

Kopal

¿Tik ixmatok?

Tech in ataujtepeyo ne kuetaxkoapan Oaxaka, mo ixmati kemej "Kopal" (*Bursera glabrifolia*). Njin xiwit kajkawa se ajweyak seltik kemej xokoxkok wan no kemej ekseki kopalmey, in okotsok mokui para tatas tech popochkaxit keman tapopochwaj.



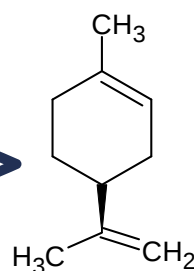
Imagen: Guilibaldo Gabriel Zurita Vásquez

Oksekopa mo ijto ke in chawak kichiwa se weyi mikilis tech se chawisiq kampa tad: in poliya (*Staphylococcus aureus*). Kuali mo metok ke in poliya, kuejwej in tad ton sanseko yetok. Yej ika moneki maj se ki mato ton se ki chivas para maj amo okuilowa in tad.

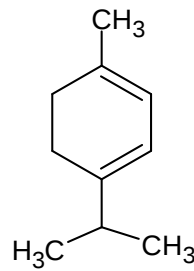
In taixtemojkej ki ixnextijkej tech in xiwit 2012, kineki ke in chawak de njin xiwit kipia miak chivalis. Oksekopa mo ijto ke in chawak ki sentalia chijchivalismej kemej in limoneno, in terpineno wan terpinol tech nochi xiwit.

Yejua in taixtemol ki nexti ke in chawak de njin kopal, tapaleuyia ika maj amo mo miakiltikan in okuilimej para tejuan kemej: *Enterococcus faecalis* (ton ika pewa nemilis) y *Helicobacter pylori* (ton ika pewa tenaxokolis). In terpinol tachiychiuj ki nexti ke kuali chivalis ki tsakulia maj moskaltikan in okuilimej.

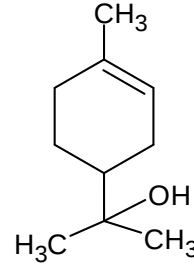
N tamikijto ke in taixtemol kijto ke in chawak wan in limoneno, in terpineno wan in terpinol ki xelojke ton tech kokoxkamaka kemej in siwa mikiekokoxkayot wan in wewej mikiekokoxkayot.



Limoneno



Terpineno



Terpineol

¿Ton ika tech palewis in ajweyakxiwit? Ton se kajkul ka to yekatsol kualtias tech miak palewis. Njin tachiychivalismej moixkalakia tech in xiujyoninwan in medio ambiente, yej ika kualtias ika se mo palewis keman se kikuis keme pajti.

¿Ti kuelistaskia tik ixmatis kachi de njin taixtemolis? Kualtia tiktemostech njin teposmekat:

<https://pubmed.ncbi.nlm.nih.gov/30187618/>

¡Ti mits tataujtiaj kixmati wan yekpia nochi tok tech mak to teotsin!