

# Damiana

**Botanical:** *Turnera aphrodisiaca* (WILLD.)

**Family:** N.O. Turneraceae

## Part Used

Leaves.

## Habitat

Mexico, South America, Texas, West Indies.

## Description

A small shrub; leaves smooth and pale green on upper side, underneath glabrous, with a few hairs on the ribs, ovolanceolate, shortly petiolate with two small glands at base; flowers yellow, rising singly from axils of the leaves, capsule one-celled splitting into three pieces; smell aromatic, taste characteristic, bitterish, aromatic and resinous.

## Constituents

A greenish volatile oil, smelling like chamomile, amorphous bitter principle  
Damianin, resins and tannin.

## Medicinal Action and Uses

Mild purgative, diuretic, tonic, acting directly on the reproductive organs, stimulant, hypochondriastic, aphrodisiac.

## Preparations

Fluid extract, 1/2 to 1 drachm. Solid extract, 5 to 10 grains. Often combined with Nux Vomica, Phosphorus, etc.

## Other Species

*Turnera opifera* leaves are used as an infusion and given as an astringent and tonic by the natives of Brazil, also *T. ulmifolia* for its tonic and expectorant properties.

*Aplopappus discoideus* was formerly sold as Damiana, but can easily be detected, as the leaves are distinctly lanceolate, with only two or three teeth on either side.