

Damiana - Plant



Damiana is a relatively small, woody shrub that produces small, aromatic flowers. It blossoms in early to late summer and is followed by fruits that taste similar to figs. The shrub is said to have a strong spice-like odor somewhat like chamomile, due to the essential oils present in the plant.

Rating: Not Rated Yet

Price

Sales price R 123,456

Discount

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Description

Description for Damiana

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.

Common name	Flower colours	Bloom time	Height	Difficulty
Turnera diffusa	Yellow	Early to late summer.	-	Easy to grow

Planting and 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	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	Well-drained soil	Medium	374 degrees C	Apply any organic fertilizer

Caring for Damiana

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.

Typical uses of Damiana

Special features: 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).

Ornamental use: The plant is used for ornamental purpose.

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.

References

<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

Reviews

There are yet no reviews for this product.