

The East London Garden Society

Plant Facts

Horny Goat Weed

The heart shaped herb Horny Goat Weed, is found in the wild in China, Asia and Europe. First mentioned in traditional Chinese medicine texts 2,000 years ago, horny goat weed was given the botanical moniker Epimedium and the ancient Chinese name of Yin Yang Huo after a sexually active mythical creature. Uses include reduction of nerve pain, fatigue, osteoporosis, atherosclerosis, hay fever, premenstrual symptoms and the traditional distinction of increasing libido in both men and women and solving erectile dysfunction. It may even rival Viagra, with fewer side effects, vision problems being one of them.

The New Scientist reported a privately funded research study, conducted ten years ago, that Viagra's active compound, sildenafil, works by inhibiting an enzyme called phosphodiesterase 5 which helps control blood flow to the penis and promotes an erection. Mario Dell' Agli and colleagues from the University of Milan, tested four naturally known aphrodisiacs to compare to Viagra as potential alternatives, a (c) - (n)s compare to Viagra as

Clinicians at China's famous Longhua hospital said that horny goat weed is unsurpassed in TCM both for sex enhancement and for relieving PMS and menopause related symptoms. Each described a long and successful history of use of this plant, especially for women.

decreased thyroid function, irritability and aggression, nausea, a racing heart and feelings of being hot.