

THE HERBS THAT AROUSE MIND AND BODY

Herbalism and Aphrodisiacs

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The Sexual Response Cycle

Neurochemical Approach

Aphrodisiac:

any food or drug that arouses the sexual instinct, induces desire and increases pleasure and performance

- **Excitement/desire (Dopamine, nitric oxide):** beginning of arousal, heart rate and blood pressure rise, penis becomes erect, clitoris, labia and vagina swell and become lubricated
- **Plateau (Acetylcholine):** The period before orgasm, where most of the sex happens, increased heart rate, blood circulation, sexual stimulation, muscle tension, breathing increases
- **Orgasm (Oxytocin, GABA):** Muscle contractions, euphoria
- **Resolution (Serotonin):** slowly returns to normal level of functioning

There are herbs that act as 'aphrodisiacs' for each stage of this cycle.

Dosage, Set, Setting



"An ounce of practice is worth a pound of theory"

Timothy Leary's theory of psychedelic substances

3 crucial factors are responsible for the effects

1. Dosage (a range from toxic to healing)
2. *Set (internal attitude and constitution of a person, expectations, fears, etc)*
3. *Setting (environment, place, time)*

Excitement/ Desire

*Herbs to help bring blood flow to the
genitals and lubricate the vagina. This
also includes herbs that are
nourishing – full of vitamins and
minerals to support the vis.*

*Neurochemical: Dopamine and Nitric
Oxide*

- Gokshura
- Muira Puama
- Cacao
- Mucuna pruriens
- Maca
- Pine pollen
- Damiana
- Vanilla Bean
- Beet Juice
- Ancient Reishi



“Desire is the fire of love. If it is extinguished, love smolders and dies. Desire is the gravitational force of love. Under ideal conditions, it transports love. Desire is the original principle of the universe. Are we humans not matter that has been created by the orgasm of a loving couple, the amalgamation of desire? In the Tantric cult, it is said that, “From bliss, the cosmos is created, and in bliss it is preserved and will be dissolved once more.”



Gokshura

Tribulus terrestris
Erdburzeldorn
“Earthly phallic thorn”
Puncture Vine



- Ayurvedic aphrodisiac and fertility tonic:
 - Balakrit: provides physical and sexual stamina
 - Vrishya: improves quality and quantity of reproductive fluid
- When post-menopausal women with diminished libido took 750mg per day results showed significant improvement in desire, arousal/lubrication, and anorgasm
- “Gokshura strengthens the male genital system through its increase of the semen and has stimulating effects for women after birth”
- Proerectile effect on corpus cavernosal tissues
- Contains important chemicals – harmine and protodioscin (proerectile)
- Traditionally used as a decoction in milk in Ayurveda
- Dose: 2-5g/day

Muira Puama

Ptychopetalum olacoides
Potency Wood
“Viagra of the Amazon”



- History of therapeutic effects in rheumatism and chronic fatigue
 - Effective in overcoming anorgasm and lack of libido in women
 - .5-1.5g daily is an effective dose to increase frequency and intensity of sexual desire, sexual fantasies and ability to reach orgasm
 - Increases blood flow and strengthens erection in men and woman (especially when mixed with Ginkgo biloba)
 - Increases testosterone levels
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- Most effective as an alcohol extract
 - Dose: .5-3g daily
 - Topical: 10-16 drops of tincture mixed with water and rubbed on genitals 3x/day
 - **Muira Puama person:** Fatigued and rheumatic, low testosterone. Potent wood revives this person's body and spirit.

Theobroma cacao



Action: stimulating nervine

- the Aztec ruler Montezuma often drank the cacao beverage before devoting himself to his many women
- Theobromine acts similar to caffeine on the central nervous system, though it's effects on the heart are different; dilation of blood vessels
- Increases dopamine via phenylethylamine
 - Women tend to be more sensitive to this than men
- Stimulates innate anandamide "the bliss molecule", binds to cannabinoid receptors
 - *An endogenous hormone – women make more of during ovulation*
- Chocolate's association with romance – the sweet and fatty nature is reported to stimulate the hypothalamus, inducing pleasurable sensations and sexual drive
- Theobroma – God's food

Mucuna pruriens

"The Magic Velvet Bean"



Actions: Anti-inflammatory, neuroprotective

- Increases spermatogenesis and weight of testes
- Contains L-dopa, a precursor to dopamine that can cross the blood brain barrier
- Dopamine associated with desire and ability to orgasm
- 27% protein and rich in minerals
- A powerful aphrodisiac in Ayurveda
 - Seeds are crushed and taken with water or milk
 - Together with Syrian rue in milk, it yields a brew similar to Ayahuasca
 - Used in tantric sexual rituals and to increase fertility
- Dose: Food herb; ok to take daily: 2-8g

Maca

Lipedium meyenii



Actions: stimulant, tonic

- Historically used by Quechua in Peru: Food that promotes mental activity, endurance, stamina, and physical vitality; enhances sexual desire and performance
- Nourishing (13-16% protein, fatty acids, iodine, magnesium, potassium)
- Has been shown to improve sexual dysfunction from SSRIs
- No proven change in androgens, but an increase in sexual desire in 3 separate double-blind studies.
- Dose: Food herb, up to 1Tbs/day (3-6 500mg capsules)
- 1.5 to 3 grams daily for 4 months increases semen volume, sperm count, and sperm motility
- 1.5 grams twice daily for 12 weeks for women experiencing antidepressant-induced sexual dysfunction
- **Maca Person:** A person experiencing depletion and lack of nourishment. Root energy is this person's medicine, strength and stability reflecting in sexual desire.

Pine Pollen

Pinus spp.



Action: Nutritive, Hormone balancing

- Extremely rich in vitamins and minerals
- Androgen and estrogen balancing
 - Think about aromatase inhibitors (nettle root, damiana)
- Contains phenylalanine, which is a precursor to Dopamine, and so increases dopamine levels in the brain
- Dopamine used to treat anorgasm in woman and is associated with desire
- 'Like treats like' – sex treats sex
- Dose: Best if taken over a long period of time, 1tsp/day
- **Pine Person:** A person who may benefit from the energy of tree semen – a person who's hormones are out of balance and so they feel out of balance, as though they are a tree in the wind, able to fall at any moment.

Damiana

Turnera aphrodisiaca (diffusa)



Action: stimulating nervine, aromatic bitter, anxiolytic

- Acts energetically upon the genito-urinary organs
- Specific for anxiety induced sexual disorders
- Increases energy to the pelvis
 - Eases inhibition and increases circulation
- Traditionally used as a sexual stimulant by the Aztecs
- Suppresses aromatase activity (decreases amount of free testosterone becoming potentially harmful estrogens)
- Smoke a joint or prepare a tea
- Combine with cinnamon, vanilla, galangal, nutmeg and jasmine flowers – cover with rum and drink after 1 week.
- Dose: 1-5 drops of tincture
- **Damiana Person:** Has an energetic block, specifically in their pelvis. The thought of sex seems nice, their mind desires, yet their pelvis feels stagnant.

Vanilla planifolia

Vanilla → *Vagina* (small sheath)

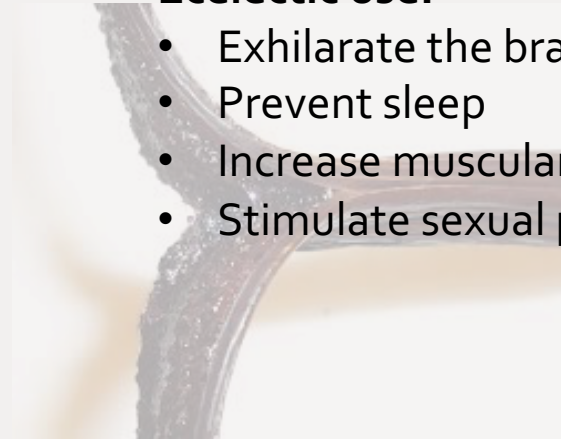


Action: Aromatic stimulant

- The vanilla fragrance, attributed to vanillin, is chemically related to pheromones that are sexually arousing for people.
- In homeopathy, the tincture is used as an aphrodisiac and brain tonic.
- Aphrodisiac drink of ancient Mexico contained large amounts of vanilla with cacao, Peruvian balsam and cardamom

Ecclectic use:

- Exhilarate the brain
- Prevent sleep
- Increase muscular energy
- Stimulate sexual propensities



Plateau

Herbs to help maintain erection and lubrication, also herbs to support strength and endurance.

Neurochemical: Acetylcholine

Regulating internal moisture and enhancing sensory perceptions

- Cordyceps
- Muira puama
- Ashwagandha
- Shatavari
- Ginkgo biloba



Cordyceps

Cordyceps sinensis
“Winter worm summer grass”



Action: Tonifying

- Used to facilitate erection
- Increase male virility and stamina
- Increases libido in women
- Strength and endurance!
- A traditional Chinese aphrodisiac; 6-12g were pulverized and taken to strengthen the body for erotic activities
- Dose: 1-3g for maintenance, 3-6g/ day for therapeutic actions
- **Cordyceps Person:** There is no problem in desire or arousal, but there is a lack of gusto and endurance in intercourse. This person tires easily.
- **Cordyceps has this amazing intelligence.** Taking over an insect and having that insect crawl to the top of the forest where it dies and the cordyceps fruits and releases its spores. This strength and strong will of survival translates into cordyceps' medicine.

Shatavari

Asparagus racemosus

“Having one hundred roots/husbands”



Action: Moistening, nourishing, tonifying

- Rejuvenative tonic for female reproductive system, for women of all ages, helping with each transition that we go through
- In Ayurveda it is known as a Rasayana for the reproductive system
 - “furthers love and surrender, helps with weakness of the female genital organs overall sexual weakness, infertility and impotence”
- Used as a general sex tonic for any person, brings energy downward towards the pelvis
- Increases lubrication
- Use with Indian sarsaparilla in a decoction, 3:2 ratio to treat impotence
- Dose: Food herb, 2-8g daily
- **Shatavari Person:** A person who feels all dried out, depleted of moisture internally and externally.

Ginkgo biloba



Actions: Circulatory stimulant

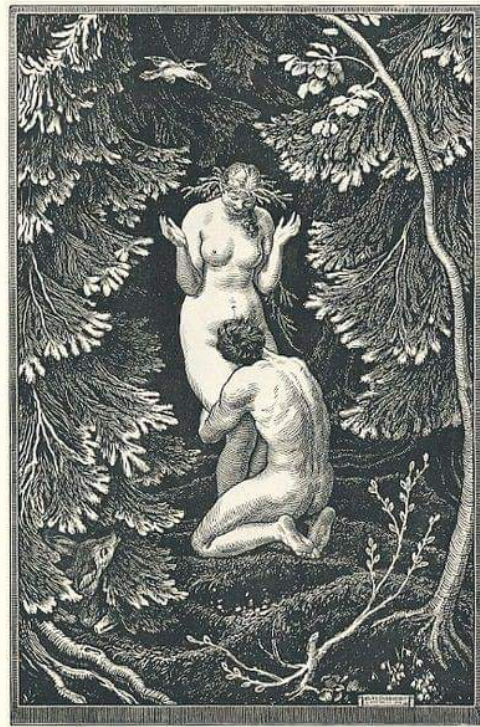
- Helps to achieve and maintain erections (any gender)
- Enhances blood flow – Stimulates genital endothelial nitric oxide synthase
- Use this herb in combination with Muira Puama or Gokshura
- Dose: 2-5mL tincture or 6-12g herb
- **Ginkgo person:** We use the leaves of Ginkgo once they have browned, medicine during transition. This person has difficulty maintaining an erection in the transition into intercourse.

Orgasm

*These are going to be herbs to
help to relax, so that orgasm
may be reached*

neurochemical: GABA

- Kava
- Milky Oat seed
- Ashwagandha
- Passionflower



Kava

Piper methysticum



Action: Relaxant

“When your mind is overwhelmed and your body is tightly strung , the body can let go and you feel relaxed, not sedated”

- Jim McDonald
- In Samoa – used as an aphrodisiac, tonic, and stimulant
- Some kava is said to have psychoactive properties – to bring unity with your environment and provide erotic visions
- “a substance to achieve and strengthen intimacy”
- Dose: 1-3mL tincture or 8-12g herb

Kava Person: An anxious person who’s anxiety overpowers their ability to let go and orgasm.

Milky Oat Seed

Avena sativa



Action: Stimulating nervine

- Doctrine of signatures

Eclectic Use:

- Allay nervous excitement
- Nervous palpitation of the heart
- Failure and general debility caused by masturbation
- Over sexual indulgence, or onanism (masturbation)
- Remedy for impotency
- Dose: 2-4mL/day
- **Milky Oat Person:** Nervousness inhibiting ability to orgasm or become erect, a person who has little fluid upon ejaculation and lubrication, the oat seeds exude a milky substance when they are ripe – this could be telling of the kind of person that would benefit.

Passionflower

Passiflora incarnata



Action: Relaxing nervine

- Agonist to GABA receptors
- Blocks aromatization (aromatase conversion of androgen hormones to estrogen by aromatase)
- Aromatase inhibitors prevent the loss of free testosterone and the build up of potentially dangerous estrogens
- Also contains Harmine (MAOI, GABA)

Eclectic Use:

- Relieves nervous symptoms due to mental worry
 - Sleeplessness
 - Neuralgic pains
 - Exhaustion from cerebral fullness
 - Dose: 1-3 mL tincture, 6-10g herb
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- **Passionflower person:** Needs a release of cerebral fullness, is having a difficult time reaching orgasm due to mental worry. Provides a beautiful release.

Resolution

herbs to support you coming back to a relaxed place – emotionally, physically

- Ashwagandha
- Shatavari
- Reishi

neurochemical: Serotonin



Ashwagandha

Withania somniferum



Action: Tonifying

- Leads to more Ach receptor activity – regulating moisture and sensory perception
- Activity similar to GABA, calming effect
- Increases uterine 5HT (precursor to serotonin)
- Strengthens the response to stress, helps the body become more resilient
- “Ashwagandha smells like a horse because the plant gives you the vitality and the sexual energies of a horse”
- The Indian lodha (people of the so-called tribals) prepare a mixture for sexual impotence from the dried and pulverized roots with goat milk”.
- Dose: 3-10g/day
- **Ashwagandha Person:** Depleted from daily life stressors, a person desiring more resilience

Reishi Mushroom

Ganoderma spp.



Actions: Restorative, tonifying, Shen (heart spirit) medicine

Reishi has countless medicinal uses. In the case of it being used as an aphrodisiac, I think of it mostly for resolution. For allowing yourself to come back in to your body and nourish your heart. Restore your mind and body and have the strength for another round if that's what you desire!

Dose: 2-10g/day

Other Herbs of Note



- Shilajit
 - Destroyer of weakness, conqueror of mountains
- Sarsaparilla
- Ginger
- Yarrow
- Hawthorne Berries
- Rhodiola
- Rose essential *oil*
- Sandalwood essential oil
- Vetiver essential oil

Aphrodisiac Truffles



- **Excitement Truffles:** Cacao, Gokshura, Mucuna pruriens, Muira puama, Damiana, Vanilla Bean, cayenne, walnuts, dates, vanilla, maple syrup, sea salt
- **Plateau Truffles:** Cacao, Cordyceps, Ashwagandha, Shatavari, tahini, walnuts, dates, maple syrup
- **Orgasm Truffles:** Cacao, Kava, Milky Oat, Passionflower, tahini, maple syrup, coconut oil, dates
- **Resolution Truffles:** Cacao, Reishi, Ashwagandha, maca, tahini, dates, vanilla, sea salt
- **Ratios:**
 - 10-14 dates, 1 ¼ C nuts, ¼-1/2C cacao powder, 1tsp vanilla, 1/2tsp salt.
1 heaping tsp each powdered herb
 - Sub some dates for maple syrup and add tahini as you please

Damiana Vanilla Rose Cordial

- *Damiana Vanilla Cordial*
- Adapted from [*Botanica Erotica*](#) by Diana De Luca
- **Ingredients**
 - 2 vanilla beans
 - 1 ounce dried damiana leaf
 - 1 cup brandy
 - 1.5 cup spring water
 - 1 cup honey
 - glass bottle or jar
- **Directions**
 - Split vanilla beans lengthwise using a knife. Chop crosswise into smaller pieces if needed to fit them into the bottle.
 - Add damiana with vanilla beans to the jar.
 - Cover with brandy.
 - Let steep for 2-4 weeks, shaking every day or two.
 - Strain brandy and place in a clean jar, saving the plant material.
 - In the original jar, combine plant material and spring water, and let steep for 3 days.
 - Strain spring water extract, composting the plant material.
 - Gently warm spring water extract with honey just until combined.
 - Combine spring water/honey mixture with the alcohol extract in a beautiful jar.
 - Age for one month before enjoying as a sipping cordial.