

The Muña Herb

A Gentle Materia Medica from Peru

From The World of The Muna Breath



Muña

Botanical Name: *Minthostachys mollis*

Common Names: Muña, Andean Mint, Mountain Mint

Plant Family: Lamiaceae (Mint Family)

Origin: Andes Mountains - Peru, Bolivia, Ecuador

The Spirit of Muña

Muña is the breath of the mountains.

It grows in high altitudes, where air is thin and the land feels quiet and ancient. The plant carries a fresh, mint-like aroma, bright, clean, and grounding.

In *The Muna Breath*, muña represents:

- Breath
- Clarity
- Renewal
- Gentle strength
- Mountain wisdom

Muña is not just a plant, it is a companion to those learning to slow down and listen.

Traditional Uses of Muña

Muña has been used for generations in Andean communities.

Common Traditional Uses:

- Digestive support
- Altitude discomfort
- Respiratory support
- Cold and flu season
- Gentle calming tea
- Warming body in cool mountain climates

Muña is often prepared as:

- Tea
- Infusion
- Steam
- Fresh leaves crushed and inhaled

Energetics of Muña

Temperature: Warming

Taste: Minty, slightly herbal, refreshing

Energy: Uplifting and grounding

Muña is often described as:

- Clearing
- Gentle
- Breath-opening
- Steadying

Muña in The Muna Breath

In the story, muña appears as:

- A teaching herb
- A comfort herb
- A gathering herb
- A symbol of continuity

Mama Tika teaches Amaya:

"When breath becomes shallow, return to muña."

The plant becomes a symbol of returning, to self, to land, to quiet healing.

Muña Mountain Tea

Ingredients

1 tablespoon fresh muña (or 1 teaspoon dried)

1 cup hot water

Instructions

1. Place muña in a cup
2. Pour hot water over leaves
3. Cover and steep 5–10 minutes
4. Sip slowly

Optional additions:

- Honey
- Lemon
- Warm stone nearby for ritual calm

Muña Tea Ritual (Inspired by The Muna Breath)

Hold the cup gently

Breathe in the aroma

Let the steam soften your thoughts

Sip slowly

Allow breath to deepen

Let the mountains return to you

Herbal Symbolism

Muña represents:

- Breath returning
- Quiet healing
- Mountain clarity
- Listening to the land
- Gentle leadership

Mama Tika's Wisdom

*"Muña reminds us that healing does not rush.
It arrives like mountain air, quiet, steady, and clear."*

Growing Muña

Muña thrives in:

- Cooler climates
- Well-drained soil
- Mountain or elevated areas
- Partial sun to full sun

It grows similarly to mint, but with a slightly more delicate structure.

Safety Note

Muña is traditionally used in gentle preparations.

As with any herb:

- Use moderately
- Consult qualified practitioners if needed
- Avoid during pregnancy unless guided by a professional

(This booklet is for educational and storytelling purposes.)

Reflections:

From The Valley

When do you need to breathe more deeply?

Where in your life could you invite stillness?

What would it look like to return to calm?

A Quiet Closing

Muña grows where air is thin.

It teaches us how to breathe again.

And sometimes, that is all we need.

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