	Wormseed: helps expel intestinal parasites and relieves abdominal pains.	Le pazoteo	<i>Chenopodium Ambrosoides</i>
Escorzonera: cura toda clase de picaduras de animales ponzoñosos, y también es buena para curar la sarna (enfermedad de la piel que afecta a animales y humanos por pequeños parásitos y caracterizada por la pérdida de cabello y llagas llenas de costras).	Scorzonera: cures all types of stings of poisonous animals, and also is good to cure mange (skin disease which affects animals and humans by parasite mites and is characterized by hair loss and scabby lesions).	Masab-K'uch Yalajelel	<i>Scorzonera Hispanica</i>
Espinillo: cura el orinar con sangre y es buena para combatir la gonorrea (enfermedad de transmisión sexual).	Satinwood: cures urine with blood and is good to combat gonorrhea (sexually transmitted disease).	Sí ina' anche'	<i>Zanthoxylum Caribeum Lam</i>

F

Flor amarilla: cura la tos (inflamación respiratoria caracterizada por una tos repetitiva) y la ronquera, los fogajes y llagas de la boca.	Yellow Pou: cures coughs (respiratory inflammation characterized by repeated coughing) and hoarseness, mouth and mouth sores.	K'an lool	<i>Ophrys Lutea Cav.</i>
Flor de agua: cura los tumores (hinchazón)	Dotleaf Waterlily: cures tumors	Nikte' ja'	<i>Nyphamea Ampla</i>

anormal en cualquier parte del cuerpo) madura y abre los carbunclos (tumor).	(abnormal swelling of any part of the body) and matures and opens carbuncles (tumor).		
Flor de mayo: se curan los fogajes.	Frangipangi tree: cures mouth sores.	Sak-nikte'	<i>Plumeria Alba L.</i>
Flor de zopilote: cura los dolores y llagas de las encías y de la boca.	Baywood: cures pains and sores in the gums and in the mouth.	Nikte ch' oom	<i>Swietenia Macrophylla G. King</i>
Flor de la luna: cura la parálisis y la hidropesía (acumulación anormal de líquido en el cuerpo).	Moonflower: cures paralysis and hydropsy (abnormal accumulation of fluid in the body).	Lool uj	<i>Calonyction Aculeatum</i>

G

Girasol silvestre: cura las almorranas externas (hinchazón de vasos sanguíneos cerca del ano).	Mexican Sunflower: cures external hemorrhoids (swollen blood vessels near the anus).	Kantsum	<i>Heliantus Annuus</i>
Golondrina: cura todas las enfermedades producidas por el calor, detiene las hemorragias (flujo abundante de sangre), cura el vómito (contenido del estómago el cual es expulsado a través de la boca), el empacho, quita verrugas (pequeñas masa de piel endurecida que usualmente crecen en las manos o pies	Swallowwort: cures all the illnesses produced by heat, stops hemorrhages (profuse flow of blood), cures vomiting (stomach contents which have been expelled through the mouth) and, indigestion, removes warts (small lumps of hardened skin that usually	Xpak'unpak'	<i>Chamaecyse Postrata</i>

<p>causadas por un virus) y es contra la picada de culebras y animales ponzoñosos. Además alivia las infecciones urinarias.</p>	<p>grows on the hands or feet caused by a virus) and it is an antidote against snake bites and against poisonous animals. Also, relieves urinary infections.</p>		
<p>Gramma: es buena para aliviar los ardores de orina, cura las impurezas de la sangre como granos, ronchas, tumores (hinchazón anormal en cualquier parte del cuerpo) y sarna (enfermedad de la piel que afecta a animales y humanos por pequeños parásitos caracterizada por la pérdida de cabello y llagas llenas de costras).</p>	<p>Couch Grass: good for relieving pains in urination, cures blood impurities such as pimples, wells, tumors (abnormal swelling of any part of the body), and mange (skin disease which affects animals and humans by parasite mites and is characterized by hair loss and scabby lesions).</p>	K'ansu'uk	<i>Agropyron Repen</i>
<p>Guarumo: es un sedativo y un buen diurético (provoca el aumento de la secreción de la orina). Alivia la fiebre (enfermedad que se caracteriza por alta temperatura en el cuerpo), e hinchazones (crecimiento anormal).</p>	<p>Trumpet Tree: is a sedative and a good diuretic (causing an increase of urination). Relieves fever (disease characterized by high body temperature), and swellings (abnormal enlargement).</p>	K' o'och le'	<i>Cecropia Insignis</i>
<p>Guaya: sirve para curar hinchazones en el cuerpo (crecimiento anormal) y postemas incurables (acumulación de pus acompañada de inflamación).</p>	<p>Spanish Lime: useful to cure swellings (abnormal enlargement) and incurable abscesses (localized collection of pus accompanied by inflammation).</p>	Wayum	<i>Melicocca Bijuga</i>

Guayabo: cura las hinchazones del cuerpo (crecimiento anormal). Cura las diarreas (movimiento anormal, frecuente y fluido del intestino).	Guava: cures swellings of the body (abnormal enlargement). It cures diarrhea (abnormally frequent and fluid bowel movements).	Pichi'	<i>Psidium Guajava</i>
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H

Helecho: es bueno para lavar heridas, es considerado un laxante (medicamento o sustancia que alivia el estreñimiento).	Aigle Imperial: good for washing wounds. It is considered a laxative (medication or other substance which relieves constipation).	Bebtun	<i>Pteridium Aquilinum</i>
Henequén: alivia las enfermedades del estómago y dolores del vientre.	Sisal Plant: relieves stomach illnesses and pains in the abdomen.	Sak kij Ya'ax kij	<i>Agave Fourcroydes</i>
Hierba de las gallinitas: es buena para curar las almorranas (hinchazón de vasos sanguíneos cerca del ano).	Guinea Hen Leaf: good to cure hemorrhoids (swollen blood vessels near the anus).	Pa' ay che'	<i>Petiveria Allicea L.</i>
Hierba de vidrio: ayuda al estreñimiento (situación en que es difícil la evacuación proveniente de los intestinos y no ocurre regularmente) y para los trastornos de la vesícula biliar.	Sea Purslane: helps with constipation (condition in which the evacuation of the bowels is difficult and does not occur regularly) and gallbladder disorders.	Sakbakalkan- Kuxubcan	<i>Sesuvium Portulacastrum</i>

Hierba del duende: cura la erisipela (enfermedad infecciosa) o fuego de San Antón.	Pointed Leaf: cures erysipelas (infectious disease) or Saint Anton's fire.	jobon te' k'áak'	<i>Euphorbia Heterophylla L.</i>
Hierba del toro: cura la piorrea maligna (secreción de pus), que consiste en ponerse negro los dientes y las encías, produciendo un olor fétido. También cura las enfermedades de la orina.	Grass Poly Plant: it cures malignant pyorrhea (discharge of pus) which causes teeth and gums to become black and produce a fetid smell. It also cures urinary infections.	Baken box	<i>Lythrum Hyssopifolia</i>
Hierba lechera: aumenta la producción de leche materna.	Milk Herb: increases the production of maternal milk.	Lecherau xiu	<i>Euphorbia Lancifolia</i>
Hierbabuena: es buena para los cólicos (dolor intestinal) y dolores que ocasionan trastornos de los jugos gástricos (líquido secretado en el estómago para ayudar en el proceso digestivo) y para los dolores reumáticos (enfermedad caracterizada por la inflamación de las articulaciones).	Spearmint: good for colics (intestinal cramps) and pains that cause disruption of the gastric juices (fluid secreted in the stomach to aid in the digestive process) and for rheumatic pains (disease characterized by inflammation of joints).	Uts xiiw	<i>Mentha Spicata</i>
Higuera: buena para bajar el colesterol (sustancia grasosa en la sangre que provoca el endurecimiento de las arterias) y combatir la arteriosclerosis (enfermedad crónica que se caracteriza por el endurecimiento y ensanchamiento de las arterias). También es buena para aliviar la ictericia (enfermedad causada por exceso de	Fig Tree: good for reducing cholesterol (a fatty substance presented in the blood causing hardening of the arteries) and for combating arteriosclerosis (chronic disease characterized by hardening and thickening of the arterial walls). Also, it is good for	Kopo'	<i>Ficus Carica</i>

<p>pigmentación biliar en la sangre caracterizada por el amarillamiento de la piel, apatía y pérdida de apetito), la hidropesía (acumulación anormal de líquido en el cuerpo) y el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones).</p>	<p>relieving icterus (disorder caused by an excess of bile in the blood characterized by yellowness of the skin, lethargy, and loss of appetite), hydropsy (abnormal accumulation of fluid in the body) and rheumatism (disease characterized by inflammation of joints).</p>		
<p>Higuerilla: cura la esquinencia (inflamación de las anginas) e hinchazones del cuerpo (crecimiento anormal).</p>	<p>Castor Bean: cures quinsy (inflammation of the tonsils) and swellings of the body (abnormal enlargement).</p>	<p>X-k'o'och</p>	<p><i>Ricinus Communis</i></p>
<p>Hinojo: ayuda a las mujeres a crear mas leche cuando están criando. También es buena para los ardores del estómago y cura mordeduras de perros.</p>	<p>Fennel: helps women to produce more milk when they are breast feeding. Also, it is good for heartburn and cures dog bites.</p>	<p>Pool</p>	<p><i>Foeniculum Vulgare</i></p>
<p>Hisopo: es un anti-flatulento. Alivia la amenorrea (falta de menstruación), ataques epilépticos (enfermedad neurológica que se caracteriza por ataques), dolor de garganta, tos (inflamación respiratoria caracterizada por una tos repetitiva) e indigestión (dificultad de digerir la comida).</p>	<p>Hyssop: is an anti-flatulent. Relieves amenorrhea (absence of menstruation), epilepsy attacks (neurological disorder characterized by seizures), throat pain, cough (respiratory inflammation characterized by repeated coughing)</p>	<p>Tsitsab</p>	<p><i>Hyssopus Officinalis</i></p>

También es bueno para curar heridas.	and indigestion (difficulty in digesting food). Also, it is good for curing wounds.		
Hombre grande: es un depurativo, y previene enfermedades cardíacas. También ayuda a bajar el colesterol (sustancia grasosa en la sangre que provoca el endurecimiento de las arterias).	Quassia: is a purifier and prevents cardiac diseases. Also, it helps reduce cholesterol (a fatty substance in the blood causing a hardening of the arteries).	Noj xiib	<i>Picraena Excelsa</i>
Huaco: es efectivo contra las mordeduras de serpientes venenosas. Cura el dolor de cabeza, dolor de muelas. Es una cura contra el asma (dificultad en la respiración) y la amenorrea (falta de menstruación).	Roday Mountain Bee Plant: effective against venomous snake bites. It cures headaches, and toothaches. It is a cure against asthma (difficulty in breathing) and amenorrhea (absence of menstruation).	Chamuch-ko	<i>Aristolochia Grandiflora</i>
Huevo del gato: es bueno para curar hinchazones en el cuerpo (crecimiento anormal), postemas (acumulación de pus acompañada de inflamación), y ronchas de la piel.	Solanum family Plant: good to cure swellings of the body (abnormal enlargement), abscesses (localized collection of pus accompanied by inflammation) and welts on the skin.	Put Báalam	<i>Solanum Hirtum Vahl.</i>
Huiro: es bueno para las enfermedades del pecho como la tos bronquial (inflamación respiratoria caracterizada por una tos repetitiva).	Red Seaweed: good for chest illnesses like bronchial cough (respiratory inflammation characterized by repeated coughing).	Waas	<i>Porphyra Abbotae</i>

J

<p>Jamaica: es un diurético (provoca el aumento de la secreción de la orina) y estimula el apetito. Es buena para el dolor de muelas y heridas, ya que se usa como anestésico (sustancia la cual reduce la sensibilidad al dolor).</p>	<p>Jamaica Sorrel/Roselle: is a diuretic (causing an increase of urination) and stimulates the appetite. It is good for toothaches and wounds, due to its use as an anesthetic (substance which reduces sensitivity to pain).</p>	<p>Le jamaicao</p>	<p><i>M. Sabdariffa</i></p>
<p>Jazmín: se usa para curar erupciones cutáneas (de o relacionadas con la piel), parálisis (situación en que una o mas partes del cuerpo se vuelven inmóviles), úlceras maliciosas (llagas acompañadas de pus y desintegración del tejido alrededor de la misma) y enfermedades de la piel.</p>	<p>Jasmine: used to cure cutaneous eruptions (of or relating to the skin), paralysis (condition in which one or more parts of the body become immobile), malicious ulcers (open sores accompanied by pus and disintegration of the surrounding tissue) and skin illnesses.</p>	<p>Utsub</p>	<p><i>Jasminum Officinale</i></p>
<p>Jícara: sus hojas curan la hinchazón, los pasmos (efecto de un enfriamiento y dolor de huesos) y resfriados (enfermedad respiratoria caracterizada por tos, estornudo y dolor de garganta).</p>	<p>Calabash Tree: its leaves cure swelling (abnormal enlargement), chills (an effect caused by cooling and bones pain) and colds (characterized by coughing, sneezing, and sore throat).</p>	<p>Luuch</p>	<p><i>Crescentia Cujete</i></p>
<p>Judía: sus hojas curan el empacho (dificultad de</p>	<p>Kidney Bean: its leaves cure</p>	<p>Bulbulak</p>	<p><i>Phaseolus Vulgaris L.</i></p>

digerir la comida) y hace vomitar las lombrices localizadas en el estómago previniendo que el vómito sea negro.	indigestion (difficulty in digesting food) and make people vomit worms localized in the stomach preventing the vomit from becoming black.		
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L

Laurel: cura los cólicos estomacales (dolor intestinal), irritaciones (sensibilidad excesiva) e inflamaciones de la garganta.	Sweet Bay Laurel: cures stomach colic (intestinal cramps), irritations (excessive sensitivity) and throat inflammations.	Le laurel'o	<i>Laurus Nobilis L.</i>
Lengua de topo: cura la sarna (enfermedad de la piel que afecta a animales y humanos por pequeños parásitos caracterizada por la pérdida de cabello y llagas llenas de costras), granos de los niños y erupciones cutáneas benignas (relacionadas con la piel).	Cabbage Tree: cures mange (skin disease which affects animals and humans by parasite mites and is characterized by losing hair and scabby lesions), children's pimples and benign cutaneous eruptions (of or relating to the skin).	Yaak' baaj	<i>Andira Inermis</i>
Lengua de vaca: cura los dolores reumáticos (enfermedad caracterizada por la inflamación de las articulaciones).	Curly Dock: cures rheumatic pains (disease characterized by the inflammation of joints).	Yaak' Ch'úpil Wakax	Rumex Crispus

<p>Leumak: es esencialmente depurativo y anti-venéreo. Es bueno para el asma (dificultad en la respiración).</p>	<p>Asthma Weed: essentially a purifier and anti-venereal. Also, it is good for asthma (difficulty in breathing).</p>	<p>K'an mukus kok</p>	<p><i>Euphorbia Hirta L.</i></p>
<p>Likintan: cura toda clase de calenturas (enfermedad que se caracteriza por alta temperatura en el cuerpo) y detiene el vómito de sangre (contenido del estómago el cual es expulsado por la boca) y hemorragias de la nariz (flujo abundante de sangre).</p>	<p>Cat's Hair: cures any kind of fever (disease characterized by high body temperature) and stops vomiting with blood (stomach contents which have been expelled through the mouth) and nose hemorrhage (profuse flow of blood).</p>	<p>Xanab mukuy</p>	<p><i>Euphorbia Dioica</i></p>
<p>Lima: cura la lepra (enfermedad bacterial contagiosa, caracterizada por ulceraciones de la piel, pérdida de sensación y varias deformidades).</p>	<p>Wild Lime: cures leprosy (contagious bacterial disease characterized by ulcerations of the skin, loss of sensations and various deformities).</p>	<p>Tankas che'</p>	<p><i>Zanthoxylum Fagara L.</i></p>
<p>Limón: es diurético (provoca el aumento de la secreción de la orina). Ayuda a la digestión. Cura la gonorrea, el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones) y todas las enfermedades del sistema respiratorio. Es bueno para prevenir el cáncer de la matriz.</p>	<p>Lemon: a diuretic (causing an increase of urination). Helps digestion. Cures gonorrhea, rheumatism (disease characterized by the inflammation of joints), and any kind of illness related to the respiratory system. It is good to prevent cancer in the womb.</p>	<p>Osbeck</p>	<p><i>Citrus Limonum</i></p>
<p>Lirio: es bueno para curar las hemorragias y</p>	<p>Iris: good for curing hemorrhages and</p>	<p>K'ax</p>	<p><i>Hymenocallis Americana</i></p>

las heridas con pus.	wounds with pus.		
Llantén: es bueno para desechar los parásitos intestinales y expulsar mucosidades infecciosas. También cura llagas de la boca y desinfecta la garganta e inflamaciones del ojo.	Ribwort Plantain: good to expel intestinal parasites and to expel infectious mucus. Also, it cures sores in the throat and inflammation in the eyes.	Llantén	<i>Plantago Major</i>

M

Magüey: es bueno para atender los golpes, contusiones, inflamaciones musculares, infecciones internas y externas, así como las gripes (enfermedad contagiosa provocada por un virus y caracterizada por fiebre e inflamación de las vías respiratorias) y problemas bronquiales.	Agave: good for blows, contusions, muscular inflammations, internal and external infections, as well as influenza (contagious disease caused by a virus and characterized by fever, and inflammation of the respiratory tract) and bronchial problems.	Ki	<i>Agave Americana</i>
Malva silvestre: es sudorífica (causa un incremento en la producción de sudor).	Mallow: it is sudorific (causing an increase in the secretion of sweat).	Sak-chi'chi' be	<i>Malva Sylvestris</i>
Malvavisco: es usado para dar lavados vaginales y uretrales. Cura los flujos de los órganos genitales, inflamaciones de la matriz y de los ovarios, la gonorrea (enfermedad	Marshmallow: used for vaginal and urethral washing. It cures sexual organs discharge, womb and ovary inflammations, gonorrhea (sexually transmitted disease)	Chi'chi' be	<i>Althaea Officinalis.</i>

de transmisión sexual) y afecciones de la vejiga.	and affections of the bladder.		
Mangle colorado: alivia los dolores de garganta, lepra (enfermedad bacterial contagiosa, caracterizada por ulceraciones de la piel, pérdida de sensación y varias deformidades) y heridas.	Red Mangrove: relieves sore throat, leprosy (contagious bacterial disease characterized by ulcerations of the skin, loss of sensations and various deformities) and wounds.	Chak chukte'	<i>Rhizophora Mangle</i>
Mangle negro: es bueno para curar el escorbuto (enfermedad causada por la falta de vitamina C y se caracteriza por sangrado en las encías, debilidad y anemia) y llagas internas. Calma el dolor de muelas, cura la lepra (enfermedad bacterial contagiosa, caracterizada por ulceraciones de la piel, pérdida de sensación y varias deformidades).	Black Mangrove: it is good to cure scurvy (disease resulting from a vitamin C deficiency characterized by bleeding gums, weakness, and anemia) and internal sores. It calms toothaches, and cures leprosy (contagious bacterial disease characterized by ulcerations of the skin, loss of sensations and various deformities).	Chuk te'	<i>Avicennia germinans L.</i>
Mango: sus hojas ayudan a curar la tos bronquial (inflamación respiratoria caracterizada por una tos repetitiva) y el asma (dificultad en la respiración).	Mango: its leaves help to cure bronchial coughs (respiratory inflammation characterized by repeated coughing) and asthma (difficulty in breathing).	K'ab	<i>Mangifera Indica</i>
Manzanilla de monte: cura los sudores nocturnos y la frialdad (estado de tener	True Chamomile: cures nocturnal sweats and coldness (state of having a	Puchanchi'	<i>Matricaria Chamomilla</i>

temperatura baja), también cura los cólicos (dolor intestinal) y los dolores de barriga.	low temperature), also it cures colic (intestinal cramps) and stomachaches.		
Manzanita: sus hojas son buenas para quitar los dolores de cabeza y reducir la hinchazón de los genitales (órganos reproductivos).	Binatang Hambog: its leaves are good for relieving headaches and reduce swollen genitals (reproductive organs).	Bisil	<i>Malvaviscus Grandiflora</i>
Maravilla: sus hojas son buenas para la bronquitis (inflamación de uno o los dos bronquios) y el asma inicial (dificultad en la respiración).	Morning Glory: its leaves are good for curing the bronchitis (inflammation of one or two bronchia) and initial asthma (difficulty in breathing).	Cha k'ak t'an	<i>Miraviles Jalapa</i>
Marihuana: es buena para curar la detención de la orina, expulsar cálculos y arenillas de la vejiga y de los riñones y cura la gonorrea (enfermedad de transmisión sexual).	Marihuana: good to cure delayed urination, to expel stones and sediment from the bladder and the kidneys, cures gonorrhea (sexually transmitted disease).	Kuts	<i>Mangifera Indica L.</i>
Mastuerzo: es bueno para curar las irregularidades en el periodo de las mujeres (descarga cíclica mensual de sangre del útero de una mujer no embarazada) y la amenorrea (falta de menstruación). Es eficaz para curar la tos bronquial (inflamación respiratoria caracterizada por una tos repetitiva) y afecciones de las vías	Nasturtium: good for curing irregularities in women's period (cyclical monthly discharge of blood from the uterus of a non-pregnant woman) and amenorrhea (absence of menstruation). It is effective to cure bronchial coughs (respiratory inflammation characterized by repeated coughing)	Kaba put Putkan	<i>Lepidium Sativum</i>

respiratorias.	and affections in the respiratory system.		
Menta: es un buen remedio para los cólicos intestinales (dolor intestinal) y la difícil digestión (proceso en el cual el cuerpo deja de absorber los alimentos) y flatulencias (producción de gas en el estómago).	Peppermint: is a good remedy for intestinal colic (intestinal cramps) and difficult digestion (process in which the body stops absorbing food) and flatulence (gas production in the stomach).	Le mentao	<i>Mentha Piperita</i>
Moral: cura el mal de orina y enfermedades del hígado.	Moral: cures abnormal urine and liver illnesses.	Pixoy	<i>Chlorophora Tinctoria</i>
Mosqueta: cura el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones) y las mordeduras de víboras.	Glory Bush: cures rheumatism (disease characterized by the inflammation of joints) and snake bites.	Ik'il ja' x'iw	<i>Clerodendron Ligustrinum</i>
Muérdago: ayuda al sistema circulatorio y corrige la hipertensión (presión alta anormal de la sangre).	Mistletoe: helps the circulatory system and corrects hypertension (abnormally high blood pressure).	X chunup	<i>Lorantus Marginatus</i>
Musco: es un calmante (droga que provoca calma y relajación) que produce un sueño profundo.	Musci: a sedative (drug which causes calmness and relaxation) that produces a profound sleep.	Sóoskil cháak	<i>Bryopsida</i>

N

Nabo: cura las hemorragias (flujo	Turnip: it cures hemorrhages	Nabanche'	Brassica Napus
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abundante de sangre) y cámaras de sangre. Corrige la menstruación (descarga cíclica mensual de sangre del útero de una mujer no embarazada).	(profuse flow of blood) and blood coagulations. It corrects menstrual problems (cyclical monthly discharge of blood from the uterus of a non-pregnant woman).		
Náncen: es bueno para detener las diarreas de los niños.	Nance: it is good to stop children's diarrhea (abnormally frequent and fluid bowel movements).	Chi'	Byrsonima Crassifolia
Naranja agria: sus hojas son usadas para la cura de los cólicos estomacales (dolor intestinal).	Bitter Orange: its leaves are used to cure stomach colic (intestinal cramps).	Su'uts' Pak'áal	Citrus Vulgaris
Naranja dulce: es diurético (provoca el aumento de la secreción de la orina) y disminuye la presión alta de la sangre. También ayuda a disminuir los síntomas de la diabetes (enfermedad en que la capacidad de metabolizar azúcar en el cuerpo se vuelve difícil).	Orange Tree: is a diuretic (causing an increase of urination), and reduces high blood pressure. Also, it helps to reduce symptoms of diabetes (disease in which the body's ability to metabolize sugar is impaired).	Ch'ujuk Pak'áal	Citrus Sinensis
Ñame: cura la hidropesía, incordios y apostemas.	Yam: cures hydropsy, nuisance, and apostemes.	Boox makal	Kioscorea Alata

O

Opononax: bueno para los nervios. Alivia el	Aroma: good for nerves. Relieves	K'ank'ir ix che'	<i>Acacia larnesiana</i>
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dolor de muelas y la retención urinaria.	toothaches and delayed urination.		
Orégano: ayuda a evitar afecciones bronquiales. También es un alivio para la dismenorrea (menstruación con dolor o cólico).	Oregano: helps to avoid bronchial problems. Also, it is a relief for dismenorrhea (Menses with pain or colic).	Jontolok	<i>Origanum Vulgare</i>
Ortiga: cura toda clase de frialdad (estado de tener temperatura baja), dolores de cabeza y cauteriza llagas, hasta las pútridas. Cura también los dolores reumáticos (enfermedad caracterizada por la inflamación de las articulaciones).	Nettle: cures any kind of coldness (state of having a low temperature), headaches and cauterizes sores including putrid ones. It cures rheumatic pains (disease characterized by the inflammation of joints).	Laal	<i>Urtica Dioica</i>

P

Palo de corcho: cura las almorranas (hinchazón de los vasos sanguíneos cerca del ano), la tos (inflamación respiratoria caracterizada por una tos repetitiva), y afecciones de las vías respiratorias.	Bobwood: cures hemorrhoids (swollen blood vessels near the anus), cough (respiratory inflammation characterized by repeated coughing), and problems in the respiratory system.	Maak	<i>Annona Glabra L.</i>
Palo de las ánimas: sirve para curar la tosferina (tipo de enfermedad infecciosa)	Yellow Bark: useful to cure whooping cough (type of infectious disease) in	T kan-siik	<i>Jacquinia Aurantiaca Aiton</i>

en los niños y ayuda a curar el dolor de muelas.	children and to cure toothaches.		
Palo de sangre: cura hematomas (acumulación de sangre).	Rubber Tree: cures hematomas (accumulations of blood).	K'i'ik' che'	<i>Castilla Elástica</i>
Palo de vela: alivia la fiebre (enfermedad que se caracteriza por alta temperatura en el cuerpo), y dolores de cabeza.	Candle Tree: relieves fever (disease characterized by high body temperature) and headaches.	Kaat	<i>Bignoniaceae</i> <i>Parmentiera Spp.</i>
Palo mulato: cura rápidamente toda clase de llagas que no sean de origen gálico. También facilita los partos difíciles.	Birchwood: quickly cures sores that are not from syphilitic origins. Also, it makes a difficult childbirth easier.	Chakaj	<i>Bursera Simaruba</i>
Palo santo: cura el dolor de estómago, las enfermedades venéreas (relativas a relaciones sexuales) o de la sangre.	Holly Wood: cures stomachaches, venereal diseases (pertaining to sexual intercourse) or blood illnesses.	Kili' ich che'	<i>Bulnesia Sarmientii</i>
Paraíso: es bueno para curar la histeria en las mujeres (caracterizada por arranques emocionales), las fiebres (enfermedad caracterizada por temperatura alta) y ayuda a expulsar las lombrices y demás parásitos intestinales.	China-Berry: good to cure women's hysteria (characterized by uncontrollable emotional outbursts), fevers (disease characterized by high body temperature). It helps to expel intestinal worms and parasites.	Ka'an	<i>Melia Azedarach L.</i>
Pasionaria: ayuda a evitar el insomnio, cansancio, fatiga, histeria y dolor de cabeza.	Maypop Passion Flower: helps avoid insomnia, tiredness, fatigue hysteria and headaches.	Poch k'áak'	<i>Passiflora Incarnata</i>
Pata de vaca: es buena	Spiny Spider Flower:	Sulub Tok	<i>Cleome Spinosa</i>

para curar el asma (dificultad en la respiración).	good to cure asthma (difficulty in breathing).		
Pensamiento: ayuda a la falta de apetito y a la digestión difícil.	Pansy: helps cure lack of appetite and difficult digestion.	Máanel tuukul	<i>Viola Tricolor</i>
Pepino: es usado como purga. También es diurético (provoca el aumento de la secreción de la orina), y ayuda a disminuir los síntomas de diabetes (enfermedad en que la capacidad de metabolizar azúcar en el cuerpo se vuelve difícil), y el dolor en los riñones.	Cucumber: is used as a purge. Also, it is a diuretic (causing an increase of urination), and helps reduce symptoms of diabetes (disease in which the body's ability to metabolize sugar is impaired), and pain in kidneys.	Kat	<i>Cucumis Sativus</i>
Perejil: provoca la orina (desecho líquido amarillento secretado por los riñones a través de la uretra) y la menstruación (descarga cíclica mensual de sangre del útero de una mujer no embarazada). Ayuda a expulsar los cálculos y arenillas de la vejiga y de los riñones.	Parsley: provokes urine (yellowish liquid waste secreted by the kidneys through the urethra) and menstruation (cyclical monthly discharge of blood from the uterus of a non-pregnant woman). It helps to expel stones and sediments from the bladder and kidneys.	Le perejilo ⁷	<i>Petroselinum Sativum</i>
Pimienta de jamaica: estimula la circulación de la sangre. Alivia dolores de estómago y dolores reumáticos.	Allspice: stimulates blood circulation. It relieves stomachaches, and rheumatic aches.	Ixnabakuk	<i>Pimienta Dioica</i>
Pino: ayuda a reducir los síntomas o efectos de la diabetes (enfermedad en que la capacidad de metabolizar azúcar en el cuerpo se vuelve	White Pine: helps reduce the symptoms or effects of diabetes (disease in which the body's ability to metabolize sugar is impaired), dermatitis	Taj te ⁷	<i>Pinus Strobus</i>

<p>difícil), dermatosis (enfermedad de la piel), y las afecciones ginecológicas (relativo a la rama de la medicina que esta enfocada en conservar la salud del aparato reproductivo de la mujer).</p>	<p>(skin disease), and gynecological problems (pertaining to the branch of medicine which deals with health maintenance of the female reproductive system).</p>		
<p>Pitarrilla: el cocimiento de sus hojas es muy bueno para curar las calenturas (enfermedad que se caracteriza por alta temperatura en el cuerpo).</p>	<p>Lila Tree: its leaves are good to cure fevers (disease characterized by high body temperature).</p>	<p>Báalche'</p>	<p><i>Lonchocarpus Violaceus.</i></p>
<p>Pitaya: sus hojas son un buen calmante (una droga que provoca calma y relajación) para las enfermedades del corazón.</p>	<p>Night Blooming Cereus: its leaves are a good sedative (drug which causes calmness and relaxation) for heart illnesses.</p>	<p>Chak wob</p>	<p><i>Cereus Undatus Haw.</i></p>
<p>Planta parásita: es buena para el asma (dificultad en la respiración), los dolores de cabeza, para los ataques epilépticos (enfermedad neurológica que se caracteriza por ataques), el insomnio, y los cólicos intestinales (dolor intestinal).</p>	<p>Hellroot: good for asthma (difficulty in breathing), headaches, epilepsy attacks (neurological disorder characterized by seizures), insomnia, and intestinal colic (intestinal cramps).</p>	<p>Aakam</p>	<p><i>Orobanche Spp.</i></p>
<p>Platanillo: es bueno para curar toda clase de piquetes de arañas e insectos venenosos.</p>	<p>Canna: good for curing any kind of spider and poisonous insect bites.</p>	<p>Chank'ala</p>	<p><i>Canna Indica</i></p>

R

<p>Rabo de mico: cura la disentería (enfermedad intestinal), pujos (dificultad al orinar o defecar) y dolores del vientre, así como también cura las diarreas blandas e intermitentes (movimiento anormal, frecuente y fluido del intestino).</p>	<p>Scorpions Tail: cures dysentery (intestinal disease), tenesmus (lack of ability to urinate and defecate) and pains in the abdomen, as well as bland and intermittent diarrheas (abnormally frequent and fluid bowel movements).</p>	<p>Nej áak'ab Ma'ax</p>	<p><i>Heliotropium Angiospermum</i></p>
<p>Ramón: es bueno para aumentar la leche de las recién paridas y también para las enfermedades de las vías respiratorias.</p>	<p>Breadnut: good to help stimulate milk production in women who have recently given birth and also for illnesses in the respiratory system.</p>	<p>Óox</p>	<p><i>Brosimum Alicstrum</i></p>
<p>Reina de la noche: ayuda a combatir la bronquitis, la fiebre (enfermedad que se caracteriza por alta temperatura en el cuerpo), las hemorroides (hinchazón de vasos sanguíneos cerca del ano), los golpes, las heridas y también para calmar el dolor. Cura el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones).</p>	<p>Jimson Weed: helps to combat bronchitis, fever (disease characterized by high body temperature), hemorrhoids (swollen blood vessels near the anus), blows, wounds, and also to calm pain. Also, it cures rheumatisms (disease characterized by the inflammation of joints).</p>	<p>Ti o' kido</p>	<p><i>Datura Arborea</i></p>
<p>Roble: sus hojas curan el vómito de sangre</p>	<p>Oak Tree: its leaves cure vomit with</p>	<p>Béek</p>	<p><i>Quercus Robus</i></p>

(contenido del estómago el cual es expulsado por la boca).	blood (stomach contents which have been expelled through the mouth).		
Romero: favorece la digestión (proceso por el cual el cuerpo metaboliza y absorbe los alimentos), regulariza la menstruación (descarga cíclica mensual de sangre del útero de una mujer no embarazada), combate el asma (dificultad en la respiración), las gripes (enfermedad contagiosa provocada por un virus y caracterizada por fiebre e inflamación de las vías respiratorias), los vértigos (sensación de miedo), las afecciones nerviosas, el dolor de cabeza, y el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones).	Rosemary: good for digestion (process in which the body breaks down and absorbs food); to regularize menstruation (cyclical monthly discharge of blood from the uterus of a non-pregnant woman), and to combat asthma (difficulty in breathing), influenza (contagious disease caused by a virus and characterized by fever and inflammation of the respiratory tract), vertigo (feeling of dizziness), nervous problems, headaches, and rheumatism (disease characterized by the inflammation of joints).	Ox	<i>Rosmarinus Officinalis</i>
Roncador: ayuda a dormir y descansar bien. También cura el dolor de muelas.	Herpestis Monnieria: helps to sleep and rest. Also, it cures toothaches.	Nóok' aak'	<i>Bacopa Monniera</i>

Rosella: es bueno para curar fiebres (enfermedad que se caracteriza por alta temperatura en el cuerpo) y calenturas nocturnas (incremento de frialdad o de calentura).	Rosella: it is good to cure fevers (disease characterized by high body temperature), night temperatures (coldness or hotness).	Grocella	<i>Phyllanthus Acidus</i>
Rubia: es buena como purgativo y diurético (provoca el aumento de la secreción de la orina), provoca el vómito y es antidiarréico.	Snakeroot: it is good as a purgative and diuretic (causing an increase of urination), provokes vomiting and is an antidiarrhoeic.	Kanchak che'	<i>Chioccca Alba L. Hitche</i>
Ruda: evita la infección de llagas y heridas. Provoca la menstruación (descarga cíclica mensual de sangre del útero de una mujer no embarazada) y la orina. Cura también los dolores de pecho, la tos seca (inflamación respiratoria caracterizada por una tos repetitiva), e inflamaciones del pulmón.	Herb of Grace: cures sores and wound infections. It provokes menstruation (cyclical monthly discharge of blood from the uterus of a non-pregnant woman) and urination. Also, it cures chest pains, dry cough (respiratory inflammation characterized by repeated coughing) and inflammation in the lungs.	Ruda	<i>Ruta Graveolens</i>

S

Salvia: ayuda a combatir las	Sage: helps combat mouth, throat and	Chal che'	<i>Salvia Officinails</i>
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inflamaciones de la boca, garganta y amígdalas.	amygdales inflammations.		
Sándalo: se usa en tratamientos para la piel, inflamaciones y acné (enfermedad en la piel caracterizada por granos y otras erupciones pustulosas que generalmente aparecen en la cara), también ayuda a la cicatrización de heridas (marca dejada en la piel después de que una herida ha cicatrizado).	Sandalwood: used in the treatment of skin inflammation and acne (skin disorder characterized by pimples and other pustular eruptions which generally appear on the face); it also helps to heal scars (marks left on the skin after a wound has healed).	Le saandalo'	<i>Santalum Album</i>
Sandía: sus hojas ayudan a curar el paludismo (enfermedad infecciosa transmitida por mosquitos caracterizada por ataques de escalofríos, calentura y sudoración).	Watermelon: its leaves help to cure malaria (infectious disease transmitted by mosquitoes characterized by attacks of chills, fevers and sweating).	Chak bojonja'	<i>Cucurbita Citrullus</i>
Sanguinaria: ayuda a disolver cálculos en la vesícula, riñón y vejiga.	Red Clay: helps to dissolve stones in vesicle, kidneys and bladder.	K'antumbub	<i>Polygonum Aviculare</i>
Santa María: prolonga la salud y quita el mal del corazón, corrige el periodo de las mujeres (descarga cíclica mensual de sangre del útero de una mujer no embarazada) y dolores del vientre. Es buena para curar algunos casos de reumatismo (enfermedad caracterizada por la inflamación de las	Jacareuba: prolongs health and relieves heart problems and corrects women's periods (cyclical monthly discharge of blood from the uterus of a non-pregnant woman) and pains in the abdomen. It is good for some rheumatism cases (disease characterized by the	Kalche'	<i>Pluchea Odorata</i>

articulaciones) y resfriados.	inflammation of joints) and colds.		
Sapo carnososo: cura la sarna eficazmente (enfermedad de la piel que afecta a animales y humanos por pequeños parásitos caracterizada por la pérdida de cabello y llagas llenas de costras), la lepra (enfermedad bacteriana contagiosa, caracterizada por ulceraciones de la piel, pérdida de sensación y varias deformidades) y toda clase de erupciones malignas (relacionado con el salpullido). Es considerado un diurético (provoca el aumento de la secreción de la orina).	Horehound: efficiently cures mange (skin disease which affects animals and humans by parasite mites and it is characterized by losing hair and scabby lesions) , leprosy (contagious bacterial disease characterized by ulcerations of the skin, loss of sensations and various deformities) and any kind of malign eruptions (skin rashes). It is considered a diuretic (causing an increase of urination).	Muuch-k'uch	<i>Marrubium Vulgare L.</i>
Sasafrás: es un diurético (provoca el aumento de la secreción de la orina). Bueno para el reumatismo (enfermedad caracterizada por la inflamación de las articulaciones) y se recomienda en caso de obesidad.	Sassafras: a diuretic (causing an increase of urination). Good for rheumatism (disease characterized by the inflammation of joints) and recommended in case of obesity.	Naban che'	<i>Sassafras Officinalis</i>
Sensitiva: cura la disentería pútrida o maligna (enfermedad intestinal).	Sensitive Mimosa: cures putrid and malignant dysentery (intestinal disease).	X-muu muts'	<i>Mimosa Pudica</i>

T

<p>Tabaco: se usa para algunas afecciones nerviosas, asma (dificultad en la respiración), hidropesía (acumulación anormal de líquido en el cuerpo), sarna (enfermedad de la piel que afecta a animales y humanos por pequeños parásitos caracterizada por la pérdida de cabello y llagas llenas de costras), reumatismo (enfermedad caracterizada por la inflamación de las articulaciones), y la sordera catarral.</p>	<p>Tobacco: used for some nervous affections, asthma (difficulty in breathing), hydropsy (abnormal accumulation of fluid in the body), mange (skin disease which affects animals and humans by parasite mites and is characterized by losing hair and scabby lesions), and rheumatism (disease characterized by the inflammation of joints) and deafness due to colds.</p>	<p>K'úuts</p>	<p><i>Nicotiana Tabacum</i></p>
<p>Tamarindo: sus hojas son recomendadas contra las fiebres (enfermedad que se caracteriza por alta temperatura en el cuerpo).</p>	<p>Tamarind: its leaves are recommended against fevers (disease characterized by high body temperature).</p>	<p>Le tamarindoo</p>	<p><i>Tamarindus Indica.</i></p>
<p>Tilo: bueno para el asma (dificultad en la respiración), y gripes (enfermedad contagiosa provocada por un virus y caracterizada por fiebre e inflamación de las vías respiratorias). Es usada como diurético (provoca el aumento de la secreción de la orina) y también alivia el dolor de cabeza y reumatismo</p>	<p>Linden: good for asthma (difficulty in breathing), and influenza (contagious disease caused by a virus and characterized by fever and inflammation of the respiratory tract). It is used as a diuretic (causing an increase of urination), and</p>	<p>Le tiilo'</p>	<p><i>Tilia Vulgaris</i></p>

(enfermedad caracterizada por la inflamación de las articulaciones), y evita el insomnio.	also relieves headaches, rheumatism (disease characterized by the inflammation of joints) and prevents insomnia.		
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U

Uña de gato: alivia las enfermedades inflamatorias como la artritis, dolores de estómago y se usa para tratar el cáncer. También se ha usado para tratar la disentería (enfermedad intestinal), la recuperación del parto, y los desequilibrios hormonales de mujeres.	Cat's Claw: relieves inflammatory illnesses such as arthritis, stomachaches, and is used for treating cancer. It is also used for treating dysentery (intestinal disease), recovering after giving birth and treating women's hormonal instability.	Be'eb	<i>Batocydia Unguis</i>
Uva del mar: sus hojas ayudan a curar las diarreas crónicas (movimiento anormal, frecuente y fluido del intestino), la disentería (enfermedad intestinal) y las enfermedades venéreas (relativas a las relaciones sexuales).	Sea Grape: its leaves help to cure chronic diarrhea (abnormally frequent and fluid bowel movements), dysentery (intestinal disease) and venereal illnesses (pertaining to sexual intercourse).	Nix che'	<i>Coccoloba Uvifera L.</i>

V

Verdolaga: es buena para disolver los cálculos de la vejiga y de los riñones y para cortar vómitos de sangre (contenido del estómago el cual es expulsado por la boca) que no sean de origen pulmonar.	Purslane: good to dissolve bladder and kidney stones and to stop vomiting with blood (stomach contents which have been expelled through the mouth) of non-pulmonary origins.	Kabalchum	<i>Portulaca Oleracea</i>
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Y

Yerba de la culebra: es buena para curar mordidas de víboras incluyendo las más venenosas.	Majestica: good to cure snake bites, including the most poisonous ones.	Tuknub kaan	<i>Alstroemeria Aurantiaca</i>
Yerba de la virgen: sus hojas se emplean en infusiones como analgésicas y antiinflamatorias.	Stink Wood: its leaves are used in infusions as analgesic and anti-inflammatory.	Chaal che'	<i>Pluchea Odorata</i>
Yerba del conejo: sirve para curar la epilepsia (enfermedad neurológica que se caracteriza por ataques) y ataques nerviosos.	Four o'clock: it is useful to cure epilepsy (neurological disorder characterized by seizures) and nervous attacks.	Sak xiiw t'u'ul	<i>Boerhaavia Erecta L.</i>
Yerba del estornudo: cura los cólicos (dolor intestinal), las	Cotton Fireweed: cures colic (intestinal cramps),	Je'etsiim xiiw	<i>Helenium Quadridentatus Labill.</i>

<p>inflamaciones (hinchazón o enrojecimiento causada por una infección o herida) e irritaciones (sensibilidad excesiva) de las membranas mucosas y las vías respiratorias.</p>	<p>inflammation (swelling or redness caused by infection or injury) and irritations (excessive sensitivity) of the mucous membrane and in the respiratory system.</p>		
<p>Yerba del piojo: mata los piojos (pequeños insectos los cuales viven en el cuerpo de los humanos y otros mamíferos), pero también ayuda a curar la tiña (una de las tantas enfermedades de hongos de la piel que se caracteriza por la picazón en marcas de forma circular), la sarna (enfermedad de la piel que afecta a animales y humanos por pequeños parásitos caracterizada por la pérdida de cabello y llagas llenas de costras), y postemas (acumulación de pus acompañada de inflamación).</p>	<p>Delphinium: kills lice (small parasitic insects which live on the bodies of humans and other mammals), but also helps to cure ringworm (any of several contagious fungal skin diseases characterized by itchy ring-shaped patches on the skin), mange (skin disease which affects animals and humans by parasite mites and is characterized by losing hair and scabby lesions) and abscesses (localized collection of pus accompanied by inflammation).</p>	<p>Uk' che'</p>	<p><i>Delphinium</i> <i>Staphisagria</i></p>
<p>Yerba del sapo: es buena para curar la retención de la orina. También es útil para la mordedura de víboras.</p>	<p>Wright's Eryngo: good to cure urine retention. Also, it is useful for snake bites.</p>	<p>Janal muuch Xíiw muuch</p>	<p><i>Eryngium</i> <i>Heterophyllum</i></p>
<p>Yerba del venado: cura enfermedades de la piel, como la sarna (enfermedad de la piel que afecta a animales y humanos por pequeños parásitos caracterizada</p>	<p>Poreleaf: cures skin illnesses like mange (skin disease which affects animals and humans by parasite mites and is characterized by</p>	<p>Sisin k' uch Xíiw kéej</p>	<p><i>Porophyllum</i> <i>Scoparium</i></p>

<p>por la pérdida de cabello y llagas llenas de costras), la tiña (una de las tantas enfermedades de hongos de la piel que se caracteriza por la picazón de marcas en forma circular), lamparones (tuberculosis de las glándulas linfáticas del cuello) y la pelagra (enfermedad causada por falta de vitamina niacina).</p>	<p>losing hair and scabby lesions), ringworm (any of several contagious fungal skin diseases characterized by itchy ring-shaped patches on the skin), scrofula (tuberculosis of the lymph glands of the neck) and pellagra (disease caused by a lack of the vitamin niacin).</p>		
<p>Yerba dulce: es buena para curar catarros crónicos (enfermedad respiratoria caracterizada por tos, estornudo y dolor de garganta) y el asma (dificultad en la respiración). También provoca la menstruación (descarga cíclica mensual de sangre del útero de una mujer no embarazada) y es usada como diurético (provoca el aumento de la secreción de la orina).</p>	<p>Sweet Cumin: good to cure chronic colds (respiratory illness characterized by coughing, sneezing and sore throat) and asthma (difficulty in breathing). It also provokes menstruation (cyclical monthly discharge of blood from the uterus of a non-pregnant woman) and is used as a diuretic (causing an increase of urination).</p>	<p>Ch'ujuk xiw</p>	<p><i>Pimpinella Anisum</i> L.</p>
<p>Yerba mora: usada exitosamente para aliviar las inflamaciones de la matriz e irritaciones (sensibilidad excesiva) de la uretra. También es buena para curar heridas y llagas superficiales.</p>	<p>Black Night Shade: used successfully to relieve inflammation in the womb and irritations (excessive sensitivity) in the urethra. It also cures superficial sores and wounds.</p>	<p>Bakalkan</p>	<p><i>Solanum Nigrum</i></p>
<p>Yerba santa: cura la</p>	<p>Galium: cures</p>	<p>Kabaljau</p>	<p><i>Geum Urbanum</i></p>

hidropesía (acumulación anormal de líquido en el cuerpo), y mordeduras de víboras. También regulariza la menstruación (descarga cíclica mensual de sangre del útero de una mujer no embarazada) y calma los cólicos (dolores intestinales).	hydropsy (abnormal accumulation of fluid in the body), and snake bites. It also regularizes menstruation (cyclical monthly discharge of blood from the uterus of a non-pregnant woman) and calms colic pains (intestinal cramps).	che'	
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Z

Zacatillo: es bueno para curar la gonorrea (enfermedad de transmisión sexual).	Macano: good to cure gonorrhoea (sexually transmitted disease).	Susu' uk	<i>Diphysa Carthagenensis</i>
Zapote blanco: sus hojas curan quemaduras e hinchazones (crecimiento anormal) producidas por el Chechem.	White Mamey: its leaves cure burns and swellings (abnormal enlargement) produced by the Black Poison Wood tree.	Ya'	<i>Casimiroa Tetrameria</i>
Zapote negro: es bueno para curar el paludismo (enfermedad infecciosa transmitida a través de mosquitos y se caracteriza por escalofríos, calentura y sudoración).	Black Mamey: it is good to cure malaria (infectious disease transmitted by mosquitoes, characterized by chills, fevers and sweating).	Ta-uch	<i>Calocarpum Mammosum</i>
Zarzaparrilla: es diurética. Alivia el reumatismo	Sarsaparrilla: a diuretic. Relieves rheumatism (disease	Kokej	<i>Herreria Salsaparrilha</i>

(enfermedad caracterizada por la inflamación de las articulaciones), la lepra (enfermedad bacteriana contagiosa, caracterizada por ulceraciones de la piel, pérdida de sensación y varias deformidades) y la sífilis (enfermedad de transmisión sexual).	characterized by the inflammation of joints), leprosy (contagious bacterial disease characterized by ulcerations of the skin, loss of sensations and various deformities) and syphilis (sexually transmitted disease).		
Závila de monte: es efectiva para curar hinchazones (crecimiento anormal) y es buena para postemas (acumulación de pus acompañada de inflamación) y fístulas (aberturas).	Aloe: effective to cure swelling (abnormal enlargement), abscesses (localized collection of pus accompanied by inflammation) and fistulas (openings).	Junpets' k'iin ki	<i>Aloe Vera L.</i>
Zorrillo: abre las postemas (acumulación de pus acompañada de inflamación).	Wall Barley: opens abscesses (localized accumulation of pus accompanied by inflammation).	X páay che'	<i>Hordeum Murinum L.</i>

Conclusion

This research has been concluded, but there is more information available to enrich our knowledge in the medicinal herbs field. It is like a language, we never finish learning new things to improve it. So, this research is obviously limited but my best effort was made. This is because this work consisted of collating in one glossary the most common herbs which can be used by people nowadays and which were used by the Ancient Mayas. It is also limited because there was a lot of information that could have been added to this research. For instance, this work provided information to relieve certain illnesses, but it did not explain how to use herbs. By this I mean, the process for preparing a tea or some infusions to be given to sick people. A future researcher may want to prepare a manual explaining how to correctly use each of the herbs I have mentioned.

When I had to choose a topic for this research, it was particularly difficult for me. I closed my eyes and I traveled back in time to the Ancient Maya Civilization. It helped me to get involved in their life and to see how they lived. Then, I thought of one thing that was important and fairly common in their lives: their use of medicinal herbs.

The Mayas played an important role in this research. On the whole, this work is based on Mayan ideas, beliefs and customs. They had a lot of gods whom they trusted blindly for curing people. Also, there were some other gods who made people behave badly or gods who made people get sick. For that reason medicinal herbs became an important element in their lives, and in everything they did, such as ceremonies, cures, purification rites and worshipping, herbs were always present.

These rites are not used anymore, but they haven't totally disappeared. There are some people who treat illnesses by using herbs, amulets or images of saints. They also invoke some gods so that these can provide them with the knowledge necessary for finding a successful cure. These people think they have a close connection with certain gods who gave them the gift of healing.

Furthermore, there are many Maya who have a sort of library inside their heads. They know almost each and every herb because they inherited this knowledge from the ancient Mayas who were the first to use medicinal herbs. They also address their appeal to some gods and it is extremely serious for them. They have a strong belief in their gods and in the herbs' curative powers. They consider that they are the only ones who have the right to this knowledge and that healers are just people who stole this knowledge but they do not know how to put it into practice in a correct way.

In the field of conventional allopathic medicine, we have doctors who are supposed to cure people. They have studied a major or a specialty. They have the tools and possess a knowledge based on science and experience. They prescribe medicines which are manufactured by big international laboratories and are available to the general public under

different presentations, such as tablets or syrup. They use the most modern technology as an instrument to know about and treat people's illnesses.

Here we have a controversial topic that has provoked many uncertainties, since sometimes people are confused about which could be the best way to relieve their illnesses.

On the one hand, when I asked for information from a healer, he told me that he was the real person with the power of healing without resorting to a medical doctor. This same healer has the idea, after having a bad experience, that doctors use their patient's pain only to get money from them. They do not know much about natural medicine, and refuse to accept the value of medicinal herbal therapies.

On the other hand, Mayan people affirmed that they were a people who understood the importance of herbal therapy, but they also recognized that there were moments in which they had to consult doctors in cases when their illness became worse or an operation was needed. They also said they did not reject resorting to doctors because there are some illnesses that cannot be treated with herbs.

Some people prefer to use natural medicine because it is presumed to be less risky and more economic. Some others prefer to go to a doctor because they are afraid of self-prescribing for themselves since they do not have any idea of what herb can they use. Another reason is that people believe more in doctors than in simple herbs.

There are also different opinions about healers and doctors. Some people think that the best way to treat an illness is through the use of herbs, because it is natural, but at the same time they know that they need to be careful because some people who cure with herbs are not well prepared or they do not have papers which certify their work.

Many people consider or trust doctors more because they are supposedly well prepared professionals, but the problem is that not all the people can afford them. Some others do not believe in doctors because there are some of them who practice this profession without studying, thereby risking innocent patients' lives.

Each person has his own ideas, and we can only respect them. Each person can be cured according to his beliefs, and, moreover, they should feel comfortable with their decisions.

All these opinions help us to understand that the uses of medicinal herbs can be as good as resorting to medical doctors; but nowadays, herbs have a considerable importance as another choice for relieving people's pains.

It is important to mention that the use of medicinal herbs has become important in trade. There are many shops specializing in herbs where you can find an infinite number of herbs. This is a result of their demand by the society in general.

At the beginning of this research, different objectives were proposed. The most important one was to make people conscious about the use of herbs as an easier and quicker solution for relieving certain illnesses. The social and scientific value of this research work will be confirmed when people start using this glossary as a reference book in case of an illness.

The purpose of this glossary was to collect the names of the most common herbs which people use nowadays and those used by the ancient Mayas in southern Quintana Roo, the north of Belize and northeastern Guatemala.

After clarifying the objectives, the next step was to look for information, and at this stage I found a lot of limitations. One of them was that some of the present Mayan healers, possessing an extensive knowledge of herbs, did not want to tell me anything about this because they said they could not share their science with anybody. They thought I wanted to steal their gift and, after I had explained to them the purpose of my research, they did not want to help me. So, I had to read a considerable number of books, but this was not enough. I needed information coming from people. Fortunately, there were some Mayan people who were willing to contribute to this research through their knowledge.

Another limitation consisted in the problems I encountered when I was trying to find equivalences of some words in Spanish, English, and Maya. It was hard but not impossible. I had to consult many books and experts in the field who also helped me to make this research a good product for everybody to use.

This glossary is a work of quick access and is available to any person, including foreigners who come here as tourists or stay here to live and are wishing to adopt Mexican customs and cultural habits. At the same time, with this work, we can share with others a little of the heritage the ancient Maya left us.

I hope this work can help the reader to understand and feel the relationship existing between ancient and modern Mayan life and our own. What makes us different is that the Mayan people have always considered their roots as something to be preserved, so that the future generations can benefit from their ancient civilization.

Guía de Referencia Rápida en Español

ESPAÑOL	INGLÉS	MAYA	NOMBRE CIENTÍFICO	PÁGINA
Abrojo	Thistle	Cha'm x-nuk	<i>Opuntia Tunicata</i>	27
Acedera	Common Sorrel	Abal kan Elei	<i>Rumex Crispus</i>	27
Achiote	Annatto	K'uxub K'uxu' Kiwi'	<i>Bixa Orellana L.</i>	27
Aguacate	Avocado	Oon	<i>Persea Americana</i>	27
Ajenjo	Wormwood	Sisim	<i>Artemisia Absinthium</i>	28
Alamo	Yellow Poplar	Kopo'	<i>Liriodendron Tulifera</i>	28
Albahaca	Sweet Basil	X-kakaltun Ix kakaltok	<i>Ocimum Bascilucum</i>	28
Algodonero	Cotton Plant	Ak'te'taman	<i>Gosipyum Herbaceum</i>	28
Almendro	Almond	Kastelan tuk'	<i>Prunus Amygdalus Basch</i>	29
Amapola	Poppy	X- k'uyche'	<i>Papaver Somniferun</i>	29
Amaranto	Amaranth	Xtees	<i>Amaranthus Hipochodriacus</i>	29
Anis	Anise	Le anisoo	<i>Pimpinella Anisum</i>	30
Anona	Annona	Op' Op	<i>Annona Muricata</i>	30
Añil	Indigo	Ch'ooj	<i>Indigofera Suffruticosa</i>	30
Apio	Celery	Le apio	<i>Apium Graveolens</i>	30
Árbol de alacrán	Prickly Yellow Ash	Siina'an che'	<i>Zanthoxylum Floridanum Nutt.</i>	30
Artemisa	Mugwort	Jaway che'	<i>Artemisa Vulgaris L.</i>	31
Azafrán	Saffron	Chac tsots ak'	<i>Crocus Sativa</i>	31
Azul de mata	Wild Indigo	Ch'ooj che'	<i>Baptisia Tictoria</i>	31
Bacalbo	Corncob Tree	Bakalche'	<i>Bourreria Pulchra Hill</i>	31

ESPAÑOL	INGLÉS	MAYA	NOMBRE CIENTÍFICO	PÁGINA
Báculo de la vieja	Mist Flower	Xolte' x-nuk	<i>Eupatorium Pinetorum</i>	32
Barrabás	Fiddlewood	Ya' ax nik	<i>Vitex Gaumeri</i>	32
Bejuco colgante	Cordage Plant	Chu'uy aak'	<i>Desmoncus Cissampelos</i>	32
Belladona	Belladonna	Xts'un yaail	<i>Atropa Belladonna</i>	32
Berenjena	Eggplant	Chobobot	<i>Solanum Melongena</i>	32
Berros	Watercress	Sac x tees	<i>Nasturtium Officinale</i>	32
Bledo	Blite	Xtees puch	<i>Amaranthus Spinusus L.</i>	32
Bolsa de pastor	Shepherd's Purse	Páawo'ti' Aj kanan Taman	<i>Capsella Bursapastoris</i>	33
Bonete	Papain	K'umche	<i>Papaya Peptidase L.</i>	33
Botoncillo	Button-Wood	Kaan che'	<i>Conocarpus Erecta L.</i>	33
Brasilete	Brazilletto	Chacte' kok	<i>Caesalpinia Platyloba Wats.</i>	33
Bugambilia	Bougainvillea	Le bungabiliao	<i>Bougainvillea Glabra</i>	34
Cadañera	Oneleaf Senna	Tuab x tuab	<i>Cassia Uniflora Mill</i>	34
Caimito	Star-Apple	Chi' kéej	<i>Chrysophyllum CainitoL.</i>	34
Calabaza	Pumpkin	K'úum	<i>Cucúrbita Pepo</i>	35
Camino de culebra	Snake Plant	Bej kaan Jaban kaan	<i>Arum Dracunculus</i>	35
Canal ix chu	Giant Airplant	Ka'anal-Xchúuj	<i>Tillandsia Fasciculata</i>	35
Cancerillo	Blood Flower	Analpoolkuuts	<i>Asclepias Curassvica L.</i>	35
Caña agria	Spiked Alpina	Tek jalal	<i>Costus Spicatus</i>	35
Caoba	Mahogany	Ka'wakche' caoba	<i>Swietenia Mahogani</i>	35
Capulín	Capulin Cherry	Pujan	<i>Prunus Capuli</i>	36
Cardo amarillo	Goatweed	K' an lool	<i>Argemone Mexicana L.</i>	36
Cardosanto	Blessed Thistle	X- k'an lool	<i>Cniaus Benedictus</i>	36
Cebadilla	Rescue Grass	Ta'cho'ol	<i>Bromus Unioloides</i>	37

ESPAÑOL	INGLÉS	MAYA	NOMBRE CIENTÍFICO	PÁGINA
Cebollina	Chives	Kukut Le cebollinau	<i>Allium Schoenoprasu</i>	37
Cedro	Cedar	K'u che'	<i>Cedrella Mexicana</i>	37
Ceiba	Kapok Tree	Ya'axche'	<i>Ceiba Pentandra</i>	37
Chaya	Chaya	Chaay	<i>Cnidocolus Chayamansa</i>	37
Chayote	Chayote	K'i'x pach K'úum	<i>Sechium Edule</i>	37
Chechén	Black Poison Wood	Chéechem	<i>Metopium Brownei</i>	38
Chile Habanero	Habanero Chile	Ik	<i>Capsicum Annum L.</i>	38
Chile verde	Green Chile	Ya'ax ik	<i>Capsicum Frutescens L.</i>	38
Chobenche	Broomstick	Choben che'	<i>Trichilia Arborea</i>	38
Chum Tok	Black Ironwood	Chin Tok'	<i>Krugiodendron Ferreum</i>	38
Cilantro	Coriander	Culantro	<i>Coriandrum Sattium</i>	38
Cinco negritos	Little Crown	Jo'otúul chan Booxo'ob	<i>Lantana Camara</i>	39
Ciricote	Geiger Tree	K'óopte'	<i>Cordia Sebestena L.</i>	39
Ciruelo	Plum Tree	Abal	<i>Prunus Doméstica</i>	39
Claudiosa	Goatweed	Claudiosa xiiw	<i>Capraria Biflora</i>	39
Clavel del aire	Air Moss	Junpé ests' k' iin	<i>Tillandsia Tricholepis</i>	39
Clavo	Clove	Baajeb	<i>Caryophyllus Aromaticus</i>	40
Cocoyol	Coyol Palm	Tuk'	<i>Acromia Mexicana</i>	40
Cola de caballo	Horse Chestnut	Nej tsiimin	<i>Equisetum Arvense</i>	40
Cola de la iguana	Iguana Tail	Nej tolok	<i>Ithecoctenium Echinatum</i>	40
Coloradillo	Scarlet Firebush	K' ana' an	<i>Hamelia Patens Jacq.</i>	40
Consuelda	Comfrey	Kanchak-che'	<i>Symphytum Officinalis</i>	40
Contrapeste	Bat Leaf Passion Flower	Xiik koot	<i>Passiflora Coriaceae Juss</i>	41

ESPAÑOL	INGLÉS	MAYA	NOMBRE CIENTÍFICO	PÁGINA
Convo	American Dodder	K' anle' kay	<i>Cucuta Americana L.</i>	41
Copo cordial	Wild Physic Nut	Pomol che'	<i>Jatropha Gossypifoliai</i>	41
Coral	Blood Berry	K' ukax kab	<i>Rivina Humilis L.</i>	41
Cucaracha	Wandering Jew	K' ab kuum	<i>Zebrina Pendula</i>	41
Culantrillo	Maidenhair	Til xiiw	<i>Adiantum Capillusveneris</i>	42
Cundeamor	Balsam Apple	Yaxkunaj xiiw	<i>Momordica Charantia</i>	42
Damiana	Damiana	Misil kok	<i>Turnera Difusa Wild</i>	42
Datura tropical	Datura Stramonium	Chamik	<i>Datura Stramonium L.</i>	42
Diente de león	Dandelion	Koj ti' koj	<i>Taraxacum Officinale</i>	43
Doradilla	Blitter Blain	Muuch-kok	<i>Waltheria Douradinha</i>	43
Dormilona	Sensitive Plant	Weenel che'	<i>Mimosa Invisa</i>	43
Dulcamara	Bitter Sweet	Chuuch	<i>Solanum Dulcamara</i>	43
Epazote	Wormseed	Le pazoteo	<i>Chenopodium Ambrosoides</i>	44
Escorzonera	Scorzonera	Masab-K' uch Yalajelel	<i>Scorzonera Hispanica</i>	44
Espinillo	Satinwood	Si ina' anche'	<i>Zanthoxylum Caribeum Lam</i>	44
Flor amarilla	Yellow Poui	K' an lool	<i>Ophrys Lutea Cav.</i>	44
Flor de agua	Dotleaf Waterlily	Nikte' ja'	<i>Nyphamea Ampla</i>	44
Flor de mayo	Frangipangi Tree	Sak-nikte'	<i>Plumeria Alba L.</i>	45
Flor de zopilote	Baywood	Nikte' ch' oom	<i>Swietenia Macrophylla G. King</i>	45
Flor de la luna	Moonflower	Lool uj	<i>Calonyction Aculeatum</i>	45
Girasol silvestre	Mexican Sunflower	Kantsum	<i>Heliantus Annuus</i>	45
Golondrina	Swallowwort	Xpak' unpak'	<i>Chamaecyse Postrata</i>	45
Gramma	Couch Grass	K' ansu' uk	<i>Agropyron Repen</i>	46

ESPAÑOL	INGLÉS	MAYA	NOMBRE CIENTÍFICO	PÁGINA
Guarumo	Trumpet Tree	K' o'och le'	<i>Cecropia Insignis</i>	46
Guaya	Spanish Lime	Wayum	<i>Melicocca Bijuga</i>	46
Guayabo	Guava	Pichi'	<i>Psidium Guajava</i>	47
Helecho	Aigle Imperial	Bebtun	<i>Pteridium Aquilinum</i>	47
Henequén	Sisal Plant	Sak kij Ya'ax kij	<i>Agave Fourcroydes</i>	47
Hierba de las gallinitas	Guinea Hen Leaf	Pa' ay che'	<i>Petiveria Allicea L.</i>	47
Hierba de vidrio	Sea Purslane	Sakbakalkan- Kuxubcan	<i>Sesuvium Portulacastrum</i>	47
Hierba del duende	Pointed Leaf	jobon te' k'aak'	<i>Euphorbia Heterophylla L.</i>	48
Hierba del toro	Grass Poly Plant	Baken box	<i>Lythrum Hyssopifolia</i>	48
Hierba lechera	Milk Herb	Lecherau xiu	<i>Euphorbia Lancifolia</i>	48
Hierbabuena	Spearmint	Uts xiiw	<i>Mentha Spicata</i>	48
Higuera	Fig Tree	Kopo'	<i>Ficus Carica</i>	48
Higuerilla	Castor Bean	X-k'o'och	<i>Ricinus Communis</i>	49
Hinojo	Fennel	Pool	<i>Foeniculum Vulgare</i>	49
Hisopo	Hyssop	Tsitsab	<i>Hyssopus Officinalis</i>	49
Hombre grande	Quassia	Noj xiib	<i>Picraena Excelsa</i>	50
Huaco	Roday Mountain Bee Plant	Chamuch-ko	<i>Aristolochia Grandiflora</i>	50
Huevo del gato	Solanum family Plant	Put Báalam	<i>Solanum Hirtum Vahl.</i>	50
Huiro	Red Seaweed	Waas	<i>Porphyra Abbotae</i>	50
Jamaica	Jamaica Sorrel/Roselle	Le jamaicao	<i>M. Sabdariffa</i>	51
Jazmin	Jasmine	Utsub	<i>Jasminum Officinale</i>	51
Jicara	Calabash Tree	Luuch	<i>Crescentia Cujete</i>	51
Judía	Kidney Bean	Bulbulak	<i>Phaseolus Vulgaris L.</i>	51

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Laurel	Sweet Bay Laurel	Le laurel'o	<i>Laurus Nobilis L.</i>	52
Lengua de topo	Cabbage Tree	Yaak' baaj	<i>Andira Inermis</i>	52
Lengua de vaca	Curly Dock	Yaak' Ch'úpil Wakax	<i>Rumex Crispus</i>	52
Leumak	Asthma Weed	K'an mukus kok	<i>Euphorbia Hirta L.</i>	53
Likintan	Cat's Hair	Xanab mukuy	<i>Euphorbia Dioica</i>	53
Lima	Wild Lime	Tankas che'	<i>Zanthoxylum Fagara L.</i>	53
Limón	Lemon	Osbeck	<i>Citrus Limonum</i>	53
Lirio	Iris	K'ax	<i>Hymenocalles Americana</i>	53
Llantén	Ribwort Plantain	Llantén	<i>Plantago Major</i>	54
Magüey	Agave	Ki	<i>Agave Americana</i>	54
Malva silvestre	Mallow	Sak-chi' chi' be	<i>Malva Sylvestris</i>	54
Malvavisco	Marshmallow	Chi'chi' be	<i>Althaea Officinalis.</i>	54
Mangle colorado	Red Mangrove	Chak chukte'	<i>Rhizophora Mangle</i>	55
Mangle negro	Black Mangrove	Chuk te'	<i>Avicennia germinans L.</i>	55
Mango	Mango	K'ab	<i>Mangifera Indica</i>	55
Manzanilla de monte	True Chamomile	Puchanchi'	<i>Matricaria Chamomilla</i>	55
Manzanita	Binatang Hambog	Bisil	<i>Malvaviscus Grandiflora</i>	56
Maravilla	Morning Glory	Cha k'ak t'an	<i>Miraviles Jalapa</i>	56
Marihuana	Marihuana	Kuts	<i>Mangifera Indica L.</i>	56
Mastuerzo	Nasturtium	Kaba put Putkan	<i>Lepidium Sativum</i>	56
Menta	Peppermint	Le mentao	<i>Mentha Piperita</i>	57
Moral	Moral	Pixoy	<i>Chlorophora Tinctoria</i>	57
Mosqueta	Glory Bush	Ik'il ja' x'iw	<i>Clerodendron Ligustrinum</i>	57
Muérdago	Mistletoe	X chunup	<i>Lorantus Marginatus</i>	57

ESPAÑOL	INGLÉS	MAYA	NOMBRE CIENTÍFICO	PÁGINA
Musco	Musci	Sóoskil cháak	<i>Bryopsida</i>	57
Nabo	Turnip	Nabanche'	<i>Brassica Napus</i>	57
Náncen	Nance	Chi'	<i>Byrsonima Crassifolia</i>	58
Naranja agria	Bitter Orange	Su'uts'	<i>Citrus Vulgaris</i>	58
Naranjo Dulce	Orange Tree	Pak'áal Ch'ujuk Pak' áal	<i>Citrus Sinensis</i>	58
Ñame	Yam	Boox makal	<i>Kioscorea Alata</i>	58
Opoponax	Aroma	K'ank'ir ix che'	<i>Acacia larnesiana</i>	58
Oregano	Oregano	Jontolok	<i>Origanum Vulgare</i>	59
Ortiga	Nettle	Laal	<i>Urtica Dioica</i>	59
Palo de corcho	Bobwood	Maak	<i>Annona Glabra L.</i>	59
Palo de las ánimas	Yellow Bark	T kan-siik	<i>Jacquinia Aurantiaca Aiton</i>	59
Palo de sangre	Rubber Tree	K'i'ik' che'	<i>Castilla Elástica</i>	60
Palo de vela	Candle Tree	Kaat	<i>Bignoniáceae Parmentiera Spp.</i>	60
Palo mulato	Birchwood	Chakaj	<i>Bursera Simaruba</i>	60
Palo santo	Holly Wood	Kili' ich che'	<i>Bulnesia Sarmientii</i>	60
Paraíso	China-Berry	Ka'an	<i>Melia Azedarach L.</i>	60
Pasionaria	Maypop Passion Flower	Poch k'áak'	<i>Passiflora Incarnata</i>	60
Pata de vaca	Spiny Spider Flower	Sulub Tok	<i>Cleome Spinosa</i>	60
Pensamiento	Pansy	Máanel tuukul	<i>Viola Tricolor</i>	61
Pepino	Cucumber	Kat	<i>Cucumis Sativus</i>	61
Perejil	Parsley	Le perejilo'	<i>Petroselinum Sativum</i>	61
Pimienta de jamaica	Allspice	Ixnabakuk	<i>Pimienta Dioica</i>	61
Pino	White Pine	Taj te'	<i>Pinus Strobus</i>	61
Pitarrilla	Lila Tree	Báalche'	<i>Lonchocarpus Violaceus.</i>	62

ESPAÑOL	INGLÉS	MAYA	NOMBRE CIENTÍFICO	PÁGINA
Pitaya	Night Blooming Cereus	Chak wob	<i>Cereus Undatus Haw.</i>	62
Planta parasita	Hellroot	Áakam	<i>Orobancha Spp.</i>	62
Platanillo	Canna	Chank'ala	<i>Canna Indica</i>	62
Rabo de mico	Scorpions Tail	Nej áak'ab Ma'ax	<i>Heliotropium Angiospermum</i>	63
Ramón	Breadnut	Óox	<i>Brosimum Alicstrum</i>	63
Reina de la noche	Jimson Weed	Ti o' kido	<i>Datura Arborea</i>	63
Roble	Oak Tree	Béek	<i>Quercus Robus</i>	63
Romero	Rosemary	Ox	<i>Rosmarinus Officinalis</i>	64
Roncador	Herpestis Monniera	Nóok' aak'	<i>Bacopa Monniera</i>	64
Rosella	Rosella	Grocella	<i>Phyllanthus Acidus</i>	65
Rubia	Snakeroot	Kanchak che'	<i>Chiococca Alba L. Hitche</i>	65
Ruda	Herb of Grace	Ruda	<i>Ruta Graveolens</i>	65
Salvia	Sage	Chal che'	<i>Salvia Officinails</i>	65
Sándalo	Sandalwood	Le saandalo'	<i>Santalum Album</i>	66
Sandía	Watermelon	Chak bojonja'	<i>Cucurbita Citrullus</i>	66
Sanguinaria	Red Clay	K'antumbub	<i>Polygonum Aviculare</i>	66
Santa María	Jacareuba	Kalche'	<i>Pluchea Odorata</i>	66
Sapo carnoso	Horehound	Muuch-k'uch	<i>Marrubium Vulgare L.</i>	67
Sasafrás	Sassafras	Naban che'	<i>Sasasfras Officinalis</i>	67
Sensitiva	Sensitive Mimosa	X-muu muts'	<i>Mimosa Pudica</i>	67
Tabaco	Tobacco	K'úuts	<i>Nicotiana Tabacum</i>	68
Tamarindo	Tamarind	Le tamarindoo	<i>Tamarindus Indica.</i>	68
Tilo	Linden	Le tiilo'	<i>Tilia Vulgaris</i>	68
Uña de gato	Cat's Claw	Be'eb	<i>Batocydia Unguis</i>	69

ESPAÑOL	INGLÉS	MAYA	NOMBRE CIENTÍFICO	PÁGINA
Uva del mar	Sea Grape	Nix che'	<i>Coccoloba Uvifera L.</i>	69
Verdolaga	Purslane	Kabalchum	<i>Portulaca Oleracea</i>	70
Yerba de la culebra	Majestica	Tuknub kaan	<i>Alstroemeria Aurantiaca</i>	70
Yerba de la virgen	Stink Wood	Chaal che'	<i>Pluchea Odorata</i>	70
Yerba del conejo	Four O'clock	Sak xiiw t'u'ul	<i>Boerhaavia Erecta L.</i>	70
Yerba del estornudo	Cotton Fireweed	Je'etsiim xiiw	<i>Helenium Quadridentatus Labill.</i>	70
Yerba del piojo	Delphinium	Uk' che'	<i>Delphinium Staphisagria</i>	71
Yerba del sapo	Wright's Eryngo	Janal muuch Xiiw muuch	<i>Eryngium Heterophyllum</i>	71
Yerba del venado	Poreleaf	Sisin k' uch Xiiw kéej	<i>Porophyllum Scoparium</i>	71
Yerba dulce	Sweet Cumin	Ch' ujuk xiiw	<i>Pimpinela Anisum L.</i>	72
Yerba mora	Black Night Shade	Bakalkan	<i>Solanum Nigrum</i>	72
Yerba santa	Galium	Kabaljau che'	<i>Geum Urbanum</i>	72
Zacatillo	Macano	Susu' uk	<i>Diphysa Carthagenensis</i>	73
Zapote blanco	White Mamey	Ya'	<i>Casimiroa Tetrameria</i>	73
Zapote negro	Black Mamey	Ta-uch	<i>Calocarpum Mammosum</i>	73
Zarzaparrilla	Sarsaparrilla	Kokej	<i>Herreria Salsaparrilha</i>	73
Závila de monte	Aloe	Junpets' k'iin ki	<i>Aloe Vera L.</i>	74
Zorrillo	Wall barley	X páay che'	<i>Hordeum Murinum L.</i>	74

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Agave	Maguey	Ki	<i>Agave Americana</i>	54
Aigle Imperial	Helecho	Bebtun	<i>Pteridium Aquilinum</i>	47
Air Moss	Clavel del aire	Junpé ests' k' iin	<i>Tillandsia Tricholepis</i>	39
Allspice	Pimienta de jamaica	Ixnabakuk	<i>Pimienta Dioica</i>	61
Almond	Almendro	Kastelan tuk'	<i>Prunus Amygdalus Basch</i>	29
Aloe	Závila de monte	Junpets' k'iin ki	<i>Aloe Vera L.</i>	74
Amaranth	Amaranto	Xtees	<i>Amaranthus Hipochochriacus</i>	29
American Dodder	Convo	K'anle' kay	<i>Cucuta Americana L.</i>	41
Anise	Anis	Le anisoo	<i>Pimpinella Anisum</i>	30
Annatto	Achiote	K'uxub K'uxu' Kiwi'	<i>Bixa Orellana L.</i>	27
Annona	Anona	Op' Op	<i>Annona Muricata</i>	30
Aroma	Opoponax	K'ank'ir ix che'	<i>Acacia Iarnesiana</i>	58
Asthma Weed	Leumak	K'an mukus kok	<i>Euphorbia Hirta L.</i>	53
Avocado	Aguacate	Oon	<i>Persea Americana</i>	27
Balsam Apple	Cundeamor	Yaxkunaj xiiw	<i>Momordica Charantia</i>	42
Bat Leaf Passion Flower	Contrapeste	Xiik koot	<i>Passiflora Coriaceae Juss</i>	41
Baywood	Flor de zopilote	Nikte' ch' oom	<i>Swietenia Macrophylla G. King</i>	45

ENGLISH	SPANISH	MAYA	SCIENTIFIC NAME	PAGE
Belladonna	Belladona	Xts'un yaail	<i>Atropa Belladona</i>	32
Binatang Hambog	Manzanita	Bisil	<i>Malvaviscus Grandiflora</i>	56
Birchwood	Palo mulato	Chakaj	<i>Bursera Simaruba</i>	60
Bitter Orange	Naranja agria	Su'uts' Pak'áal	Citrus Vulgaris	58
Bitter Sweet	Dulcamara	Chuuch	<i>Solanum Dulcamara</i>	43
Black Ironwood	Chum Tok	Chin Tok'	<i>Krugiodendron Ferreum</i>	38
Black Mamey	Zapote negro	Ta-uch	<i>Calocarpum Mammosum</i>	73
Black Mangrove	Mangle negro	Chuk te'	<i>Avicennia germinans L.</i>	55
Black Night Shade	Yerba mora	Bakalkan	<i>Solanum Nigrum L.</i>	72
Black Poison Wood	Chechén	Chéechem	<i>Metopium Brownei</i>	38
Blessed Thistle	Cardosanto	X- k'an lool	<i>Cniaus Benedictus</i>	36
Blíte	Bledo	Xtees puch	<i>Amaranthus Spinosus L.</i>	32
Blitter Blain	Doradilla	Muuch-kok	<i>Waltheria Douradinha</i>	43
Blood Flower	Cancerillo	Analpoolkuuts	<i>Asclepias Curassvica L.</i>	35
Bobwood	Palo de corechó	Maak	<i>Annona Glabra L.</i>	59
Blood Berry	Coral	K'ukax kab	<i>Rivina Humilis L.</i>	41
Bougainvillea	Bugambilia	Le bungabiliao	<i>Bougainvillea Glabra</i>	34
Braziletto	Brasilete	Chakte' kok	<i>Caesalpinia Platyloba Wats.</i>	33
Breadnut	Ramón	Óox	<i>Brosimum Alicstrum</i>	63
Broomstick	Chobenche	Choben che'	<i>Trichilia Arborea</i>	38
Button-Wood	Botoncillo	Kaan che'	<i>Conocarpus Erecta L.</i>	33
Cabbage Tree	Lengua de topo	Yaak' baaj	<i>Andira Inermis</i>	52
Calabash Tree	Jícara	Luuch	<i>Crescentia Cujete</i>	51

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Candle Tree	Palo de vela	Kaat	<i>Bignoniaceae Parmentiera Spp.</i>	60
Canna	Platanillo	Chank'ala	<i>Canna Indica</i>	62
Capulin Cherry	Capulín	Pujan	<i>Prunus Capuli</i>	36
Castor Bean	Higuerilla	X-k'o'och	<i>Ricinus Communis</i>	49
Cat's Claw	Uña de gato	Be'eb	<i>Batocydia Unguis</i>	69
Cat's Hair	Likintan	Xanab mukuy	<i>Euphorbia Dioica</i>	53
Cedar	Cedro	K'u che'	<i>Cedrella Mexicana</i>	37
Celery	Apio	Le apio	<i>Apium Graveolens</i>	30
Chaya	Chaya	Chaay	<i>Cnidoscolus Chayamansa</i>	37
Chayote	Chayote	K'i'x pach K'úum	<i>Sechium Edule</i>	37
China-Berry	Paraiso	Ka'an	<i>Melia Azedarach L.</i>	60
Chives	Cebollina	Kukut Le cebollinau	<i>Allium Schoenoprasu</i>	37
Clove	Clavo	Baajeb	<i>Caryophyllus Aromaticus</i>	40
Comfrey	Consuelda	Kanchak-che'	<i>Symplytum Officinalis</i>	40
Common Sorrel	Acedera	Abal kan Elel	<i>Rumex Crispus</i>	27
Cordage Plant	Bejuco colgante	Chu'uy aak'	<i>Desmoncus Cissampelos</i>	32
Coriander	Cilantro	Culantro	<i>Coriandrum Sattium</i>	38
Corncob Tree	Bacalbo	Bakalche'	<i>Bourreria Pulchra Hill</i>	31
Cotton Fireweed	Yerba del estornudo	Je'etsiim xiiw	<i>Helenium Quadridentatus Labill.</i>	70
Cotton Plant	Algodonero	Ak'te'taman	<i>Gosipyum Herbaceum</i>	28
Couch Grass	Gramma	K'ansu'uk	<i>Agropyron Repen</i>	46
Coyol Palm	Cocoyol	Tuk'	<i>Acromia Mexicana</i>	40
Cucumber	Pepino	Kat	<i>Cucumis Sativus</i>	61

ENGLISH	SPANISH	MAYA	SCIENTIFIC NAME	PAGE
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Damiana	Damiana	Misil kok	<i>Turnera Difusa Wild</i>	42
Dandelion	Diente de león	Koj ti'koj	<i>Taraxacum Officinalis</i>	43
Datura Stramonium	Datura tropical	Chamik	<i>Datura Stramonium L.</i>	42
Delphinium	Yerba del piojo	Uk' che'	<i>Delphinium Staphisagria</i>	71
Dotleaf Waterlily	Flor de agua	Nikte' ja'	<i>Nyphamea Ampla</i>	44
Eggplant	Berenjena	Chobobot	<i>Solanum Melongena</i>	32
Fennel	Hinojo	Pool	<i>Foeniculum Vulgare</i>	49
Fiddlewood	Barrabás	Ya' ax nik	<i>Vitex Gaumeri</i>	32
Fig Tree	Higuera	Kopo'	<i>Ficus Carica</i>	48
Four o'clock	Yerba del conejo	Sak xiiw t'u'ul	<i>Boerhaavia Erecta L.</i>	70
Frangipangi Tree	Flor de mayo	Sak-nikte'	<i>Plumeria Alba L.</i>	45
Galium	Yerba santa	Kabaljau che'	<i>Geum Urbanum</i>	72
Geiger Tree	Ciricote	K'óopte'	<i>Cordia Sebestena L.</i>	39
Giant Airplant	Canal ix chu	Ka'anal- Xchúuj	<i>Tillandsia Fasciculata</i>	35
Glory Bush	Mosqueta	Ik'il ja' x'iw	<i>Clerodendron Ligustrinum</i>	57
Goatweed	Cardo amarillo	K' an lool	<i>Argemone Mexicana L.</i>	36
Goatweed	Claudiosa	Claudiosa xiiw	<i>Capraria Biflora</i>	39
Grass Poly Plant	Hierba del toro	Baken box	<i>Lythrum Hyssopifolia</i>	48
Green Chile	Chile verde	Ya'ax ik	<i>Capsicum Frutescens L.</i>	38
Guava	Guayabo	Pichi'	<i>Psidium Guajava</i>	47
Guinea Hen Leaf	Hierba de las gallinitas	Pa' ay che'	<i>Petiveria Allicea L.</i>	47
Habanero Chile	Chile Habanero	Ik	<i>Capsicum Annuum L.</i>	38

ENGLISH	SPANISH	MAYA	SCIENTIFIC NAME	PAGE
Hellroot	Planta párasita	Áakam	<i>Orobanche Spp.</i>	62
Herb of Grace	Ruda	Ruda	<i>Ruta Graveolens</i>	65
Herpestis Monniera	Roncador	Nóok' aak'	<i>Bacopa Monniera</i>	64
Holly Wood	Palo santo	Kili' ich che'	<i>Bulnesia Sarmientii</i>	60
Horehound	Sapo carnosio	Muuch-k'uch	<i>Marrubium Vulgare L.</i>	67
Horse Chestnut	Cola de caballo	Nej tsiimin	<i>Equisetum Arvense</i>	40
Hyssop	Hísopo	Tsitsab	<i>Hyssopus Officinalis</i>	49
Iguana Tail	Cola de la iguana	Nej tolok	<i>Ithecoctenium Echinatum</i>	40
Indigo	Añil	Ch'ooj	<i>Indigofera Suffruticosa</i>	30
Iris	Lirio	K'ax	<i>Hymenocalles Americana</i>	53
Jacareuba	Santa María	Kalche'	<i>Pluchea Odorata</i>	66
Jamaica Sorrel/Roselle	Jamaica	Le jamaicao	<i>M. Sabdariffa</i>	51
Jasmine	Jazmin	Utsub	<i>Jasminum Officinale</i>	51
Jimson Weed	Reina de la noche	Ti o' kido	<i>Datura Arborea</i>	63
Kapok Tree	Ceiba	Ya'axche'	<i>Ceiba Pentandra</i>	37
Kidney Bean	Judía	Bulbulak	<i>Phaseolus Vulgaris L.</i>	51
Lemon	Limón	Osbeck	<i>Citrus Limonum</i>	53
Lila Tree	Pitarrilla	Báalche'	<i>Lonchocarpus Violaceus.</i>	62
Linden	Tilo	Le tiilo'	<i>Tilia Vulgaris</i>	68
Little Crown	Cinco negritos	Jo'otúul chan Booxo'ob	<i>Lantana Camara</i>	39
Macano	Zacatillo	Susu' uk	<i>Diphysa Carthagenensis</i>	73
Mahogany	Caoba	Ka'wakche' caoba	<i>Swietenia Mahogani</i>	35
Maidenhair	Culantrillo	Til xiíw	<i>Adiantum Capillusveneris</i>	42
Majestica	Yerba de la culebra	Tuknub kaan	<i>Alstroemeria Aurantiaca</i>	70

ENGLISH	SPANISH	MAYA	SCIENTIFIC NAME	PAGE
Mallow	Malva silvestre	Sak-chi'chi' be	<i>Malva Sylvestris</i>	54
Mango	Mango	K'ab	<i>Mangifera Indica</i>	55
Marihuana	Marihuana	Kuts	<i>Mangifera Indica L.</i>	56
Marshmallow	Malvavisco	Chi'chi' be	<i>Althaea Officinalis.</i>	54
Maypop Passion Flower	Pasionaria	Poch k'áak'	<i>Passiflora Incarnata</i>	60
Mexican Sunflower	Girasol silvestre	Kantsum	<i>Heliantus Annuus</i>	45
Milk Herb	Hierba lechera	Lecherau xiu	<i>Euphorbia Lancifolia</i>	48
Mist Flower	Báculo de la vieja	Xolte' x-nuk	<i>Eupatorium Pinetorum</i>	32
Mistletoe	Muérdago	X chunup	<i>Lorantus Marginatus</i>	57
Moonflower	For de la luna	Lool uj	<i>Calonyction Aculeatum</i>	45
Moral	Moral	Pixoy	<i>Chlorophora Tinctoria</i>	57
Morning Glory	Maravilla	Cha k'ak t'an	<i>Miraviles Jalapa</i>	56
Mugwort	Artemisa	Jaway che'	<i>Artemisa Vulgaris L.</i>	31
Musci	Musco	Sóoskil cháak	<i>Bryopsida</i>	57
Nance	Náncen	Chi'	<i>Byrsonima Crassifolia</i>	58
Nasturtium	Mastuerzo	Kaba put Putkan	<i>Lepidium Sativum</i>	56
Nettle	Ortiga	Laal	<i>Urtica Dioica</i>	59
Night Blooming Cereus	Pitaya	Chak wob	<i>Cereus Undatus Haw.</i>	62
Oak Tree	Roble	Béek	<i>Quercus Robus</i>	63
Oneleaf Senna	Cadañera	Tuab x tuab	<i>Cassia Uniflora Mill</i>	34
Orange Tree	Naranjo Dulce	Ch'ujuk Pak'áal	<i>Citrus Sinensis</i>	58
Oregano	Orégano	Jontolok	<i>Origamum Vulgare</i>	59
Pansy	Pensamiento	Máanel tuukul	<i>Viola Tricolor</i>	61

ENGLISH	SPANISH	MAYA	SCIENTIFIC NAME	PAGE
Papain	Bonete	K'umche	<i>Papaya Peptidase L.</i>	33
Parsley	Perejil	Le perejilo'	<i>Petroselinum Sativum</i>	61
Peppermint	Menta	Le mentao	<i>Mentha Piperita</i>	57
Plum Tree	Ciruelo	Abal	<i>Prunus Doméstica</i>	39
Pointed Leaf	Hierba del duende	Jobon te' k'áak'	<i>Euphorbia Heterophylla L.</i>	48
Poppy	Amapola	X- k'uyche'	<i>Papaver Somniferum</i>	29
Poreleaf	Yerba del venado	Sisin k' uch Xiiw kéej	<i>Porophyllum Scoparium</i>	71
Prickly Yellow Ash	Árbol de alacrán	Siina'an che'	<i>Zanthoxylum Floridanum Nutt.</i>	30
Pumpkin	Calabaza	K'úum	<i>Cucúrbita Pepo</i>	35
Purslane	Verdolaga	Kabalchum	<i>Portulaca Oleracea</i>	70
Quassia	Hombre grande	Noj xiib	<i>Picraena Excelsa</i>	50
Red Clay	Sanguinaria	K'antumbub	<i>Polygonum Aviculare</i>	66
Red Mangrove	Mangle colorado	Chak chukte'	<i>Rhizophora Mangle</i>	55
Red Seaweed	Huiro	Waas	<i>Porphyra Abbotae</i>	50
Rescue Grass	Cebadilla	Ta'cho'ol	<i>Bromus Unioloídes</i>	37
Ribwort Plantain	Llanten	Llanten	<i>Plantago Major</i>	54
Roday Mountain Bee Plant	Huaco	Chamuch-ko	<i>Aristolochia Grandiflora</i>	50
Rosella	Rosella	Grocella	<i>Phyllanthus Acidus</i>	65
Rosemary	Romero	Ox	<i>Rosmarinus Officinalis</i>	64
Rubber Tree	Palo de sangre	K'i'ik' che'	<i>Castilla Elástica</i>	60
Saffron	Azafrán	Chac tsots ak'	<i>Crocus Sativa</i>	31
Sage	Salvia	Chal che'	<i>Salvia Officinails</i>	65
Sandalwood	Sándalo	Le saandalo'	<i>Santalum Album</i>	66

ENGLISH	SPANISH	MAYA	SCIENTIFIC NAME	PAGE
Sarsaparrilla	Zarzaparrilla	Kokej	<i>Herreria Salsaparrilha</i>	73
Sassafras	Sasafrás	Naban che'	<i>Sasasfras Officinalis</i>	67
Satinwood	Espinillo	Sí ina' anche'	<i>Zanthoxylum Caribeaum Lam</i>	44
Scarlet Firebush	Coloradillo	K' ana' an	<i>Hamelia Patens Jacq.</i>	40
Scorpions Tail	Rabo de mico	Nej áak'ab Ma'ax	<i>Heliotropium Angiospermum</i>	63
Scorzonera	Escorzonera	Masab-K'uch Yalajelel	<i>Scorzonera Hispanica</i>	44
Sea Grape	Uva del mar	Nix che'	<i>Coccoloba Uvifera L.</i>	69
Sea Purslane	Hierba de vidrio	Sakbakalkan- Kuxubcan	<i>Sesuvium Portulacastrum</i>	47
Sensitive Mimosa	Sensitiva	X-muu muts'	<i>Mimosa Pudica</i>	67
Sensitive Plant	Dormilona	Weenel che'	<i>Mimosa Invisa</i>	43
Shepherd's Purse	Bolsa de pastor	Páawo'ti' Aj kanan Taman	<i>Capsella Bursapastoris</i>	33
Sisal Plant	Henequén	Sak kij Ya'ax kij	<i>Agave Fourcroydes</i>	47
Snake Plant	Camino de culebra	Bej kaan Jaban kaan	<i>Arum Dracunculus</i>	35
Snakeroot	Rubia	Kanchak che'	<i>Chioocca Alba L. Hitche</i>	65
Solanum family Plant	Huevo del gato	Put Báalam	<i>Solanum Hirtum Vahl.</i>	50
Spanish Lime	Guaya	Wayum	<i>Melicocca Bijuga</i>	46
Spearmint	Hierbabuena	Uts xiiw	<i>Mentha Spicata</i>	48
Spiked Alpina	Caña agria	Tek jalal	<i>Costus Spicatus</i>	35
Spiny Spider Flower	Pata de vaca	Sulub Tok	<i>Cleome Spinosa</i>	60

ENGLISH	SPANISH	MAYA	SCIENTIFIC NAME	PAGE
Star-Apple	Caimito	Chi' kéej	<i>Chrysophyllum Cainito</i> L.	34
Stink Wood	Yerba de la virgen	Chaal che'	<i>Pluchea Odorata</i>	70
Swallowwort	Golondrina	Xpak'unpak'	<i>Chamaecyse Postrata</i>	45
Sweet Basil	Albahaca	X-kakaltun Ix kakaltok	<i>Ocimum Bascilucum</i>	28
Sweet Bay Laurel	Laurel	Le laurel'o	<i>Laurus Nobilis L.</i>	52
Sweet Cumin	Yerba dulce	Ch'ujuk xírw	<i>Pimpinela Anisum L.</i>	72
Tamarind	Tamarindo	Le tamarindoo	<i>Tamarindus Indica.</i>	68
Thistle	Abrojo	Cha'm x-nuk	<i>Opuntia Tunicata</i>	27
Tobacco	Tabaco	K'úuts	<i>Nicotiana Tabacum</i>	68
True Chamomile	Manzanilla de monte	Puchanchi'	<i>Matricaria Chamomilla</i>	57
Trumpet Tree	Guarumo	K' o'och le'	<i>Cecropia Insignis</i>	46
Turnip	Nabo	Nabanche'	<i>Brassica Napus</i>	58
Wall barley	Zorrillo	X páay che'	<i>Hordeum Murinum L.</i>	74
Wandering Jew	Cucaracha	K'ab kuum	<i>Zebrina Pendula</i>	41
Watercress	Berros	Sac x tees	<i>Nasturtium Officinale</i>	32
Watermelon	Sandía	Chak bojonja'	<i>Cucurbita Citrullus</i>	66
White Mamey	Zapote blanco	Ya'	<i>Casimiroa Tetrameria</i>	73
White Pine	Pino	Taj te'	<i>Pinus Strobus</i>	61
Wild Indigo	Azul de mata	Ch'ooj che'	<i>Baptista Tictoria</i>	31
Wild Lime	Lima	Tankas che'	<i>Zanthoxylum Fagara L.</i>	53
Wild Physic Nut	Copo cordial	Pomol che'	<i>JatrophaGossypioliai</i>	41
Wormseed	Epazote	Le pazoteo	<i>Chenopodium Ambrosoides</i>	44
Wormwood	Ajenjo	Sisim	<i>Artemisia Absinthium</i>	28

ENGLISH	SPANISH	MAYA	SCIENTIFIC NAME	PAGE
Wright's Eryngo	Yerba del sapo	Janal muuch Xfiw muuch	<i>Eryngium Heterophyllum</i>	71
Yam	Ñame	Boox makal	<i>Kioscorea Alata</i>	58
Yellow Bark	Palo de las ánimas	T kan-siik	<i>Jacquinia Aurantiaca</i> <i>Aiton</i>	59
Yellow Poui	Flor amarilla	K'an lool	<i>Ophrys Lutea Cav.</i>	44
Yelow Poplar	Alamo	Kopo'	<i>Liriodendron Tulifera</i>	28

NOTES

Translation of the Notes into English by Karla A. Pech Razo

¹ "Enciclopedia Encarta" (2000).

² Sylvanus G. Morley, *La civilización Maya* (México, D.F.: Fondo de cultura económica, 1987), p. 54.

³ *Ibid.*, p. 165.

⁴ *Ibid.*, p. 172.

⁵ *Ibid.*

⁶ *Ibid.*

⁷ *Ibid.*, p. 173.

⁸ *Ibid.*

⁹ *Ibid.*, p. 175.

¹⁰ "El arte curativo de los mayas y los primeros médicos de la península" (2002); accessed on-line (08-X-03); available at <http://www.revistamedica.U8m.com/histomed 116.htm>

¹¹ *Ibid.*

¹² *Ibid.*

¹³ *Ibid.*

¹⁴ *Ibid.*

¹⁵ *Ibid.*

¹⁷ *Ibid.*

¹⁸ “Identidad y cultura Maya” (2002); accessed on-line (08-X-03); available at <http://www.uady.mx/sitios/mayas/investigaciones/sociolin/situacion.html>

¹⁹ Ibid.

²⁰ Ibid.

²¹ Ibid.

²² Webster’s revised Unabridged Dictionary, © 1996, 1998 MICRA, Inc.

²³ “Qhé tipos de entrevistas existen” (20002-2003). Accessed on-line (1-III-04). Available at <http://www.gestiopolis.com/recursos/experto/catsex/pagans/rh/46/tipoenentrevista.htm>

²⁴ Vázquez Ayora Gerardo, *Intrducción a la traductología: Curso básico de la traducción* (United Status of America: Georgetown University, Press, 1977), p. 265.

²⁵ Ibid., p. 251.

²⁶ Ibid., p. 257.

²⁷ Ibid., p. 265.

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