

Damiana

Botanical name: *Turnera diffusa*

Energetics/Actions: Spicy, warm, dry, adrenal tonic, aphrodisiac, diuretic, nervine, hormonal stabilizer, aperient

Description

Damiana is native to Mexico, Central America and South America. Used by the Mayans as an aphrodisiac, Damiana has a long history of medicinal use. It is traditionally taken as a tea with sugar and is also used to make a delicious liqueur. In Mexico, the leaves and flowers are used to make tea and incense, which are valued for their calming, soothing and relaxing effects.



Uses

Depression and anxiety: Useful when there are hormonal causes.

Irritable bladder: Soothes irritable bladder. Contains arbutin, an active constituent in uva ursi.

Aphrodisiac: Traditionally used to increase libido.

Menstrual irregularities: Used by herbalists to regulate menstrual cycles.

Prostate: Used by herbalists for prostate problems.

Dose

Tea: ½ teaspoon dried herb in 1 cup boiling water, steep for 10 minutes. Take up to 3 times a day.

Tincture: ½ teaspoon 3 times a day as needed.

Safety information

Research is lacking on this herb. Not for use in pregnancy.