

Is the Herb Damiana for Men or Women?

Damiana can be used by both men and women. It is known to have restorative effects on reproductive organs in both sexes.

Uses:

For men, Damiana is known to raise levels of testosterone. It is also helpful in treating premature ejaculation and impotence. For women, it helps to induce delayed menstrual periods and ease the symptoms of painful menstruation. It also treats the headaches women sometimes get due to menstruation.

This herb has been widely advertised and used in Mexico as an aphrodisiac. The ancient Mayans used it as a sexual stimulant and people in Central America still use it in this way today. This use is controversial due to lack of scientific evidence to support the claim.

One study found some of the plant's compounds to be similar to those found in progesterone. More than 150 herbs have been tested for their ability to bind with the progesterone and estrogen receptors found in breast cancer cells. Damiana was one of the highest progesterone-binding herbs tested.

The herbal properties of Damiana have a life enhancing and stimulating effect on the body and mind. The herb works well on nervous exhaustion and to restore the body after periods of high stress.

Other Uses:

Damiana's stimulating action is considered very valuable to people who suffer from mild depression. Herbalists will typically recommend remedies that contain this herb. Damiana is very strong and aromatic, and has a slightly bitter taste. It can be found in different forms such as capsule, liquid extract and tea. Its leaves are used as a substitute for tea leaves in some countries. In other countries, it is used as flavoring in a variety of liqueurs.

Damiana acts as an antiseptic and tonic for the body. It is also a restorative agent for nervous system functions. Damiana is used for other conditions as well, although no scientific proof of its effectiveness exists. These conditions include:

- * Asthma
- * Anxiety
- * Depression
- * Headache
- * Menstrual disorders

Damiana has been known to cause mild indigestion for some users. It also contains a compound called arbutin, which, in the urinary tract, converts into the chemical hydroquinone. Larger amounts can cause serious side effects such as:

- * Convulsions
- * Tinnitus (ringing in the ears)
- * Nausea
- * Vomiting
- * Possible collapse and death

A maximum safe dosage of Damiana has not yet been determined. Also, the safety of using this herb has not been established in children or pregnant and nursing women. People with liver or kidney disease should use extra caution because their ability to safely use this herb is unknown as well.

In people using higher doses of Damiana, it is believed that they experience a mild euphoric sensation. In some cases, consumption of Damiana leaves has been known to act as a mild laxative. The more leaves consumed, the more prominent the laxative effect.

Damiana is native to parts of southern California and the Gulf of Mexico. It can also be found growing wild in some areas of the northern Caribbean Islands and Namibia. It is widely cultivated in these areas. Its preferred habitat has a hot and humid climate. It flowers in the summer and this is when the leaves are harvested. The leaves of the Damiana plant are the only part used for cultivation.

The herb can be taken in the form of a tea. Some people even smoke it like tobacco. The herb will bring about a relaxed state of mind for the user. It

is said to induce a subtle high if smoked.

Damiana possesses many properties that are useful to both men and women. Research continues in an attempt to either prove or disprove claims of its benefits to humans.

About the Author

More information on [damiana](#) leaves is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.healthcrazed.com>