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Canarian folk medicine

Local herbs that may be used for medicinal purposes

Diego de la Fuente Silva

Arianna Forti

Eva García Alonso

Sara Morales Vélez

María Comfort Romero Obazee

Nguyet Nhi Trinh Hoang

IES Pérez Galdós - Las Palmas de Gran Canaria (Spain)

Vinagrera (*Rumex lunaria*)

This species grows in arid zones, specially in volcanic and rocky lands. In the Canary Islands it is also known as ***calcosa*** or ***vinagrera***.

In Canarian folk medicine it has been used for:

- Airway decongestion
- As a diuretic
- Mild laxative
- In skin problems such as psoriasis



Acebucho (Olea Cerasiformis)

This plant grows mainly in Gran Canaria and can live up to 800 years.

Canarian folk medicine appreciates the infusion of the leaves of this plant for its properties to:

- Treat hypertension
- Lower fever
- Promote diuresis

Furthermore, the crushed leaves have been used to heal throat inflammation.

Olea cerasiformis oil is recommended in case of constipation and it has a softening effect on the skin.





Cardón (*Euphorbia canariensis*)

In the Canary Islands there are 40 species of *Euphorbia* and its common name is Cardón, a natural symbol of the island of Gran Canaria. It is an endemic Canarian species and can live for more than one hundred years.

The plant is valued for its flowers, used as pasture for goats and valued by the beekeeping sector.

It is traditionally used for its healing properties for:

- The digestive system
- Respiratory system
- The skin
- Tumors

Aloe Vera (*Aloe Canariensis*)



Canary Islands stand out for being the first producer of aloe vera in Europe for exploitation by the cosmetic industry. In this region aloe, also known as acíbar, grows naturally. Its properties were already known by the Canarian indigenous people.

Thanks to its concentration of vitamins, mineral salts and sugars, it is a plant with interesting health benefits:

- It regenerates and protects the skin (burns, acne, insect bites, dermatitis)
- It is an antiallergic
- For the digestive system
- It is anti-inflammatory

Drago (*Dracaena draco*)

This plant is the plant symbol of the island of Tenerife. The name comes from the Greek "drakaina", female of the dragon tree. This is due to the red color of its sap, rich in active principles such as flavonoids and saponins.

Thanks to its active compounds, the dragon tree has antioxidant and regenerative properties for the skin and tissues. It is also used as:

- Anti-inflammatory
- Healing
- Anti-fungal and antibacterial
- Antiallergic
- Anticancer



Mocán (*Visnea mocanera*)

The leaves and fruits of *Mocán* are used due to their nutritive properties and their healing and anti-inflammatory effects.

Its active ingredients include antioxidants and, according to pharmacological studies, it has anti-inflammatory and hemostatic properties and it is a cicatrization stimulant.





Nauta (*Calamintha nepeta* *ssp nepeta*)

Some call it the woman grass, because, according to popular experiences, it can alleviate the discomfort caused by menstrual cramps.

In addition, it has been classified as a stimulant, antispasmodic, antidepressant and as a remedy for stomach pain.