



## GOTU KOLA

Botanical name: *Centella asiatica*, syn. *Hydrocotyle asiatica* L, *Trisanthus cochinchinensis* Lour.

*Brahmi supports the mind and nervous system, helping to improve memory and sustain intellectual effort. The leaves are considered to be very sattvic, i.e., pure as opposed to dull or stimulating. Gotu kola aids restful sleep and is a natural blood purifier. It was used by Machamuni Siddhar for his kalpa. In a way, brahmi is tridoshic because it reduces excess vata in the mind, is cooling to pitta, and decongesting to kapha.*

**Contents:** Organic *Centella asiatica* aerial parts 1:2:5 in Organic Alcohol, Distilled Water, and Vegetable Glycerin.

**Alcohol:** 49-51%

**Dosage:** 20-30 drops three times per day.

**Chemical constituents:** Triterpenoid glycosides (saponines), including asiaticoside, asiatoside, asiatic acid, madecassic acid, madicassoside, oxyasiaticoside, brahminoside, brahmoside, centelloside; phytosterols and a volatile oil consisting of vallerin, camphor, cineole and an unidentified terpene acetate that comprises 35% of the total oil content; and vitamins B and C, tannins, several aminoacids, an alkaloid named hydrocotyline and the elements Ca, Mg and Na.

### Pharmacological uses:

Antioxidant, rejuvenative, neuroprotective, nootropic, adaptogenic, hepatoprotective, cardioprotective, antiulcerogenic, wound healing, anti-aging, anti-bacterial, anti-fungal, diuretic, blood purifying, anxiolytic, sedative, antiproliferative, anti-inflammatory, antitumor, antiviral.

### Therapeutic uses:

- Neurodegenerative diseases: Alzheimer's
- Nervous exhaustion
- Insomnia
- Anxiety
- Depression
- Varicose veins
- Phlebitis
- Chronic venous insufficiency
- Gastric ulcers
- Ulcerations and wounds
- Scleroderma
- Rheumatism
- Hypertension
- Congestive heart failure



Image credit:

[http://www.greenhouse.wueschner.org/gotu\\_kola.htm](http://www.greenhouse.wueschner.org/gotu_kola.htm)

**Doshas:** *Vata-Pitta-Kapha*

**Taste:** Bitter, Astringent, Sweet

**Properties:** Light, Mobile

**Special Property:** Nourishing to the brain

### Traditional uses:

- Weakness of the eyes
- Memory disorders
- Hemorrhoids
- Epilepsy
- Cattarh
- Asthma
- Bronchitis



Image credit: <http://botanicalblessings.org/plants/>

- Urinary diseases
- Skin diseases: psoriasis, eczema, scabies, leprosy, etc.
- Ascites
- Intestinal worms
- Premature graying
- Infertility
- Minor burns
- Cough

**Toxicity:** None known. In Sri Lanka, Gotu Kola is eaten as a salad and is regarded as a safe food.

### Gotu Kola Salad/ Sambol

Ingredients (for 2-3 servings)

- handful of gotu kola
- ½ cup fresh grated coconut
- 2-3 small red onion/shallots sliced
- 2 green chili sliced
- salt to taste
- 1 tablespoon lime juice



Image credit: <http://migrationology.com/2011/11/sri-lankan-food-40-of-the-islands-best-dishes/>

Method

- Thoroughly wash and clean gotu kola including the root. Slice gotu kola into very thin pieces. If it is thinner, sambol will be tastier.
- Slice onion and green chili.
- In a bowl, mix sliced gotu kola, onion, green chili and salt together with lime juice.
- Gotu kola sambol is ready to serve

## Research:

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