

Dioscorea (*Dioscorea opposita*)

Common Names: Medicinal yam, Mexican yam, Chinese yam, tokoro or wild yam.

Location: This herb is located in tropical regions around the world.

Description: The rhizome of the herb is used medicinally.

Properties: Dioscorea is known for having antiarthritic, analgesic, antiasthmatic, antitussive, antidiabetic effects.

Uses: This herb can be used to treat diabetes, high cholesterol and female reproductive tract disorders.

Doses: Dioscorea can be found in tea, cream, capsule and tincture form.

Warnings: Do not use this herb while pregnant or nursing.