

Yohimbe

Latin name: *Pausinystalia yohimbe*

Family: Rubiaceae

Miscellaneous:

- Available as a prescription drug known as yohimbine HCl (Yohimex™, Yocon®), both of which have fewer side effects than the natural herb.
- Studies have indicated that the majority of commercial products are clearly inadequate with respect to quality.¹
- ≈ 6% of total constituents found within the herb comprise an alkaloid mixture. The primary constituent of this mixture is yohimbine.

Uses:

Erectile dysfunction.

Mechanism:

Yohimbine is an α_2 -adrenergic antagonist. This leads to a peripheral decrease in adrenergic and increase in cholinergic activity.¹ This action of increasing cholinergic activity is thought to be related to erectile function.

*Pharmacokinetic dilemmas exist with regard to drug absorption. Recent studies are indicative of ideal absorption following oral administration on an empty stomach.¹

Contraindications/Side effects:

Tremors, nausea, severe hypotension, hypertension, tachycardia, and abdominal distress.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 178-179.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 178-179.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 235-236.
3. Duke, J.: *The Green Pharmacy*: 1997, pp. 232.