

Pausinystalia yohimbe

Yohimbe	
Scientific classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Asterids
Order:	Gentianales
Family:	Rubiaceae
Genus:	<i>Pausinystalia</i>
Species:	<i>P. yohimbe</i>
Binomial name	
<i>Pausinystalia yohimbe</i>	

Pausinystalia yohimbe (**Yohimbe**), formerly known as *Corynanthe yohimbe* and sometimes spelled *johimbe*, is a psychoactive plant that contains the MAOI alkaloid yohimbine. It is widely distributed over-the-counter as an herbal aphrodisiac.

Originating from the bark of an Africa tree, it has been purported to be helpful for men with erectile dysfunction (ED). This herbal medication can cause tachycardia^[citation needed] and hypertension^[citation needed] if improperly dosed and should generally only be used under the supervision of a practitioner knowledgeable in herbal medicine.

In addition to yohimbine, Yohimbe also contains 55 other alkaloids. Yohimbine accounts for 1-20% of its total alkaloid content. Among the others is corynanthine, an alpha-1 adrenergic receptor blocker. Hence, the use of yohimbe extract in sufficient dosages may provide concomitant alpha-1 and alpha-2 adrenoceptors blockade and thus may better enhance erections than yohimbine alone.^[1]

References

- [1] Saenz De Tejada, I; Kim, NN; Goldstein, I; Traish, AM (2000). "Regulation of pre-synaptic alpha adrenergic activity in the corpus cavernosum". *International journal of impotence research* 12 Suppl 1: S20–25. PMID 10845761.

Article Sources and Contributors

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