



Botanical name: *Turnera diffusa*

Family: Turneraceae/Passifloraceae

Common name: Damiana

More names: damiana, *misxiuitl* [Nahuatl], damiane, oreganillo, the bourrique, Mexican damiana, Mexican holly, damiana de Guerrero

Parts of the plant used: leaves [predominantly], flower

When to harvest: harvest between November and early December before cold temperatures cause leaves to yellow and eventually drop, this is true for where they are naturally growing

Herbal actions:

nutritive, astringent, genitourinary tonic, stimulant, sedative, antispasmodic, uteri-relaxant, partus preparator, galactagogue, antioxidant, diuretic, febrigue, refrigerant, parturient, stomachic, anti-inflammatory, laxative

Active constituents:

[leaves] chromium magnesium, manganese, niacin, potassium, selenium, silica, riboflavin, thiamine. Beta Carotene, flavonoids (including kaempferol + quercetin), tannins, polypeptides, volatile oil, pectin, citric acid, malic acid, fragarine (uterine tonic), folic acid, ferulic acid, ellagic acid, fiber, manganese; [fruit] vitamins A, B, C, E, sugars, iron, calcium, phosphorus + volatile oil

Habitat + ecology:

Misxiuitl is native to subtropical climates of southern Texas, Mexico, Central and South America, and the Caribbean.

Planet: Pluto

Energy: Warming

Element: Fire + Air

Taste: Slightly bitter, Spicy

Meridians: Kidney, liver

Ethnobotany (People + the plant ancestor):

- Damiana is an ancient plant ancestor to the native peoples of Mexico to bring back balance. Serving as an aphrodisiac, connection to the sacral, and supporting with the respiratory system. A strong tea would be made with the leaves, sugar would be added and given to a newly committed couple to ensure a lifetime of sexual intimacy.
- A yummy elixir for celebration + passion is still common today in Mesoamerica made of damiana, vanilla, cinnamon, + honey in run.
- In the late 1800s damiana elixir was found in the US National Formulary for improving sexual function.
- Both *Turnera aphrodisiaca* and *Turnera diffusa* have been used in these medicinal ways.

Plant magick:

- Intensifies desire + passion
- Opens us up to intimacy with other
- Bringing dynamic balance

Medicinal uses:

- Nourishes, restores + balances genitourinary system
- Relieves anxiety, nervousness, and mild depression, especially if these symptoms have a sexual component
- Improves digestion and to treat constipation, can serve as a mild laxative



- Clearing to the mind + mental activity
 - Creates the contours for clairvoyance
 - Calls energy + lifeforce back by transforming subconscious forces
 - Connection to psychic abilities, particularly in combination with deep meditation by opening up the chakras
 - Allied to the medicine of Oshun, Isis, Mary Magdalene, Hera, Asherah
 - Can facilitate a return to self, particularly survivors of sexual and domestic violence
- Form: spirit, flower essence, spirit baths
- Supportive to metabolism function, gastric ulcers, stomachs, dysentery, dyspepsia (indigestion)
 - A nerve tonic in anxiety and/or depression, sympathetic predominance, with/without lowered sexual drive
 - Short + long term support for the genitourinary organs by enriching the oxygen supply, & improving lifelong organ function
 - Supporting balanced menstrual cycle + discomfort, syphilis, spermatorrhea (excessive or involuntary ejaculation), impotency
 - Libido boosting
 - Boosting the immune system, particularly the respiratory system
 - Supportive to asthma, bronchitis, neurosis
 - Reduces spasms
 - Dries fluids + secretions
 - Reduces blood sugar → Supportive to diabetes
 - Detoxifies by promoting urination
 - Supportive to nephrosis (kidney disease)
 - Supportive to paralysis + headaches
 - Tonifying by toning, balancing, and strengthening overall body function
 - **Contraindications: Avoid during pregnancy, historically Damiana has been used as an abortive.*

Recipes + Comrades

Connection to fire: passionflower, vanilla, cacao, rose, beebalm, safflower

Opening up to intimacy/Genitourinary: rose, vanilla, red raspberry, red clover

Mental clarity/function: ginseng, ginkgo

Connection to psychic: blue vervain, mugwort, tulsi [smoke]

Digestion: ginger, cinnamon, orange peel, mints

Preparation:

tea, infusion, elixir, tincture, tea, powder, extract, sacred smoke



Photos of the plant ancestor:



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