There is limited evidence of Damiana's stimulant effects. It has not been shown to treat cancer in humans.

Damiana is a wild shrub found in Mexico, Central America and parts of South America. It is used in traditional medicine as a diuretic, laxative, stimulant, aphrodisiac, and also to treat diabetes and venereal diseases. Animal studies show that damiana can reduce anxiety and affect sexual behavior but there are no human data. Damiana has also not been studied in cancer patients.

What are the potential uses and benefits?

- Diabetes
  Damiana may affect blood sugar level based on animal studies.
- Sexual dysfunction
  Traditional use is widespread. A small study in women with sexual dysfunction showed that ArginMax , which contains damiana, improved sexual function.
- Anxiety

Data from studies done on mice show that damiana reduced anxiety but human studies are lacking.

- Constipation
  There are no data to substantiate this use.
- Kidney disorders
  No scientific evidence supports this use.
- Menstrual disorders
  Traditional use is widespread but there are no data to validate this use.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.
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