

Table 1. Botanical and conservation statuses of Peruvian aromatic medicinal plants and their use in traditional medicine

Common name	Latin name	Family	Plant part used in medicine	Uses	Application	*Location	**Conservation status
Ajos Sacha; Wild garlic	<i>Mansoa alliacea</i>	Bignoniaceae	Leaves; Bark; Root	Arthritis; Stomach; Antiseptic; Antibacterial	Inhalation	C;N	NS
Albhaca	<i>Ocimum micranthum</i>	Lamiaceae	Leaves	<i>Limpia</i> ; Infection	***Aromatic bath	C;N	NS
Amorfin	Unknown	Unknown	Flowers; Leaves	Sedative;	Aromatic bath	C	NS
Andean bog myrtle	<i>Myrteola nummularia</i>	Myrtaceae	Leaves; Flowers	Skin problems; Sedative	Inhalation; Topical; Oral	S	NS
Candelilla	<i>Euphorbia antisyphilitica</i>	Euphorbiaceae	Flowers; Leaves	<i>Limpia</i>	Aromatic bath	N	NS
Canela moena	<i>Ocotea pauciflora</i>	Lauraceae	Bark	Antibacterial; <i>Limpia</i>	Inhalation; Topical	N	NS
Canela sachá	<i>Cinnamomum verum</i>	Lauraceae	Bark	Antibacterial; <i>Limpia</i>	Incense; Inhalation	N	NS
Capirona	<i>Capirona decorticans</i>	Rubiaceae	Bark	Scar; Wounds; Coagulant	Topical	C;N	NS
Carahuasca	<i>Guatteria elata</i>	Annonaceae	Bark	Gout	Topical	N	NS
Cariño	Unknown	Unknown	Leaves	<i>Pusanga</i>	Aromatic bath; Perfume	N	NS
Cat's claw	<i>Unicaria tomentosa</i>	Rubiaceae	Stem	Inflammation; Digestion	Topical	N	NS
Chiric sanango	<i>Brunfelsia grandiflora</i>	Solanaceae	Flowers; Roots	Fever; Arthritis	Oral; Topical	C;N	NS
Copal	<i>Pratium copal</i>	Burseraceae	Resin	Antibacterial	Inhalation; Incense; Topical; Oral	N	NS
Eucalyptus	<i>Eucalyptus globulus</i>	Myrtaceae	Leaves	Respiratory problems; <i>Limpia</i> ; Rheumatism	Aromatic bath; Inhalation; Incense	S	NS
Flora de Mista	Unknown	Unknown	Flowers	Protection; Cleansing energy	Aromatic bath	N	UK
Follow me Follow me	Unknown	Unknown	Leaves	<i>Pusanga</i>	Aromatic bath; Perfume	N	UK
Ginger	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome	Digestion	Oral	N	NS
Guayaba	<i>Psidium guajava</i>	Myrtaceae	Leaves	Diarrhea	Oral	C	NS
Hierba luisa	<i>Alaysia citrodora</i>	Verbenaceae	Leaves	<i>Limpia</i> ; Mental well-being	Aromatic bath	C	NS
Huamanripa	<i>Senecio tephrosioides</i>	Asteraceae	Whole plant	Stomach ache	Inhalation, Ingestion	S	NS
Iman	Unknown	Unknown	Leaves	<i>Pusanga</i>	Aromatic bath; Perfume	N	UK
Inkaiko; Marosa	Unknown	Unknown	Whole plant	Inflammation	Aromatic bath; inhalation	C	UK
Ishanga	<i>Urera baccifera</i>	Urticaceae	Leaves; Stems	Arthritis	Aromatic bath	C	NS
Key lime	<i>Citrus x aurantifolia</i>	Rutaceae	Rind	Headache; Cardiovascular	Topical	C	NS
La malba	<i>Citrus maxima</i>	Rutaceae	Rind	Headache	Topical	C	NS
Lemongrass	<i>Cymbopogon citratus</i>	Poaceae	Leaves	Digestion	Oral	C;N	NS
Lengua de perro	<i>Cynoglossum officinale</i>	Boraginaceae	Leaves	<i>Limpia</i>	Aromatic bath	N	NS
Lobo sanango	<i>Tabernaemontana sananho</i>	Apocynaceae	Leaves, Bark, Resin	Inflammation; Infection	Wounds Oral	N	NS
Machimango	<i>Eschweilera juruensis</i>	Lecythidaceae	Wood	Antibacterial	Inhalation; Incense; Topical; Oral	N	NS
Malva	<i>Malachra alceifolia</i>	Malvaceae	Leaves; Flowers	Abcess; Diuretic; Stimulant	Topical; Oral	C	NS
Manzanilla	<i>Matricaria retutica</i>	Asteraceae	Flowers	Digestion; Sedative	Aromatic bath; Oral	N	NS
Mapacho	<i>Nicotiana rustica</i>	Solanaceae	Leaves	<i>Limpia</i> ; Clear negative energy	Inhalation, Ingestion	C;N;S	NS
Margarita	<i>Freesia sp.</i>	Iridaceae	Flowers	<i>Limpia</i>	Aromatic bath	N	NS
Moena; Muena	<i>Ocotea aciphylla</i>	Lauraceae	Wood	Arthritis; Antibacterial	Topical; Inhalation	N	LR
Molle	<i>Schinus molle</i>	Anacardiaceae	Leaves	Arthritis; Antibacterial	Topical	S	NS
Motelillo	<i>Kalanchoe pinnata</i>	Crassulaceae	Leaves; Tuber	<i>Pusanga</i>	Aromatic bath; Inhalation; Perfume	N	NS
Mucura	<i>Petiveria alliacea</i>	Phytolaccaceae	Leaves	Analgesic; <i>Limpia</i> ; Antibacterial	Aromatic bath	C	NS
Muña	<i>Minthostachys mollis</i>	Lamiaceae	Leaves	Insect bites; Bad wind;	Aromatic bath; Inhalation; topical; oral	S	NS
Niwa	<i>Cortaderia rudijscula</i>	Poaceae	Leaves	Migraine	Inhalation	C	NS
Opejito	Unknown	Unknown	Root	<i>Plantas con madre</i>	Oral; Inhalation; Perfume	N	UK
Paico	<i>Dysphania ambrosioides</i>	Amaranthaceae	Aerial parts of plant	<i>Limpia</i>	Aromatic bath	C;N	NS
Palo santo (black)	<i>Bursera graveolens</i>	Burseraceae	Wood	<i>Limpia</i>	Incense; Inhalation; Oral; Topical	S;N	CE
Palo santo (purple)	<i>Bursera graveolens</i>	Burseraceae	Leaves	Sedative	Inhalation; Topical; Oral	S	CE
Palo santo (white)	<i>Bursera graveolens</i>	Burseraceae	Flowers	Uplifting	Inhalation; Topical; Oral	S	CE
Pichurim bean	<i>Aniba puchury-minor</i>	Lauraceae	Bark; Leaves; Wood	Fever; Rheumatism	Inhalation; Topical	N	NS
Piñon blanco	<i>Jatropha curcas</i>	Euphorbiaceae	Leaves	Sedative; Aphrodisiac	Inhalation; Topical	C	NS
Piñon negro	<i>Jatropha gossypifolia</i>	Euphorbiaceae	Leaves	Uplifting	Inhalation; Topical	C	NS
Piri Piri	<i>Cyperus articulatus</i>	Cyperaceae	Root	Love and family	Aromatic bath	C	LC
Rose	<i>Rosa spp.</i>	Rosaceae	Flowers	Heart conditions; <i>Limpia</i>	Aromatic bath; Perfume; Oral	C;N;S	NS
Rosemary	<i>Rosmarinus officinalis</i>	Lamiaceae	Leaves	<i>Limpia</i> ; Bloating	Incense; Oral	N	NS
Rosewood	<i>Aniba rosodora</i>	Lauraceae	Wood	Antidepressant; Aphrodisiac; Headache	Inhalation; Topical	N	EN
Ruda	<i>Ruta graveolens</i>	Rutaceae	Leaves	Cold; Headache; Sedative	Aromatic bath; Oral	C	NS

Sangapilla	<i>Chamaedorea fragrans</i>	Arecaceae	Flowers	Stomach; Body pain; Spiritual connection	Aromatic bath; Incense	N	NS
Sangre de grado	<i>Croton</i> sp.	Euphorbiaceae	Resin	Infection; <i>Limpia</i>	Inhalation; Topical	C	NS
Sharamasho	<i>Ocimum campechianum</i>	Lamiaceae	Leaves	<i>Limpia</i>	Inhalation	C	NS
Sisa rosa	<i>Togetes erecta</i>	Asteraceae	Flowers	<i>Limpia</i> ; Antibacterial; Headache; Fever	Aromatic bath; ⁴ Oral	C	NS
Spanish cedar	<i>Cedrela odorata</i>	Meliaceae	Bark	Wounds; Malaria	Topical; Oral	N	VU
Tamamuri	<i>Brosimum acutifolium</i>	Moraceae	Bark	<i>Limpia</i>	Aromatic bath	C	NS
Vira Vira	<i>Culcitium canescens</i>	Asteraceae	Leaves	<i>Limpia</i>	Aromatic bath	C	NS
Wankawi sacha	<i>Aristolochia leuoneura</i>	Aristolochiaceae	Leaves	<i>Limpia</i> ; Mental well-being	Aromatic bath; Inhalation	N	NS
White cedar	<i>Cedrela fissilis</i>	Meliaceae	Wood	Antibacterial; Strengthening	Inhalation; Incense	N	EN
Wild oregano	<i>Origanum</i> sp.	Lamiaceae	Leaves	Stomachache; Flu	Oral; Inhalation; Perfume	N	NS
Yerba buena	<i>Mentha</i> sp.	Lamiaceae	Leaves	Digestion; Anxiety	Aromatic bath; inhalation	C	UK

Note that some of these species may in fact be endangered in other countries due to being overharvested for medicinal use. Unless noted otherwise, this table provides data only obtained within the confounds of this study.

⁴Location: C = central, N = northern, and S = southern

** Conservation status: NS = No Status; UK = Unknown; LC = Least Concern; VU = Vulnerable; EN = Endangered; CE = Critically Endangered

***Aromatic bath is a combination of topical and inhalation applications.

¹ Jernigan (2012)

² Bussmann et al, 2010

³ Monigatti et al, 2013

⁴ Sanz-Biset et al, 2009