

El Paso / UT Austin
Cooperative Pharmacy Program

**Plants Employed by Mexican Traditional Medicine (MTM) For
the Treatment of Asthmatic Conditions**

Armando González Stuart, Ph.D.

Common name	Scientific name	Plant Family	Part Used	Therapeutic Use
Balsamo del Peru	<i>Myroxylon balsamum</i>	Fabaceae	FT, B	O, T
Chiguisa	<i>Pseudobombax ellipticum</i>	Bombacaceae	FW	T
Chilpanxochitl*	<i>Lobelia laxiflora</i>	Lobeliaceae	R	T
Cholla	<i>Opuntia imbricata</i>	Cactaceae	S	T
Cuatecomate	<i>Crescentia alata</i>	Bignoniaceae	FT	T
Eucalipto	<i>Eucalyptus globulus</i>	Myrtaceae	L	I, T
Gordolobo	<i>Gnaphalium spp.</i>	Asteraceae	FW	T
Guarumbo	<i>Cecropia obtusifolia</i>	Moraceae	L	T
Hoja santa	<i>Piper sanctum</i>	Piperaceae	L	T
Jazmin Amarillo*	<i>Gelsemium sempervirens</i>	Loganiaceae	R	?
Ma Huang	<i>Ephedra sinensis</i>	Gnetaceae	S	T
Marrubio	<i>Marrubium vulgare</i>	Lamiaceae	S	T
Palo Fierro	<i>Olneya tesota</i>	Leguminosae	L	T
Papaya	<i>Carica papaya</i>	Caricaceae	L	TP
Pirul	<i>Schinus molle</i>	Anacardiaceae	L, FT, RS	T,O
Tabaco - cimarron	<i>Nicotiana glauca</i>	Solanaceae	L	SM
Tepopote	<i>Ephedra trifurca</i>	Ephedraceae	S	T
Toloache*	<i>Datura stramonium</i>	Solanaceae	L	SM

Tomate de Culebra	<i>Nicandra physaloides</i>	Solanaceae	L	SM
-------------------	-----------------------------	------------	---	----

Version 020416

Key: Plant Parts: B = bark; L = leaves; FT = fruit; FW = flower; R = root; RS = resin; S = stems

Method of use: I = inhalation; SM = smoked; T = tea; O = ointment; TP = topical application

* = Toxic

Bibliography

Aguilar, A. (2001). Plantas Medicinales, Guías México Desconocido. México DF

Aguilar, A. (1994). Herbario Medicinal del Instituto Mexicano Del Seguro Social. IMSS. México DF

Gonzalez-Stuart, A. (2002) Fitoterapia: El Empleo Racional de las Plantas Medicinales (Unpublished manuscript) UT Austin / El Paso Cooperative Pharmacy Program. El Paso, Texas

Martínez, M. (1989). Plantas Medicinales de México. Editorial Botas, México, D.F.