PLANTS & HERBS

Damiana Herb: Lowers Stress & Elevates Your Sexual Drive

By bestfolkmedicine · 21/12/2020 · 2 min read



Damiana, also known as the hierba de la pastora, is an herb from the Turneraceae plant family. It originates from the South and Central America.

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The plant can reach a height between 2 and 6 feet and it has olive green leaves and yellow flowers.

Its leaves are actually considered the pivotal part as they're popular remedy for anxiety and other nervous system disorders. In dried form, they can be used for tea.

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This is because the leaves are rich in flavonoids, tannins, and other beneficial compounds that our bodies can benefit from.

It also possesses aphrodisiac, stimulant, and relieving properties. It's recommended to people with depression and anxiety.

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Which Are the Best Health Benefits of Damiana?

Damiana is actually a pretty popular herb for aphrodisiac and in Mexico, where it's known as the love potion.

Moreover, in a study from 2009 from the Ethnopharmacology journal found that the flavonoids in the plant had pro-sexual effects and lowered post-ejaculatory intervals in lab animals.

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Boosting the sexual health isn't the only benefit you'll get from damiana. Here are additional ones:

- **Alleviates anxiety & mild depression**

In one study from 2008, damiana was found to be rich in apigenin, a compound beneficial for anxiety reduction.

- **Balances the menstrual cycle**

Damiana can be of aid for delayed menstruation, as well as amenorrhea and sysmenorrhea. It can also be of aid for the menstruation symptoms like headaches and acne breakouts.

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- **Lowers stress**

The damiana herb can relax the nervous system and better its functioning.

You can use it as a tonic to boost the nervous system health, especially because of its thymol content known to have antiseptic and restorative advantages.

- **Betters the digestion and metabolism**

Damiana can help you boost the appetite and better the digestive processes.

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- **Alleviates UTIs**

The antiseptic and diuretic characteristics of damiana help with UTIs like cystitis and urethritis. Moreover, the herb is also abundant in arbutin that is transformed into hydroquinone in the body that has antiseptic influence.

How to Consume Damiana Herb?

The most common ways of using damiana herb is through tinctures, tablets, and leaf infusions.

You can also grow your own damiana in your garden and then use the leaves to make tea.

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Here’s a simple recipe.

Damiana Tea Recipe

1 to 2 tsp of damiana leaves, dried

A cup of water

Lemon juice, ½ tsp

Raw honey, optional

Boil the water and then remove it from heat. Put the damiana leaves inside and steep for 15 minutes and then strain the tea into a cup.

Add the lemon juice and tea.

Enjoy!

Sources:

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