
This study focuses on five main aspects of popular medicine in the southern part of the district of Cahuita, Province of Limón, Costa Rica: the role of popular medicine as primary treatment; methods of preparation of herbal remedies; changes in knowledge and usage of medicinal plants over the past twenty years; effects of conventional medicine on the usage of herbal remedies; and the religious aspects of traditional medicine in the area, specifically from the Bribri community. Six medicinal plants were found to have significant usage among the general community, of which two coincided with the plants used by the Bribri community. In addition, it was found that the factors chosen to measure the effects of conventional medicine on the use of popular medicine did not demonstrate distinguishable patterns attributed to the influence of one onto the other, although it may be possible that conventional medicine has deeper epistemological effects on the use of popular medicine. Moreover, it was found that knowledge and use of medicinal plants has decreased dramatically over the past twenty years, urging for the preservation of traditional/popular knowledge.