

MANDUKPARNI [*CENTELLA ASIATICA* LINN. (URBAN)] AS A GOOD MEMORY BOOSTER: A REVIEW ARTICLE**Dr. Rohit Maan[#] and Dr. Jagdish Mohan Onkar***

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ABSTRACT

Gotu Kola is known with the name of Mandukparni in ayurveda. It is intellect promoting herbs known for its nootropic and neuroprotective properties. For this reason, it is commonly used for enhancing memory and other cognitive functions. It also acts on the skin, gastric mucosa, lymphatic system, heart, vocal cord and lungs. It gives relief from keloids and prevents scar formation in the case of any injury to the skin. It increases secretion of glycoprotein and gastric mucin in the stomach, which helps to prevent damage to gastric mucosa due to excess acid. So, it helps patients with gastric diseases including gastritis, GERD, loss of appetite in gastritis or acid reflux etc.

KEYWORDS: *Gotu koa, Mandukparni, Nootropic, GERD.***INTRODUCTION**

Gotu Kola is also called Brahmi in North India. Bacopa Monniery is also known with the name of Brahmi. The meaning of word “Brahmi” is “intellect promoting”. which applies to both helps. Therefore, you should always check the botanical name of the herb that you are taking.

Botanical name – Centella asiatica**Botanical Synonym** – Centella Repanda, Hydrocotyle Asiatica L., Hydrocotyle Erecta L.F.**Family**-Umbelliferae**Name in another Languages-****Sanskrit** – Mandukparni, Sarswati, Manduki, Twasti**Gujarati** – Khand Brahmi**Telugu** – Manduk Brahmi**Marathi** – Karivana**Ayurvedic Properties****Rasa** – Tikta**Guna** –Laghu**Virya** – Sheet**Vipaka** – Madhur**Dosha karma** – Paciefies Vata and Pitta dosha**Organ Effect** – Bones, Joints, Brain**Benefits and Uses**

Gotu kola has protective actions on the brain, stomach, heart, lungs and skin. It improves immunity, increase vitality and promotes longevity. It improves mental strength. It improves the complexion of the skin and improves skin quality. It gives strength to the vocal cord and improves voice. It acts on the digestive system and improves appetite.

Many people feel “foggy” feeling in the brain, which indicates reduced mental clarity. In such condition, there are several causes including sedation, constant thinking, mental fatigue, stress, worrying etc. Gotu kola improves mental clarity by reducing mental confusion and stress, increasing concentration and revitalizing the neurons. It also improves the blood supply to the brain, which also oxygenates the brain and improves mental clarity.

Gotu Kola increases attention span and attentiveness in people with mental stress and anxiety. In most cases, stress and anxiety are the underlying cause of inattentiveness, which can be reduced by Centella asiatica supplementation. For improving attention, one can take 1 g Gotu Kala Powder twice daily with milk as per ayurveda.

The feeling of excessive mental tiredness indicates mental fatigue which results in difficulty in concentrating poor mental performance, irritability, anxiety and reduced work productivity. All these symptoms occur due to a reduction in dopamine level in the brain. Gotu Kola modulates the production of neurotransmitters including dopamine, so it helps to improve motivation and performance and reduce mental fatigue.

Gotu Kola has anti-depressant action and modulates mood. This action is attributed to triterpenes present in centella asiatica.

In ayurveda, it is also well-known for the management of depression and mood disorders with symptoms including agitation, angry outbursts, frustration, irritability, hopelessness, restlessness, suicidal thoughts and aggressive behavior, it calms the mind and reduces all these symptoms by pacifying Pitta aggravation in the brain, for maximum results, it should be used in combination with Mukta Pishti and Jatamansi.

Medicinal Parts

- All parts
- Especially aerial part of Mandukparni herb is used preparing Gotu Kola powder (Mandukparni powder), extract, tablet or capsules. According to ayurveda, Mandukparni svarasa (Fresh Gotu Kola Juice) is likely to be more beneficial than its other forms.

Pharmacological Actions

Mandukparni improves neuronal growth and exerts neuroprotective and nootropic actions. It also exerts antioxidant action by improving the release of nitric oxide. It improves blood circulation by relaxing the blood vessels, so it reduces discomfort, leg fatigue and pain occurring in varicose veins.

Therapeutic Indications

Gotu Kola is helpful in following health conditions:

1. Mental fatigue
2. Memory loss
3. Low retention power
4. Inability to concentrate
5. Stress
6. Anxiety
7. Depression
8. Insomnia (sleeplessness)
9. Convulsions
10. Epilepsy

Side Effects

1. Headache
2. Vertigo
3. Sleepiness

Generally headache occurs with a high dosage of Gotu Kola. To avoid this, one should start it with a low dosage and then its dosage can be increased gradually over a period of several days or weeks.

Ayurvedic Formulations

1. Brahmi Ghrita
2. Brahmi Oil or Brahmi Thailam
3. Sarswatarishta
4. Brahmi Vati
5. Brahmi Churana
6. Sarswata Ghrita

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