

## Damiana - Plant



Turnera diffusa

Rating: Not Rated Yet

**Price**

Sales price R 123,456

Discount

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Description Turnera diffusa, known as damiana, is a shrub native to southern Texas in the United States, Central America, Mexico, South America, and the Caribbean. It belongs to the family Passifloraceae. Wikipedia

**Common name:** Turnera diffusa

**Color:** Yellow

**Bloom time:** early to late summer.

**Difficulty level:** easy to grow

**Planting & Care**

Again, wait until you are sure that there is going to be no more frost before you put the plant outside. Pick a nice sunny spot in your yard.

**Sunlight:** Full Sun to Partial Shade

**Soil:** well-drained soil

**Water:** Medium

**Temperature:** 374 ° F

**Fertilizer:** Apply any organic fertilizer

**Care:**

- Choose a sunny location (if outdoor planting is desired) with well-drained soil where the damiana will receive sun for at least eight to 10 hours a day.
- For best results, the damiana needs a sandy type of soil that stay relatively dry.
- It is very drought-tolerant.

**Special Feature:**

Damiana is a wild shrub that grows in Mexico, Central America, and the West Indies. The leaf and stem are used to make medicine. Historically, it was used mostly to increase sexual desire (as an aphrodisiac).

Use

**Medicinal use:**

- Damiana is used to treat headache, bedwetting, depression, nervous stomach, and constipation; for prevention and treatment of sexual problems; boosting and maintaining mental and physical stamina; and as an aphrodisiac.
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**Ornamental use:**

- The plant is used for ornamental purpose.

**Note:**

for medicinal use,

**Reference:**

<http://www.webmd.com/vitamins-supplements/ingredientmono-703-damiana.aspx?activeingredientid=703&activeingredientname=damiana>  
<http://www.gardenguides.com/126106-grow-damiana.html> [https://www.google.co.in/search?q=Damiana&rlz=1C1GTPM\\_enIN594IN594&oq=Damiana&aqs=chrome..69i57&sourceid=chrome&ie=UTF-8#q=Damiana+bloom+time](https://www.google.co.in/search?q=Damiana&rlz=1C1GTPM_enIN594IN594&oq=Damiana&aqs=chrome..69i57&sourceid=chrome&ie=UTF-8#q=Damiana+bloom+time)