

Avena (*Avena sativa*)

Common Names: Wild oats, oat extract.

Location: The origin of Avena is in England, France, Germany, Poland and Russia.

Description: The green tops of the cereal plant oats are used medicinally.

Properties: This herb is said to be a sexual stimulant for males. Avena is an anti-inflammant and a sedative. It is rich in calcium, phosphorus and B-complex vitamins.

Uses: Avena can be used to help treat attention deficit disorder (ADD), eczema, menopause and nervousness, as well as to stimulate sex drive.

Doses: Look for Avena in a bath mix form and in tinctures.