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Yohimbe

Hello class, the link below provides information about Yohimbine, its use, dose and side effects:

<http://www.livestrong.com/article/206041-what-is-a-safe-dose-for-yohimbe/>

Yohimbe comes from a tree bark known as Pausinystalia, located in Africa, it contains the chemical Yohimbine, which is its Generic name. Yohimbe can be purchased either by prescription or by over the counter, and the FDA regulates the prescription Yohimbe more than the OTC Yohimbe, if purchased by prescription it will be Yohimbine hydrochloride, and if purchased over the counter, it will be Yohimbe bark extract, but the bark doesn’t have as much amount of Yohimbe as prescription does.

What I found interesting is that Yohimbine serves for different uses. According The Swedish Medical Center Health Library, Yohimbine serves to help as an aphrodisiac, which is a sexual stimulant, and cause erectile dysfunction, but it’s only affective to about 40 percent of men who take it. Others say that Yohimbine helps in weight loss as well as enhancement for athletic performance. Those who are diabetics most likely have a problem with erectile dysfunction; but this drug may not be recommended for them being that Yohimbine may interfere with insulin and cause a decrease in glucose. Yohimbine comes in capsules, liquids, tablets and powders so it can be taken by means of enteral. Yohimbine works by increasing blood flow and nerve impulses to the penis, and resulting in an erection. There isn’t really a dosage established as of now, it’s recommended to start off as low as possible and see if it has an effect, if not increase the dose, but make sure that not anymore than indicated on the label. What some have said at the Swedish Medical Center is that the usual dose ranges from 15-30mg daily in divided doses, some may feel an affect at a lower dose, it all depends on the individual. There are side effects when taking Yohimbine, some of them include dizziness, insomnia, less appetite, nervousness, irritability, headache and even skin flushing.

This drug is related to what we have learned in our Pharmacology class because it’s an alternative therapeutic drug that when taken by means of enteral (GI tract), it helps men with erectile dysfunction. We briefly talked about this drug in our course, we mentioned how it helps with erectile dysfunction, but we didn’t get too much into it. Being that Yohimbe increases blood flow and nerve impulses, it should always be consulted with a medical professional if it’s safe to take it.

References:

<http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/herbsvitaminsandminerals/yohimbe>

<http://www.ncbi.nlm.nih.gov/pubmed/9649257>