



# *Damiana*

**Damiana** is an ancient tonic that lifts the spirits, perks up lost vitality and energy and promotes an overall feeling of well-being. Has a reputation as a sexual stimulant and rejuvenator. It has been used to treat sexual impotence and infertility in both males and females. It is helpful with the relief of the discomforts of painful menstruation and menopausal problems.

**Information:** Herbals/Nutritionals/Medicinals can be very strong. Consequently, if they are not tailored to your specific needs, they can do more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

**Botanical:** *Turnera aphrodisiaca*; *Turnera diffusa*

**Family:** *Turneraceae* (damiana)

**History:** Damiana is an aromatic, ornamental shrub that is native to the hot, humid areas of Texas, California, Mexico, Central and South America, and Namibia. It is a perennial that thrives in dry, sandy or rocky places and may grow to a height of six feet with upward-growing stems, leaves and flowers. The leaves are used in herbal medicine. Thousands of years ago the ancient Mayans and Aztecs appreciated the qualities of Damiana and used it as a tonic for an overall good feeling. It was also an important sexual stimulant, as well as a treatment for pulmonary problems of all kinds, including asthma. In fact, the Mayans of the Yucatan called the plant *mizib-coc*, meaning "plant for asthma." In addition to its use in herbal medicine, the herb is used in Mexico today as a substitute for Chinese tea and as a flavoring for liqueurs. Damiana is used in Germany today for its tonic effect on the hormonal and central and nervous systems, and although much research is being conducted as to the herb's scientific properties, many people have found it very useful for relieving anxiety, tension, nervous exhaustion, in addition to relieving hormonal problems of all kinds. Some of the constituents included in Damiana are arbutin, tannins, alpha- and beta-pinene, beta-carotene, thymol, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, B-vitamins and vitamin C.

**Beneficial Uses:** Damiana has been used as a tonic for thousands of years for overall improved body function. It is said to boost energy levels and rejuvenate the entire central nervous system, helping to relieve depression, lethargy, nervous exhaustion, anxiety and general debility during convalescence. The herb is said to treat depression because it contains natural monoamine oxidase (MAO) inhibitors, although there is no clinical research thus far to support this. It has also been claimed that the herb is a mild narcotic and may produce a "high" for an hour.

As a sexual stimulant, Damiana has been used for thousands of years as a potent aphrodisiac that is said to help a variety of problems. It apparently contains elements that are thought to directly stimulate the nerves, genitals, blood circulation and metabolism, and it is believed to increase sex drive in both men and women. In males, Damiana is said to treat impotence and relieve erectile failure in attempts at repeated intercourse after orgasm. It is also believed to increase sperm count.

As an aphrodisiac, women have found Damiana very helpful. It is said to encourage delivery of oxygen to the genital area and stimulate the genitals, which has been useful in cases where there is lack of desire

and frigidity. It is also thought to increase the level of pleasure during sex and treat sexual trauma.

Damiana is believed to balance hormones and strengthen the reproductive organs in women. It is used to relieve menopausal-related problems, especially hot flashes and reduced sex drive. The herb is also said to alleviate painful menstruation and menstrual-related headaches.

As a potent antiseptic, the arbutin content in Damiana is said to be converted into hydroquinone, a strong urinary antiseptic that combats urinary tract infections, such as cystitis, vaginal discharge and others. Damiana has also been thought to be useful in treating bedwetting problems.

Damiana is considered a mild laxative and is useful for constipation. Because Damiana is believed to stimulate the circulation of blood and oxygen

throughout the body, it is considered a tonic that will boost metabolism (perhaps helping with weight loss), improve digestion, rejuvenate and clear the kidneys, expel liquids from the lungs (relieving symptoms of cold and flu), and generally produce an overall feeling of well being. Hopefully, clinical trials will produce evidence to substantiate these time-honored uses.

**Contraindications:** Damiana may interfere with the absorption of iron and many common medications. Because scientific research is inconclusive with regard to this herb, and until more is known about Damiana's effects on the female hormonal system, it is not recommended for pregnant or nursing women. Excessive amounts (many times the recommended doses) may be dangerous. It is not recommended for people with severe liver or kidney disease. People with Type-1 diabetes should consult a healthcare practitioner before using, as the herb may cause low blood sugars.

The information presented here by [www.DrMarilynTucker.com](http://www.DrMarilynTucker.com) is intended for educational purposes only. These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results vary.