

The Healers Project

Decolonizing Knowledge Within Afro-Indigenous Traditions

Clip of Interview Chiquita and Héctor Luis, The Moon and Planting (Translation)

Recorded by Dr. Ana-Maurine Lara and Dr. Aláí Reyes-Santos

00:00:01

At that time, the towns that existed in the center of the island were Comerío, Cayey, Aibonito, and up there, Barranquitas, so the route was from Barranquitas,

00:00:15

Comerío, Aibonito -- Cidra was Cayey's neighborhood because the territories were divided. Ceiba fell into Comerío,

00:00:30

so that's why we belong to the town of Comerío, and the others were already a part of Aibonito and Cayey, and Guayama, and that was the region

00:00:45

where there was the route where they moved fruit from as well as sugarcane, coffee, because there was a train that crossed to Ponce, so -- I feel that the last town that was founded was Cidra,

00:01:00

the mountains because they were neighborhoods that belonged to a family,

00:01:15

the owners were Galician, and for example, Doña Manuela, owned almost all of Cidra, Ceiba, Río Abajo.

00:01:30

all of that belonged to -- it was divided between Comerío, Ceiba and the other closest part was Aibonito. Well, Irmay. First of all,

00:01:45

good evening, God bless you, I love you, and I'll tell you about plants. One of the plants I remember mami used the most was rue. Mami used rue

00:02:00

in baths whenever we had a fever. She would heat up water, put rue in it, and then mami would prepare those baths, and put us in there with rue and alcohol.

00:02:15

She would use it rue also whenever we had smallpox, to kill smallpox, right? For measles, so she would prepare a bath

00:02:30

and then she'd put alcohol or she'd get pitorro blanco, and mami used to rub it all over our body to burn the smallpox, it was

00:02:45

a way to heal it, and then we would heal. I did it when I got shingles. I was told to rub

00:03:00

pitorro all over the affected area with shingles (that looks like blisters due to smallpox), and to rub it with rue,

00:03:15

so I did -- I remember my grandmother was the one who said that you'd kill shingles with rue and alcohol, and I can tell that it works because I

00:03:30

did it, and it killed the shingles. The other plant that she used a lot was spearmint. Mami used it with milk when we had an upset stomach. It is like

00:03:45

a relaxant and helps to relieve discomfort. Pennyroyal is another plant that mami also used for the stomach, as well as

00:04:00

leaves from the orange tree, well, if I told you, this is a long list of plants. Mami always used orange tree leaves to make them into teas because it's very relaxing as well as guanabana.

00:04:15

Guanabana leaves, the cojoyo, were also used for an upset stomach. I remember Doña Encilia making

00:04:30

santiguos (ph) with plant oils. She mixed plants and gave us santiguos to -- in case the person was indigested. I think

00:04:45

you were a baby girl with episodes where the milk would end up stuck in your stomach, and thanks to the santiguos that Doña Encilia gave you, you were cured --

00:05:00

the person uses oil, crosses herself, prays a saintly prayer, and I saw that, I saw this -- I know that it was done with you, with Hectito too.

00:05:15

I went there and took him to her, she did it to straighten fingers. When a finger was fractured, she'd rubbed the finger, the tendon,

00:05:30

she'd rub it over and over until she'd put the finger, the bone, the tendon, the tissue back on its place. Well, I can tell you

00:05:45

that the list is long. I don't know if everything I've mentioned can help you, but I used medicinal plants

00:06:00

like limoncillo and ginger for the stomach, and I'm using them,

00:06:15

so I hope this can help you with whatever you're doing or writing. I'll use this minute to tell you about Rue. Rue is

00:06:30

a medicinal plant for baths and also for when we get a fever (mom used it for this), and rue is very helpful with

00:06:45

shingles and chicken pox, and it's used because it's one of the most medicinal plants we have,

00:07:00

that we must have in our gardens, in our backyards. The other one would be peppermint. I think you might know peppermint. It's

00:07:15

a medicinal plant used in teas. It helps as well with upset stomach, pain, diarrhea, and grandmothers,

00:07:30

my mom used to make teas with this at night, and you could put peppermint in milk. I have and it

00:07:45

really helps with -- it relaxes you, it's an incentive. And regarding other plants I use as well, I use ginger because it's really good

00:08:00

for bone pain, and for an upset stomach, and has many healing properties

00:08:15

as well as lemongrass. Lemongrass is a plant, it's like a weed, tastes like lime and it's as aromatic as rosemary is.

00:08:30

You can use it in baths, you can drink it, you can smell it, you can put it in a room

00:08:45

because these are calming plants, and that's what

00:09:00

I can tell you about the plants that I use and help me. Okay, I hope this video helps you. Bye, and may God bless you.

[END]

You can find this healer interview and others on the [Caribbean Women Healers Website](#).

IN COPYRIGHT - EDUCATIONAL USE PERMITTED

This item is protected by copyright and/or related rights. You are free to use this Item in any way that is permitted by the copyright and related rights legislation that applies to your use. In addition, no permission is required from the rights-holder(s) for educational uses. For other uses, you need to obtain permission from the rights-holder(s). [Contact the Caribbean Healers Project through e-mail for additional use.](#)