

DAMIANA

(Turnera diffusa)

Clinical Summary

Actions

- Nervine Tonic
- Stimulant (Circulatory & Central Nervous System)
- Anxiolytic
- Antioxidant
- Astringent
- Diuretic
- Mild Laxative

Indications

- Sexual dysfunction, impotence and decreased libido
- Anxiety, nervous exhaustion which is causing depression, mental and physical fatigue, poor concentration
- To promote digestion, nervous dyspepsia, constipation
- Urinary issues
- Delayed or suppressed menstruation

Traditional Use

Used by Mayans and Aztecs, and still used in Mexico as a stimulating beverage drunk like ordinary black tea, damiana is famed for its aphrodisiac qualities.

Energetics

Dry, neutral.

Constituents

Alkaloids, flavonoids, low levels of arbutin (a glycosylated hydroquinone), essential oils containing caryophyllene, delta-cadinene, beta-elemene and 1,8-cineole, tetraphyllin B (a cyanogenic glycoside), resin, tannins, gum, mucilage.

Use in Pregnancy

No adverse effects expected. Safety in pregnancy has not been scientifically evaluated, however, no increase in foetal abnormalities has been observed from limited use in women.

Contraindications and Cautions

Traditionally damiana is not recommended for people with overactive sympathetic nervous system activity which has become an identified characteristic in cardiovascular diseases like ischemic heart disease, chronic heart failure and hypertension plus type II diabetes and Parkinson's disease.

Drug Interactions

Caution with antidiabetic drugs.

Administration and Dosage

Liquid extract 1:2 in 55% alcohol
20 to 40mL weekly