

Brahmi

Centella asiatica

Panchang (5 parts)

Sage's Longevity Tonic
Systemic Clarity + Cognitive
Creativity + Channel Opener



by Prashanti de Jager ©2013
for many more insights into Brahmi read
[Aushadhi: Guide to High Himalayan Herbs](#)

Brahmi/ Gotu Kola is one of the world's most powerful adaptogenic longevity herbs. An indispensable tonic of Sage apothecaries across Asia, it helps calm, replenish, nourish, protect and rebuild the nervous system including enhancing cross-hemisphere connections. By optimizing blood, artery and lymph function Brahmi clears the congestion precluding all flows thereby promoting an increased brain circulation that enhances energy, mood, memory, concentration and cognitive executive functions.

Names & Etymology

Gotu Kola: conical shape leaf

Brahmi: Saraswati, goddess of creativity

Mandukaparni: frog leaf

Divya: divine, heavenly, celestial

Mahaushadhi: One of the greatest herbs

Dosha & Energetics

Rasa (taste): astringent, bitter, sweet

Virya (strength): cooling

Vipaka (metabolites): sweet

Dosha (constitutions): V+ P- K-

Prabhava (Power) Medhya Rasyana

PhytoChemistry

Potent antioxidant Polyphenols including Flavanoids (quercetin, kaempferol, catechin, rutin) and Triterpenes/Saponins (asiaticosides, asiatic acid, madecassic acid)

Actions

Rasayana, Adaptogenic, Rejuvenative, Alterative, Antioxidant, Analgesic, Anti-Aging, Anti-spasmodic, Antihypertensive, Antiinflammatory, Cardiotonic, Hepatoprotective

Indications

Longevity, Premature Aging, Cognitive disorders, Mood, Anxiety, Fatigue, Memory, Dizziness, Improved Voice, Liver, Cirrhosis, Hepatitis, Vericose Veins, Cellulite, Scars

Which Gotu Kola is Superior?

Both Brahmis, Centella and Bacopa, are hydrophytes (living in water) capable of phyto-remediation (able to purify water by drawing molecules from it) and so you must ensure your Gotu Kola grows in pristine water or it could be the most toxic plant in its environment. Best to use pristine High Himalayan Brahmi.