

QUICK REFERENCE SHEET

WILD YAM

Dioscorea villosa



Part Utilized:
Root



PROPERTIES:

Antispasmodic, Diaphoretic, Sudorific, Diuretic, Anti-inflammatory, Nephritic

SYSTEMS AFFECTED:

Muscular, Skeletal, Reproductive, Digestive, Urinary

POSSIBLE USES:

glandular and hormone balance, nausea from pregnancy, cramping of the bowel, inflammatory conditions, painful menstruation

INGREDIENT IN:

ASP, CB, FSW, MW, NAUS, NS, NV

GENERAL INFORMATION:

Wild Yam is a useful ingredient in glandular and hormone balancing formulas, and for the treatment of nausea in pregnant women. It has been used with success in the prevention of miscarriage, and for uterine cramping during the later weeks of pregnancy (Braxton Hicks contractions). Wild Yam is sometimes used as a remedy for painful menstruation, ovarian pain at mid-cycle, and for labor pains.

Wild Yam, because it is strongly antispasmodic, is sometimes useful for the pain and cramping of gallstones, intestinal cramping, and for flatulence and colic. This herb seems to stimulate the flow of bile when it is needed. Wild Yam also contains steroidal saponins which are anti-inflammatory. This combination of anti-inflammatory and antispasmodic properties makes Wild Yam very important in treatments for arthritis, joint and muscle inflammation, and inflamed bowels.

Wild Yam is a diuretic and nephritic herb as well. It is soothing to painful and inflamed conditions of the urinary tract.