

Ethnomedical Information on Damiana (*Turnera diffusa*)

Part / Location	Documented Ethnomedical Uses	Type Extract / Route	Used For	Ref #
Leaf Australia	Used to strengthen the nervous system; used as a stimulant, mild diuretic, mild laxative, nervous restorative, antidepressant and urinary antiseptic for anxiety, depression, sexual inadequacies with a strong psychological or emotional element, debilitation, atonic constipation and to establish normal menstruation at puberty.	ETOH Ext Oral	Human Adult	BM1009
Leaf Bahamas	Used for enuresis.	Decoction Oral	Human Adult	ZZ1049
Entire Plant Bahamas	Used for a woman who has "lost her monthly."	Hot H2O Ext Oral	Human Female	T00897
Entire Plant Bahamas	Prepared to "make a woman discharge everything" after childbirth.	Hot H2O Ext Oral	Human Female	T00897
Leaf Brazil	Used as a tonic, digestive stimulant, aphrodisiac, laxative and diuretic for convalescence, debilitation, impotence, spermatorrhea and urinary incontinence.	Infusion Oral	Human Adult	ZZ1007
Entire Plant Brazil	Used for weakness, impotence, gastric defect, gastric ulcer, nocturia, diabetes, bronchitis, diarrhea, rheumatism and syphilis. Used as a diuretic.	Decoction Oral	Human Adult	BM1001
Not Stated Brazil	Considered tonic, stimulant, expectorant, nervous system tonic, sexual organ tonic and aphrodisiac. Indicated for urinary and respiratory affections, debilitation, convalescence, stomach pain, constipation, asthenia, dyspepsia, indigestion, paralysis, albuminuria, diabetes and impotence.	Not Stated Oral	Human Adult	ZZ1013
Not Stated Brazil	Considered tonic, stimulant, aphrodisiac, digestive, diuretic, laxative and astringent for alcoholic abuse, dyspepsia, nervous disorders, anorexia, syphilis, diabetes, malaria, leucorrhea, kidney, gallbladder, stomach ulcer and paralysis.	Not Stated	Human Adult	ZZ1099
Leaf + Stem Colombia	Used as a aphrodisiac.	Decoction Oral	Human Male	A00709
Flowers Cuba	Used to treat pains in the flanks (dysmenorrhea).	Hot H2O Ext Oral	Human Female	W02855
Not Stated Cuba	Used as an aphrodisiac, diuretic and stimulant.	Decoction Oral	Human Adult	ZZ1049
Leaf England	Used as a mild purgative, diuretic, tonic, stimulant, hypochondriastic, aphrodisiac and tonic for the reproductive organs.	H2O Ext Oral	Human Adult	ZZ1052

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Leaf England	Used as an aphrodisiac and tonic, and for those with mild depression.	Not Stated	Human Adult	BM1003
Leaf England	Used to improve digestion, lift the spirits, calm the nerves, regulate hormonal activity, stimulate the genito-urinary tract and rejuvenate the kidney energy. Also used for nervous exhaustion, anxiety, depression, debility in convalescence, impotence, premature ejaculation, prostate complaints, urinary infections, frigidity, vaginal discharge, painful menstruation, menopause, poor appetite and digestion and atonic constipation.	Not Stated	Human Adult	BM1004
Leaf England	Used as an antidepressant, thymoleptic, mild purgative, stomachic, and aphrodisiac for depression, nervous dyspepsia, atonic constipation, coital inadequacy and anxiety neurosis with a sexual factor.	Infusion Oral	Human Adult	BM1024
Plant England	Used for sexual debility.	Not Stated	Human Adult	ZZ1011
Plant England	Used as an aphrodisiac.	Not Stated	Human Adult	ZZ1059
Plant England	Used as a mild purgative; used for sexual debility and hypochondriasis. Used to increase peristalsis and stimulate the genitourinary tract.	Not Stated	Human Adult	BM1007
Plant England	Used for anxiety neurosis with a sexual factor, depression, nervous dyspepsia, atonic constipation and coital inadequacy.	Not Stated	Human Adult	BM1011
Leaf Europe	Used in homeopathy for its nervous stimulant, diuretic and aphrodisiac properties.	Not Stated	Human Adult	BM1008
Leaf Germany	Used as a stimulating nervine for mild depression. Said to relieve excess mental activity and nervous debility.	Infusion Oral or ETOH Ext Oral	Human Adult	ZZ1054
Plant Germany	Used as an aphrodisiac.	Not Stated	Human Adult	ZZ1059
Not Stated Holland	Used for its sexually enhancing qualities and for its effect on the reproductive organs.	Not Stated	Human Adult	ZZ1059
Aerial Parts Italy	Used for ulcers.	Infusion Oral	Human Adult	BM1015
Leaf Jamaica	Used to induce abortion.	Hot H2O Ext Oral	Human Female	A04175
Leaf Jamaica	Given to young children to prevent the onset of fever.	Hot H2O Ext Oral	Human Adult	W01270
Not Stated Jamaica	Reputed to cause abortion.	Not Stated Oral	Human Female	A03324

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Leaf Mexico	Used as a tonic, diuretic, laxative, tonic for the nervous system and aphrodisiac. Used for muscular and nervous weakness, catarrhal inflammations of the vagina, sexual organ dysfunctions, impotence produced by excess sexual activity, sterility in women, infertility in men due to a lack of sperm, orchitis, nephritis, diabetes, respiratory catarrh and spasmodic coughs.	Hot H2O Ext Oral	Human Adult	BM1010
Leaf Mexico	Used for asthma, bronchitis, neurosis and various sexual disorders. Reported to be aphrodisiac, CNS-depressant, CNS-stimulant, diuretic, expectorant, laxative, purgative, stimulant and tonic for amaurosis, catarrh, cholecystosis, cold, cough, diabetes, dysentery, dysmenorrhea, dyspepsia, enuresis, headache, impotence, infections, inflammations, nephrosis, orchitis, paralysis, renosis, spermatorrhea, stomachache and syphilis.	Infusion Oral	Human Adult	ZZ1049
Leaf Mexico	Said to be a tonic, analeptic, diuretic and aphrodisiac.	Not Stated	Human Adult	BM1013
Leaf Mexico	Used as an aphrodisiac.	Infusion Oral	Human Adult	ZZ1054
Not Stated Mexico	Used as an aphrodisiac, brain tonic, stimulant, tonic and diuretic for exhaustion, catarrhal inflammation of the bladder, sexual impotence, orchitis, spermatorrhea and nephritis.	Not Stated	Human Adult	ZZ1059
Leaf South America	Used for its nervous stimulant, diuretic and aphrodisiac properties.	Not Stated	Human Adult	BM1008
Leaf South America	Used as a CNS stimulant, diuretic, expectorant, laxative, urinary antiseptic and aphrodisiac. Used for asthenia, depression, cystitis, asthma, urethritis, bronchitis and impotence.	Infusion Oral	Human Adult	BM1012
Leaf + Stem USA	Considered a nerve tonic, aphrodisiac, antidepressant, urinary antiseptic, laxative and tonic for the central nervous and hormonal systems. Used for anxiety and depression and to strengthen the nervous system and the male sexual system.	Infusion Oral	Human Adult	ZZ1056
Leaf USA	Used as an aphrodisiac, prophylaxis and treatment for sexual disturbances, for strengthening and stimulation after exertion and overwork and for boosting and maintaining mental and physical capacity.	Not Stated	Human Adult	BM1005
Leaf USA	Used as an aphrodisiac and for prophylaxis and treatment of sexual disorders.	H2O Ext Oral	Human Adult	ZZ1102

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Leaf USA	Used as an aphrodisiac, to improve sexual ability of the enfeebled and the aged and to provide increased activity to all pelvic secretions. Used to control bed-wetting. Used for the relief of headaches.	Infusion Oral or ETOH Ext Oral Decoction Inhalation	Human Adult	ZZ1057
Leaf + Stem USA	Used as a nerve tonic, antidepressant, urinary antiseptic, laxative and anxiolytic.	Infusion Oral	Human Adult	ZZ1055
Plant USA	Used for anxiety, depression, headaches during menstruation and exhaustion, hot flushes, to balance female hormones and to act as a tonic on the central nervous and hormonal systems. Considered an adaptogen, alterative, laxative, nervine and stimulant.	Not Stated	Human Adult	BM1027
Plant USA	Used as a sexual stimulant, for impotence, anxiety, constipation, as a laxative and as a tonic.	ETOH Ext Oral	Human Adult	ZZ1061
Plant USA	Used as a mild purgative, diuretic, tonic, stimulant, hypochondriastic and aphrodisiac. Acts on the reproductive organs.	ETOH Ext Oral	Human Adult	ZZ1016
Plant USA	Used for headaches and bed-wetting. Stimulates muscular contractions of the intestinal tract and interferes with iron absorption.	ETOH Ext Oral	Human Adult	ZZ1046
Plant USA	Used as a diuretic, aphrodisiac, stimulating nervine, laxative, urinary antiseptic and antidepressant. Used for impotence in men and frigidity in women.	Not Stated Oral	Human Adult	BM1002
Plant USA	Used as an antidepressant and in urology. Used for impotence (erectile dysfunction).	Not Stated	Human Adult	BM1006
Plant West Indies	Used for menstrual cramps with <i>Ambrosia hispida</i> and <i>Cassia bahamensis</i> .	Hot H2O Ext Oral	Human Female	T00701
Plant West Indies	To discharge everything after childbirth.	Hot H2O Ext Oral	Human Female	T00701
Leaf West Indies	Used to induce an abortion.	Hot H2O Ext Oral	Human Female	T00701
Leaf Not Stated	Used as a sexual stimulant, for coughs, kidney disease and constipation.	Not Stated	Human Adult	ZZ1063
Leaf Not Stated	Used as an aphrodisiac, diuretic, laxative, tonic and nervous stimulant for coughs, nephritis and menstrual disorders.	Not Stated	Human Adult	ZZ1060

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Not Stated	Used for headache, stomachache, amaurosis, catarrh, cold, diabetes, dysentery, dysmenorrhea, dyspepsia, enuresis, expectorant, infection, intestine, kidney, malaria, nerves, panacea, paralysis, renitis, syphilis and venereal disease. Considered an aphrodisiac, astringent, diuretic, nervine, laxative, stimulant and tonic.	Not Stated	Human Adult	ZZ1022
Not Stated	Used as an aphrodisiac, tonic, stimulant and laxative for sexual impotence.	Not Stated	Human Adult	BM1014
Not Stated	Used as an astringent, tonic, stimulant, aphrodisiac, diuretic, expectorant and laxative. Used for diarrhea, affections of the bladder, syphilis, peptic ulcers, dyspepsia, paralysis, leucorrhea, diabetes, malaria, neurasthenia and impotence.	Not Stated	Human Adult	ZZ1079

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