

## QUICK REFERENCE SHEET

# YUCCA

*Yucca glauca*



Part Utilized:  
Root



### PROPERTIES:

Alterative, Diuretic, Hemostatic, Anti-infectious

### SYSTEMS AFFECTED:

Urinary, Integumentary, Skeletal

### POSSIBLE USES:

arthritis, prostatitis, wounds

### INGREDIENT IN:

AP, LT

### GENERAL INFORMATION:

Yucca contains some very unusual steroid saponins, which are a precursor to cortisone, making this a very useful herb for arthritis and rheumatism. There is preliminary research that indicates that the saponins in Yucca improve the body's ability to produce its own cortisone by supplying the materials needed by the adrenal glands to produce cortisone-like compounds for distribution in the body when needed.

Yucca was used by the Indians of the Southwest for skin disorders of many kinds, and for slow healing wounds and ulcerations. Yucca was also used on cuts to stop bleeding and to disinfect.