Drug Status Report

**Drug:** Damiana

**Drug Name Status:** Damiana is the common name

**Other Names:** *Turnera diffusa* Willd. Ex J. A. Schultes; *Turnera diffusa*; Black Mamba

**International status:**

US: The substance is not currently listed on the US Controlled Substances Act and is not mentioned on the DEA website.

United Nations: The substance is not listed on the Yellow List - List of Narcotic Drugs under International Control nor the Green List - List of Psychotropic Substances under International Control.

Canadian Status: *Turnera diffusa* is native to the tropical and subtropical parts of America. The plant has historical use as a herbal aphrodisiac and is also found in herbal supplements marketed for weight loss. There have been reports of the recreational use of damiana but there is presently no report in the scientific literature of any psychoactive substances in *T. diffusa*. Recent studies have shown *T. diffusa* to contain a variety of flavanoids, some of which demonstrate aromatase inhibitory activity, flavones, terpenoids, phenolic glycosides and cyanogenic glycosides, as well as ellagic acid which is antioxidant found in many fruit and vegetables. None of the compounds identified in *T. diffusa* are similar to the substances listed in the Schedules to the CDSA.

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Recommendation: *T. diffusa* (Damiana) is included not included in any of the Schedules to the CDSA and is not considered a controlled substance.

January 15\(^{th}\), 2009.