

AYURVEDA PERSPECTIVE ON BRAHMI W.S.R. TO HEALTH BENEFITS IN  
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## ABSTRACT

In Ayurveda, childcare is referred to as *Kaumarbhritya* or *Bala Roga Chikitsa*, which is considered as one of the eight divisions of Ayurveda science. This field focuses on the diagnosis and management of *Bala Roga*. *Kaumarbhritya* suggested uses of various herbs for improving health of children and *Brahmi* is one such natural drug which enhances mental clarity, focus, memory and intelligence in children. *Brahmi* known as *Bacopa* possesses numerous medicinal properties and helps to cure many diseases belonging to pediatric category. It promotes *Medhya*, *Ayushya*, acts as *Rasayana*, boosts *Prajnasaktivardhana*, provides *Balya*, *Varna* and immunity. *Brahmi* offers health benefits in the management of *Kustha*, *Pandu*, *Kasa*, *Sopha*, *Jwara*, *Unmadahara*, *Apasmara*, *Ruk* and *Manasavikara*, etc. This article presents Ayurveda perspective on *Brahmi* and its health benefits in children.

**KEYWORDS:** *Ayurveda*, *Kaumarbhritya*, *Bala Roga*, *Brahmi*, *Bacopa*.

## INTRODUCTION

Scientifically the *Brahmi* also known as *Bacopa monnieri* L., the other names are *Kapotvadka*, *Somvalli* and *Saraswati*. The herb belongs from family *Plantaginaceae* and commonly grows in marshy region throughout the India, Sri Lanka, Nepal, Taiwan and China, etc. *Brahmi* possess cold potency, offers astringent effect and bitter in taste. The whole plant can be used for enormous medicinal purposes.

As per Ayurveda it offers *Katu Rasa*, *Sheeta Virya* and *Madhur Vipaka* thus normalizes all the *Doshas* (*Vata*, *Pitta* and *Kapha*) and potentiates *Dhatu*s (*Rasa*, *Rakta* and *Majja*). It affects various system of body including circulatory, nervous, digestive, excretory, reproductive and muscular system.<sup>[1-4]</sup>

## Constitutes

The active constituent of *Brahmi* is steroidal saponins, which include bacosides responsible for biological activity.

Properties of *brahmi*

*Brahmi* promotes intellect, imparts rejuvenation effect, clears voice and acts as memory booster. These all effects provide many physical and mental health benefits in children. These properties of *Brahmi* as per Ayurveda are depicted in Figure 1.

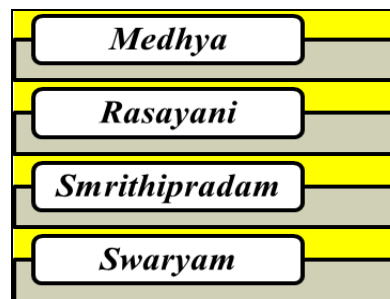


Figure 1: Health beneficial property of *brahmi* as per ayurveda.

As mentioned above the major effects of *Brahmi* in children involves improvement of mental and cognition functioning. The other properties of *Brahmi* which contributed towards the health restoration of children are as follows:

- ✚ It may have analgesic effects in children
- ✚ It possess anti-inflammatory potential
- ✚ It offers anti-microbial property thus helps to prevent children from common infectious diseases.
- ✚ It has anti-convulsant potential thus helpful in juvenile seizures
- ✚ The anti-depressant property provide relief from depression or social isolation
- ✚ The anxiolytic property helps to reduces anxiety in children

- ✚ The antioxidant property prevent oxidative damage in children
- ✚ It improves liver functioning thereby boost digestive activities
- ✚ The immuno-stimulatory potential stimulates immune system in children thus prevent them from general seasonal diseases.
- ✚ The sedative potential induces sleep and provides mental calm in hyperactive children.
- ✚ The anti-ulcer potential prevents damage of gastric mucosa in growing children.

#### **Brahmi effect on doshas**

This herb helps to rectify *Vata* and *Pitta* Dosha imbalance, maintain *Tridoshic* harmony. *Brahmi* balances all *Doshas* but especially pacify aggravated *Pitta* due to its *Sheeta* property. It is considered helpful for balancing mental or emotional aggravations involving *Vata* and *Pitta*. *Brahmi* works directly on *Pitta*'s sub-doshas like *Sadhaka pitta* and *Bhrajaka pitta*. Former one is related to the intellect and intelligence thus *Brahmi* directly affects intellect and later one (*Bhrajaka Pitta*) is located in the skin thus improves complexion and boost skin health in children.<sup>[3-7]</sup>

#### **Brahmi effect on dhatus**

*Brahmi* acts on various *Dhatus* and helps to nourish them, *Brahmi* provides potentiating action for promoting *Mamsa*, *Meda*, *Asthi* and *Majja dhatu*. *Brahmi* helps to build muscle by potentiating *Mamsa Dhatu* in children. It nourishes bone thus helps to make strong physical constitution and by nurturing *Majja dhatu* it boost up mental functioning in children.<sup>[8-10]</sup>

#### **General health benefits in children**

- ✓ *Brahmi* promotes nervous system activity and enhances memory.
- ✓ It is act as *Medhya Rasayana* or brain-rejuvenating plant thus improves concentration in children.
- ✓ *Tika Rasa* improves digestion and *Kashaya Rasa* contributed towards the astringent property.
- ✓ *Brahmi* by virtue of *Laghu Guna* cleans obstruction of minute channels.
- ✓ *Brahmi* imparts cooling and soothing effects by virtue of its *Sheeta Veerya*, thus provides mental calmness and acts as anti-anxiety agent.
- ✓ *Brahmi* encourages appetite, kindle *Agni* and promote metabolic activities.
- ✓ *Brahmi* oil helps in the treatment of inflammatory diseases.
- ✓ *Brahmi* oil promotes hair growth.

#### **Ayurvedic formulation containing brahmi for children**

- ❖ *Brahmi Drakshadi Kashayam*
- ❖ *Brahmi Tailam*
- ❖ *Brahmi Ghrutham*
- ❖ *Saraswatharishtam*

#### **Suggested mode of action of brahmi**

The chief active constitute bacosides affects cognitive and nootropic functioning since it activates serotonergic and cholinergic systems, also enhances synaptic plasticity. Bacosides enhances the metabolism of neurotransmitters thereby increases functioning of the brain. The anti-oxidant activity suppress chances of oxidative damage of neural organs therefore boost up mental activities in children. *Brahmi* enhances nerve impulse transmission, memory and general cognition.<sup>[2,4]</sup>

#### **Therapeutic role in children**

1. *Brahmi* is used for treating Attention Deficit-Hyperactivity Disorder (ADHD) in children.
2. *Brahmi* helps to cure allergic conditions.
3. It is recommended for irritable bowel syndrome.
4. It is helpful to treat insomnia.
5. *Brahmi* offers anti-epileptic property.
6. It is used as an analgesic & antipyretic agents in early age children.
7. Useful for asthmatics children.

#### **CONCLUSION**

*Brahmi* is an important herb of Asian region used for many health benefits and offers remarkable health benefits in children. *Brahmi* offers *Katu Rasa*, *Sheeta virya* and *Madhur Vipaka* therefore helps in digestion, offers cooling and soothing effects and nourishes *Dhatus*. It neutralizes *Vata*, *Pitta* and *Kapha*. It boosts functioning of various tissues like plasma, blood and nervous tissue. *Brahmi* affects functioning of circulatory, digestive and excretory system in children. *Brahmi* improves cognitive functions, reduces stress and maintain well-being of respiratory, nervous and digestive systems. It is used as memory booster and rejuvenating agent in pediatric diseases.

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