

**Translation of *Florilegia Medicinal* by Juan de Esteyneffer (Mexico, 1712), pages 196 and 206**

**On the Pain of the Stone, etc.**

**Prognosis:**

In this illness, there are various dangerous cases, particularly in the elderly and in those who have inherited this disease.

**Diet:**

The diet or regimen for this disease should follow the same that was laid out in Chapter 40 of Book I on Liver Blockage, avoiding sour fruits and those that astringe or constipate, as well as stagnant waters. It is also advised not to place too much clothing over the kidneys, as this heats them. Eating hazelnuts is very beneficial. Barley water, cooked *orozuz* (licorice), sweet bread, or *escobilla* (which is also called cat's claw and whose root is commonly used) are recommended. Water made from honey of the maguey plant, clarified, is also good.

**Treatment for severe attack or severe pain:**

When there is a severe attack of pain originating from kidney stones or from the bladder, the treatment should begin with the help of **mallow, clover, chamomile, cane honey, and licorice, or whatever of these is available**. Boil them in plenty of water for this remedy, strain, and add butter from cow's milk, or in the absence of that, use two or three ounces of lard, with an equal amount of brown sugar, but without salt. Well-boiled honey water, with a little virgin honey or cane honey pulp, is a good remedy. And if the pain is very intense, a bloodletting from the arm vein of the liver, or from a vein anywhere in the body, depending on the patient's strength, is recommended. After this bloodletting, repeat the aforementioned remedy, adding one ounce of purified turpentine, ground in a mortar with an egg yolk, and two or three ounces of oil, or in the absence of that, butter or lard in which live worms have been previously fried. At the same time, take the wet herbs that were left over from the remedy and apply them as a poultice to the painful area, adding to them anise seed or fennel seed, ground into a powder; or in place of these herbs, **place a fried egg tortilla, cooked with oil or lard in which live scorpions have been fried**.

If the pain persists the following day, bloodletting is performed from the ankle of the affected side, or some leeches are applied to the veins around the hemorrhoids; but if it is not possible to bloodlet due to a more serious inconvenience, then gentle rubs on the thighs or legs are used; and if the pain in the kidneys persists, additional gentle rubs are applied from the kidneys down to the ankle, rubbing the hands with oil, lard, or sweet almond oil; and dry cupping

should be placed on the kidneys to draw the pain down to the ankle. [end of page 196]

[page 206 repeats the same text (including the scorpions fried in butter!) with the following addition]:

**Emetics:** When these efforts to relieve the pain do not suffice, and the patient has not vomited, which in other cases has not been difficult, it is appropriate to induce vomiting. For this, it is convenient to take an emetic made from raven's root or the seeds of crushed raven root, about one and a half ounces; or the seeds of *quelites*, with one and a half ounces of virgin honey, half an ounce of vinegar, all cooked together, and taken in good measure to provoke vomiting. Options to induce vomiting include raven root or more of the same root, with a bit of vinegar and sugar dissolved in water.