

Zempazúchil(see *Cempasúchil*)**Zoapatle**Botanical Name: *Montanoa tomentosa*Nahuatl: *Cihuapatli*

This herb has been used since the time of the Aztecs and for untold eons before as an aid in childbirth. *Zoapatle* is a relative of the sunflower, a tropical shrub with triangular leaves and clusters of small white, daisylike flower heads. It is a wild herb, native to Mexico, and it is also cultivated in kitchen gardens.

The plant has been studied both in the United States and in Mexico for its possible usefulness in modern medicine. A tea of the leaves apparently induces uterine contractions and dilation of the cervix. Because women used the tea to prevent pregnancy, the plant has also been studied as a potential oral contraceptive. In addition to its use by midwives, the infusion is sometimes taken for menstrual pain and excessive menstrual bleeding, but it can be a dangerous herb if used incorrectly. In Mexico, where *zoapatle* is used to induce abortion, its sale has been banned by the Secretary of Health.

Part Used: Leaf

Property: Increases the intensity of contractions during childbirth

Used to Treat: Women in childbirth

Can be toxic.