

Contents

1	Ethnoecology and Medicinal Plants of the Highland Maya:	
	An Introduction.	1
1.1	<i>Generalized Versus Specialized Knowledge</i>	4
1.2	Why Study the Ethnoecology of Medicinal Plants?	5
1.3	Prior Informed Consent Procedures.	5
1.4	Organization of the Book.	7
	References.	8
2	Environmental Context of the Highland Maya	11
2.1	A Note About Sources of Data and Their Accuracy	11
2.2	Biocultural Diversity in the State of Chiapas.	13
2.3	Highlands and the Municipality of Tenejapa.	16
	2.3.1 Population and Sociopolitical Organization	17
	2.3.2 Economy	22
	2.3.3 Ecology	23
2.4	Research Communities in Tenejapa.	25
	2.4.1 Cold Country (<i>Sikil K'in al</i>) Communities.	26
	2.4.2 Temperate Country (<i>Sikil Htebuk</i> <i>K'in al/K'ixin Htebuk K'in al</i>) Communities.	27
	2.4.3 Hot Country (<i>K'ixin K'in al</i>) Communities	28
	References.	30
3	Medicinal Plants and Preferred Habitats	33
3.1	Use Recall Interviews	35
3.2	Procurement and Use of Medicinal Plants.	37
	3.2.1 Parts of Plants Utilized.	37
	3.2.2 Medicinal Plants and Life Forms.	40
	3.2.3 Reported Strength of Medicinal Plants	41
	3.2.4 Medicinal Plants and Soil Types	41
	3.2.5 Reported Abundance of Medicinal Plants	41
	3.2.6 Seasonality and Time of Collection.	42
	3.2.7 Time Allocation	42

3.2.8	Medicinal Plant Habitats	43
3.2.9	Procurement of Medicinal Plants	49
3.2.10	Weeds and the Medicinal Flora	51
3.2.11	Plant Families of the Tenejapa Tzeltal Medicinal Flora	52
3.3	Reported Distribution of Medicinal Plants	54
	References	56
4	The Most Important Medicinal Plants of the Highland Maya	59
4.1	Format of Entries	59
4.2	<i>Verbena litoralis</i> Kunth	60
4.2.1	Ecology, Botany, Folk Classification and Nomenclature	60
4.2.2	Medical Ethnobotany and Ethnopharmacology	61
4.3	<i>Salvia lavanduloides</i> Kunth	63
4.3.1	Ecology, Botany, Folk Classification and Nomenclature	63
4.3.2	Medical Ethnobotany and Ethnopharmacology	66
4.4	<i>Baccharis confertoides</i> G.L. Nesom	67
4.4.1	Ecology, Botany, Folk Classification and Nomenclature	67
4.4.2	Medical Ethnobotany and Ethnopharmacology	68
4.5	<i>Tithonia diversifolia</i> (Hemsl.) a. Gray	71
4.5.1	Ecology, Botany, Folk Classification and Nomenclature	71
4.5.2	Medical Ethnobotany and Ethnopharmacology	71
4.6	<i>Foeniculum vulgare</i> L.	74
4.6.1	Ecology, Botany, Folk Classification and Nomenclature	74
4.6.2	Medical Ethnobotany and Ethnopharmacology	76
	References	77
5	But What About the Forest? Mature Forests and Highland Maya Medicinal Plants	79
5.1	Medicinal Plants and Mature Forest: The Tzeltal Maya Case	83
5.2	Methodology	86
5.3	Findings	86
5.4	Discussion	90
	References	91
6	Medicinal Plants, Human Ecology and Biochemical Ecology	93
6.1	Human Ecology and Medicinal Plants	93
6.2	Biochemical Ecology and Medicinal Plants	95

6.2.1	Apparency Theory	96
6.2.2	Resource Availability Theory.....	97
	References.....	98
7	Medicinal Plant Ethnoecology and Climate Change: Implications for Conservation, Health and the Environment	101
7.1	Social and Environmental Change.....	102
7.2	Implications for Conservation	104
7.3	Concluding Remarks	106
	References.....	107
	Index	109