

## Product Profile

# WILD YAM

*Dioscorea villosa*

Liquid extract of dried rhizome.

**Actions:** Antispasmodic, especially to genito-urinary and gastro-intestinal systems.  
Diaphoretic (taken in hot water).

**Uses:** Relief of nervous system irritation. Abdominal cramps, pain and tenderness; spastic colics (especially gallbladder colic); flatulent colic; spastic colitis; spasmodic pain in uterus, cervix or ovaries; menstrual cramps; after-pains of labor. Nausea and vomiting during pregnancy. Early stages of peritonitis.

**Dose:** Take 30 to 40 drops, 2 to 5 times per day. In spastic conditions, give 20 drops in warm water every half-hour. If relief is not seen within 2 hours the remedy is probably not going to work.

**Cautions:** None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.