

Wallsend Nurseries

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Brahmi : The “Brain Herb”

TRADITIONAL USES OF BRAHMI

Often taken for fevers and also used for contusions, boils, sprains and fractures. In India the plant is used for all sorts of skin problems- eczema, psoriasis, abscess, ulcerations- it is said to stimulate the growth of skin, hair and nails. Indian Pennywort is also used for chronic rheumatism often as an ointment. In Pakistan, Brahmi is a home remedy for skin problems, rheumatism, piles, inflammations swellings, fever, dysentery, children's bowel complaints, mental weakness and to improve memory.

Many traditions have employed plants, not only for healing, but also to help us function to our highest potential. An outstanding herb in this category comes from the Ayurvedic, or Indian traditional herbal medicine. Bacopa monniera, also known as Brahmi or Bacopa, is a succulent creeper found throughout India. It is the foremost brain tonic herb of the Ayurvedic healing system.

FOR CLARITY OF THOUGHT

Brahmi can be particularly useful for people who wish to improve mental function and concentration. Brahmi has become especially popular with students and others who need to perform optimally in their work, often under pressure or in stressful conditions. Brahmi is also recommended for the older citizen, especially those who find their memory letting them down occasionally.

Naturally, a herb with such potential has attracted a lot of interest. Numerous scientific studies conducted by the Central Drug Institute of India CDRI (equivalent to the CSIRO in Australia) have shown Brahmi to improve learning ability retention and enhance results. Results of these studies were presented to the world community at the International Brain Research conferences during 1986-1996. One study for example found that the subjects taking Brahmi took 6 days to learn a specific task whilst the control group (who did not take Brahmi) took a full 10 days to learn the same task. Extensive clinical trials have so far demonstrated no adverse side effects.

Other studies have confirmed that Brahmi has a calming effect for stress and has become the herb of choice for attention deficit disorder A.D.D. in hyperactive children. The calming effect does not interfere with normal physical activities. The active constituents in Brahmi are the all important steroidal saponins known as Bacoside A and B. Therefore, whilst benefits of this herb on learning and mental performance are of prime importance, Brahmi may also help to relieve the stress of a learning or study environment.

For best results - Adults take 3g (3000mg) once or twice daily continuously and you can expect to see improvements within 4 weeks.

Brahmi - Drug Interactions and Precautions.

Known Interactions

Brahmi, insofar as its diuretic action increases the renal excretion of sodium and chloride, may potentiate the hyperglycemic and hyperuremic effects of glucose elevating agents.

Possible Interactions

Brahmi should not be used with methotrimeprazine, a potent CNS depressant analgesic. The use of diuretics may require dosage adjustments of antidiabetic drugs.

Comments :

In the absence of other hard data, it may still be assumed observable interactions may occur between the many central nervous system drugs and the psychoactive principles in Brahmi.

The neuromuscular relaxing action of Brahmi may be enhanced by the use of certain aminoglycoside antibiotics, such as clindamycin.

Brahmi - Preparation & Administration

Tea: Use 1 - 3 g twice daily Note: This Herbal Preparation information is a summary of data from books and articles by various authors. It is not intended to replace the advice or attention of health care professionals.

Brahmi - Safety Factors & Toxicity

Brahmi apparently possesses no known side effects or toxicity at normal doses.