

NERVIOS: THE CAUSES, SIDE EFFECTS, AND REMEDIES IN MEXICAN TRADITIONAL

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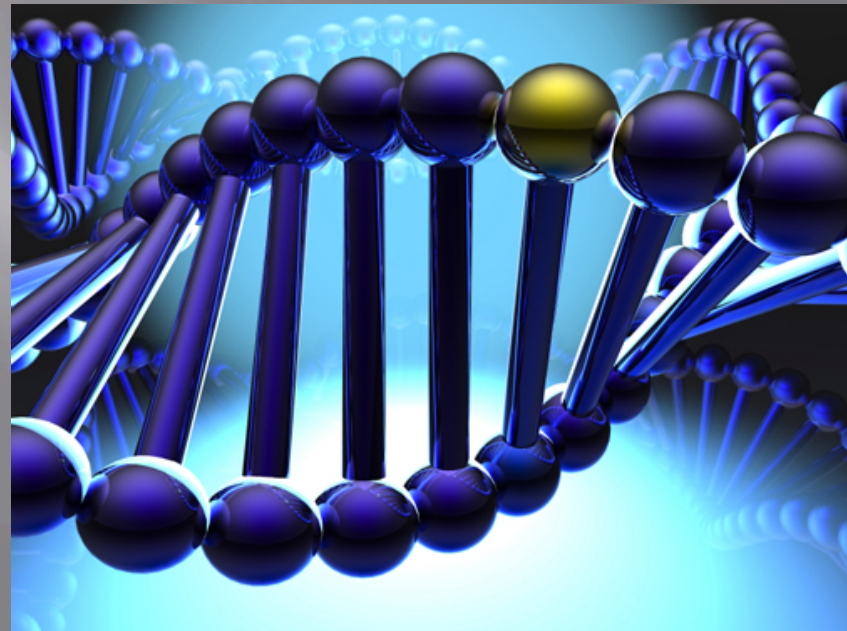
Nervios

- ▣ Nervios can be described as a specific category of mental disorder, and is also a stress-induced signal of psychosocial distress. (Hill, Cottrell 1986)
- ▣ affects both the mental and physical parts of the brain and the nerves.
- ▣ the trembling of the hands and body, nervousness, being jumpy, disliking noise, worrying a lot, feeling the need to cry a lot. (Hill, Cottrell 1986)



Causes of Nervios

- the emotional aspects of life are out of place, people suffering from it become excitable, sometimes hyperactive, tense, and increasingly impulsive. (Hill, Cottrell, 1986)
- Nervios comes about, largely in part of someone's heredity or their general weakness. The parents and the grandparents are thought to pass down their nerves through generations .
- Main Idea :the cause of nerves is biological or genetic, but that a symptom can be triggered by emotional or social events. (Low, 1985)
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Causes/Effects cont.

- primary cause of nervios can be induced from excessive worrying, poor diet, drugs, and alcohol. (Hill, Cottrell 1986)
- Strong emotions: anger, fear.
- severe cases explain that people may become so nervous and uneasy that it actually prevents them from being able to work.
- influenced by the obeah, which is the name for the system of magic specifically derived from the Caribbean islands, which is used for either healing or vengeful purposes. (Hill, Cottrell 1986)



BILIS

- ▣ Bilis is considered a natural disease caused by enraged anger combined with revenge. It occurs when a person is badly frustrated or not treated well by others. With this condition, bile pours out of the blood stream and the person boils over causing vomiting, diarrhea, headaches, and nightmares.



Rememndies for Bilis

- ▣ Curing bilis can be done by relaxing the patient with massage. Hot stones are used, cleansed by the sun where they pick up energy. Being cleansed by the sun is vital part of being grounded; which allow for the patients spirit to be put back into the body correctly.



Susto

- ▣ Curanderos believe that it is not enough to heal the body; one must heal the soul. For example, in susto the soul leaves the body during a frightful episode such as: an accident, a fall, witnessing a relative's sudden death or any other potential dangerous event. Symptoms consist of: nervousness, not sleeping well, loss of appetite, collapse of hope, and a withdrawal from social interactions.



Rememndies for Susto

- ▣ Oral remedies can be attempted by an infusion of basil which has sedative and antispasmodic properties. It requires boiling water poured over the herb, then let stand for a least five minutes in a covered container..



Nervios in different cultures

- Caribe concept of nervios is very similar to the concept of Nervios in Chiapas, Mexico, with the exception of an angry temper.
- San Jose: “expression of personal disequilibrium” - inability to deal with problems of life (social effect)
- Guatemala: nervios is an expression of anger, Costa Rica: nervios mainly is caused by family problems and abandonment,
- Puerto Rico: Seen to be the cause of grief and suffering.
- (Hill, Cottrell 1986)



Nervios: varies with age and sex

- ▣ Nervios varies greatly in LA studies.
- ▣ In LA, the US and Mexico, women have higher rates of mental illnesses than men.
- ▣ Causes: Restricted roles, responsibility to households/children
- ▣ (Hill, Cottrell 1986)



Mexican traditional medicine focuses on internal balance between hot and cold, as well as, wet and cold. Disease is the state of imbalance between these extremes within in the body. The use of herbal formulas and healing techniques help move the body toward balance and wellness.

Herbs as treatment

- each culture has its own customs, names and beliefs about using herbs.
- • In Limpias, a type of cleansing ritual, the herbs of rue, rosemary, and sage are most commonly used.
- • *Herbs used in sweat lodges, as offerings to spirits to help with the healing and the purification. Sweat lodges in the southwest use sage, tobacco, lavender, cedar, and juniper. (Avila, 1999)*



Herbs cont

- ▣ In Mexico the use of the sweet basil and pirul, or pepper tree is used in limpias.-cleansing ritual
- ▣ In Mexico, it is common to find rosemary, rue, and the special Santa Maria plant-sweat lodges. (Avila, 1999)



Sacred Tree of Life

- ▣ Everything comes from the sacred tree of life, and is considered the evolving process of Native science and quest for knowledge.



Infusions

- ▣ From the sacred tree of life we are able to make health remedies like infusions. An infusion is essentially an herbal tea; you can also make an infusion or herbal preparations for diverse help problems.



- ▣ Making an infusion is not a complicated process. The general rule for one cup of any infusion is pour one cup near boiling water over two teaspoons of fresh herb or one teaspoon of dried herbs. Breathing in the aroma of the herbs will give the full effect of the essential oils of the plant.



- ▣ Never let the herbs touch Teflon or aluminum, toxins can contaminate herbs



▣ In the philosophy of healing, disease was always caused by improper relationship to the natural world, spirit world, community, and or to one's own spirit

Mexican Traditional Medicine

- ▣ Overall, MTM helps maintain balance with the hot and colds elements throughout life, and the realization that in an indigenous culture there is a relationship everything through the environment. (Avila, 1999)



Lemon, Ginger, Rosemary Infusion

Ingredients:

- ▣ 1 bunch of rosemary
- ▣ 1 inch thumb of ginger, sliced into rounds
- ▣ Peel of two lemons
- ▣ 6-8 cups of boiling water

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