

Recipes

Source: Sachamama ethnobotanical garden near Iquitos, Peru

Ayahuasca recipe

Harvest the vine Cielo Ayahuasca: (*Banisteropsis caapi*) when it is at least three years old.

Leave the foot-long pieces for about ten days.

Crush/pound 12-18 pieces depending on their size and thickness.

Put half of them in a large pot.

Cover them with the following dark green, older leaves;

Local name	Plant lifeform	Number of leaves
Chacruna	Shrub	300
Canelilla	Shrub/herb	6
Mucura	Herb	8
Sacharuna	Shrub	3
Chiric-sanango	Shrub	12
Sacha-ajos	Shrub	3
Toe	Shrub	3
Tabaco	Shrub	12 mapacho cigarettes

Cover these leaves with the remaining pieces of vine.

Repeat the following process four times:

- 1) Add water until all plant material is under water.
- 2) Boil the water until several litres of liquid remain.
- 3) Pour this liquid into another pot.

Then remove the plant material from the pot.

Pour the separated liquid back into this pot.

Boil this liquid until one litre remains.

Let the liquid cool down.

The extraction is drunk during an ayahuasca ceremony (one portion is 65 ml).

Dietary plant (plantas maestras) recipes

- 1) Sacha - ajos

root;

harvest the main, vertically growing roots

remove epidermis

scrape bark completely

soak bark in water during one night

remove bark from the water

a certain amount of the extraction is drunk at specific times during a diet

leaf;
harvest the dark, old leaves
crush the leaves thoroughly
soak the crushed leaves in water for several hours
do not remove the leaves
bathe with this water
let the body dry

2) Chiric-sanango

root;
harvest the main, vertically growing roots
remove epidermis
scrape bark completely
soak bark in water during one night
remove bark from the water
a certain amount of the extraction is drunk at specific times during a diet

3) Chullachaki-caspi

tree trunk;
remove epidermis
scrape off the bark
soak bark in water during several minutes
remove bark from the water
a certain amount of the extraction is drunk at specific times during a diet

4) Sacharuna

root;
harvest the main, vertically growing roots
remove epidermis
scrape bark completely
soak bark in water during several hours
remove bark from the water
a certain amount of the extraction is drunk at specific times during a diet

5) Chiri caspi

root;
harvest the main, vertically growing roots
remove epidermis
scrape bark completely
soak bark in aguardiente during one night
remove bark from the aguardiente
a certain amount of the extraction is drunk at specific times during a diet

6) Yana Mucura

leaf;

harvest 20 of the long leaves

crush the leaves

soak the leaves in water for several hours

remove the leaves from the water

a certain amount of the extraction is drunk at specific times during a diet

7) Bobinzana

root;

harvest the main, vertically growing roots

remove epidermis

crush the roots

cook the crushed roots in water for 25-30 minutes

remove the roots from the water

let the water cool down

a certain amount of the extraction is drunk at specific times during a diet

Diet description:

Foods prepared without sugar, salt or fats.

The diet includes foods like rice, plane, lentils, potatoes, vegetables, eggs and some fish.

The diet excludes foods that are naturally sweet like certain fruits.

Example programme:

Dietary plants			Ayahuasca ceremony
Local name	Lifeform	Schedule	Schedule
		Week 1	Tue, Thur
Sacha - ajos	shrub	Week 2, Monday, Thursday	Tuesday
Chiric-sanango	shrub	Week 3, Monday	Tuesday
Chullachaki-caspi	Tree	Week 4, Sunday, Wednesday	Tuesday
Sacharuna	Shrub	Week 5, Wednesday, Saturday	
Chiri caspi	Shrub	Week 6, Monday, Wednesday	Tuesday
Yana Mucura	herb	Week 6, Friday, Sunday	
Bobinzana	Shrub	Week 7, Monday, Wednesday	Friday
Sacharuna	shrub	Week 8, Monday	Saturday