

El Temazcal – "Mother of All Medicines"

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EL DORADO INSTITUTE, INC.

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November 12, 2025

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"From the rock to the modern world"



Source: Health Initiative of
the Americas/Director
Xochitl Castaneda
<http://hia.berkeley.edu>



Sources: Programa Universitario
México Nación Multicultural –
Humnidades/UNAM
<http://www.nacionmulticultural.unam.mx/>

MEDICINA TRADICIONAL MESOAMERICANA

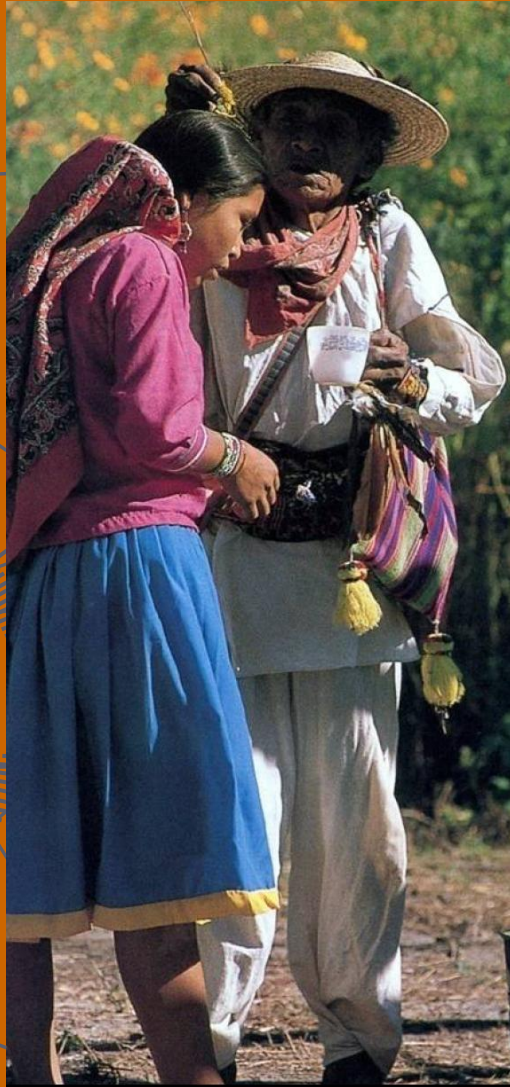
en el Contexto de la Migración a los Estados Unidos de América

MEZOAMERICAN TRADITIONAL MEDICINE

in the Context of Migration to the United States of America



Indigenous Traditional Medicine



- ▶ System of concepts
- ▶ Beliefs
- ▶ Practices
- ▶ Materials
- ▶ Symbolic Resources

Curandero -
Traditional Healer



Principles of Indigenous Traditional Medicine

Interconnected
Relation
to the
Universe

- ❖ **Body**
- ❖ **Mind**
- ❖ **Spirit**

***"Todo Nuestras
Relaciones –
All Our Relations ~
Ometeotl"***



Why Traditional Medicine?



Traditional Medicine has existed and has been used by Mesoamerica populations since “time immemorial” in rural and urban areas. A basic resource for good health – mind, body and spirit and this awareness is:

- **Part of an ideological system to help them adapt to cultural and medical differences between provider and patient**
- **It is a bridge to help validate its deep cultural affirmation with immigrant populations**
- **Trusted, Necessary, Strengthens Cultural Identity and Improves Quality of Care**

Traditional Methods & Resources

Depending on ailment diagnosis by Healer recognized by community

- Medicinal, psychotropic plants in rituals
- Animals, Amulets
- Minerals
- Hydrotherapy – **temazcales** (pre-Hispanic sweat lodge)
- Sacred places
- Mandas/penances, sacrifices, prayers



El Temazcal – "Mother of All Medicines"

Origins of Name: is Náhuatl Language

Temaz... to bathe ... to pour

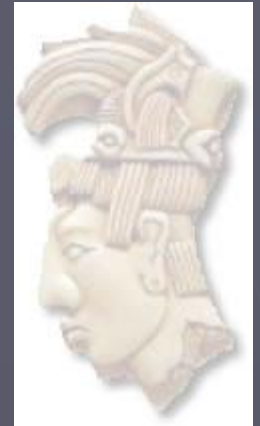
- ▶ House of hot rocks
- ▶ House of vapor

Other meanings

...Calli = House ...of prayer -Temazcalli



Temazcal - Codices



Use of plants
in the
temazcal



Representación de un temazcal
en el Códice Magliabechiano

Representation of a temazcal in
the Magliabechiano Codex

Códice Magliabechiano



Códice Tudela

Códice
Zouche-Nuttall
de escrituras
Mixtecas del
Oaxaca



Españita - Tlaxcala, México ~ Grupo Vicente Guerrero



Temazcal, Vicente Guerrero Españita –Tlaxcala, México



Entrance



Tezontle – Lava Rocks

Temazcal, Vicente Guerrero



Interior – “Womb of Mother Earth”

A Place To Rest



*Temazcal, Miguel Aldama
Españita -Tlaxcala, México*



Temazcal, Miguel Aldama Españita -Tlaxcala, México

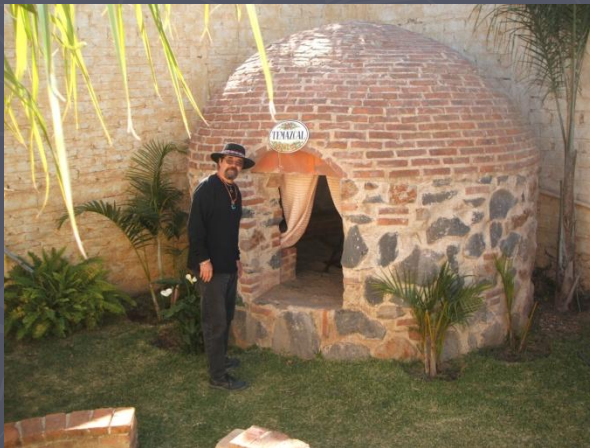


María Adelaida Avelino Alcántara

September, 2009

Temazcal, Los Colorines

Guadalajara, Jalisco



February 2010

Temazcal, Yelila Trujillo Flores



Cuernavaca, Morelos, México.



Temazcales de Morelos

Cuernavaca, México.



<http://temazkalli.es.tl/>



Xochicalco, Morelos



<http://xochicalcomorelos.com/xochicalco/temazcal.html>

Temazcales Desde el Atlántico al Pacífico

<http://www.yucantoday.com/culture/eng-temascal.htm>



Uxmal - Yucatan



*Acapulco-
Guerrero*

<http://www.visitingmexico.com.mx/blog/temazcal-atractivo-turistico-en-mexico.htm>

Temazcal Macehuali

Santa Cruz de Barcenas - Jalisco, México

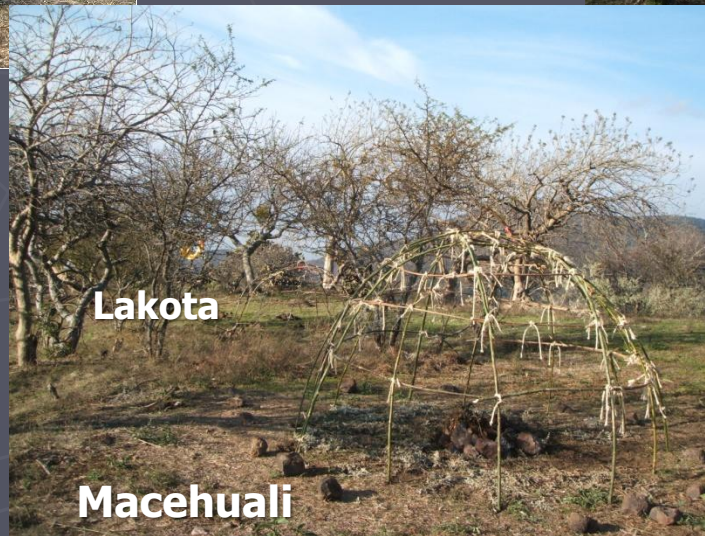


Macehuali

*Beginning -
... Learner -
... Preparing*



Lakota



Lakota

Macehuali

Sweat Lodge/Temazcal *Highland Park, Los Angeles, CA*

Local traditions preserved



Yolotl "Corazon" Temazcal

A Place for Community

Yolotl "Corazon" Temazcal



"Círculos - Pláticas"

Sweat Lodge/Temazcal *Highland Park, Los Angeles, CA*



Yolotl "Corazon" Temazcal

Temazcal

Baja California Sur, México

Andres Orvañans



Tezontle – Lava Rocks

Photos by [romana](#) June 2, 2010

Temazcales de México



Playa Oaxaca

Photos Brian McNeill 2011

