

TABLE OF CONTENTS

Preface to the First Edition	7
Editor's Comments	8
Glossary of Acronyms	9
Contributors	10
1 INTRODUCTION	11
1.1 History of Ethnobotany	11
1.2 Phytotherapy – Defining the Discipline	13
2 METHODS OF ETHNOBOTANICAL RESEARCH	16
3 EUROPEAN PLANTS	19
3.1 Introduction to Medicinal Plants of Europe	19
3.2 Medicinal Plants of Central Europe	23
3.3 Medicinal Qualities of Garlic	42
4 AMERICAN PLANTS	48
4.1 PLANTS OF SOUTH AMERICA	48
4.1.1 Traditional Indigenous Medicine of the Peruvian Amazon and its Potential for Psychological Treatment and Personal Growth	48
4.1.2 Medicinal Plants in the Tropical Andean Region. Quinoa (<i>Chenopodium quinoa</i> Willd.) and Coca (<i>Erythroxylum</i> sp.), Millenary Treasures for Medicinal Treatment	58
4.1.3 Red and Black. Medicinal Properties of Two Major Amazonian Colorants in Peruvian Folk Medicine	68
4.1.4 Ethnobotany of the Shipibo-Konibo	78
4.1.5 Use of Medicinal Plants by Colombian Indigenous Communities Case Study: Pastos Indigenous Community and the Páramo Vegetation in La Ortiga – Resguardo del Gran Cumbal (Nariño)	108
4.1.6 Ethnoecology as a Tool for the Memory Construction, Integrity of Knowledge and Local Sustainable Development in the Vaupés Department (Colombia), Northeast of the Colombian Amazon	126
4.2 PLANTS OF CENTRAL AMERICA	133
4.2.1 A Short Essay on Ethnobotany in Mexico and Central America	133
4.2.2 Sacred Journey into the Presence of God. Ritual Use of Sacred Mushrooms among the Mazatecs of Oaxaca, Mexico	142
4.3 PLANTS OF NORTH AMERICA	151
4.3.1 Sacred Plants of Native North America	151
5 AFRICAN PLANTS	161
5.1 Southern Africa: The Forgotten Cradle of Psychoactive Healing Plants	161
5.2 The Intersection of Culture and Science in South African Traditional Medicine	166

6 ASIAN PLANTS	179
6.1 Herbs of the Traditional Chinese Medicine	179
7 SUMMARY: PROFESSIONAL PROFILES AND FUTURE RESEARCH PERSPECTIVES.....	185
List of Figures	190
List of Tables	191