Herb damiana has been used in Mexico for some time as a male stimulant. Recent research points out that Ashwagandha may be the best herb to take to maintain health.

What follows is a very brief treatment of prominent Western Medicinal plants and herbs that have been used in Mayan medicine. Duke, J.A. (1985). Handbook of medicinal herbs. Boca Raton, Fla: CRC Press. Inc.