

Gotu Kola Leaf

Famous for its brain enhancing properties, it also benefits venous circulation and skin quality

Common Name: Gotu Kola, Indian Pennywort

Latin: *Hydrocotyle asiatica-Folium, Centella asiatica- Folium (Umbelliferaeae)*

Constituents:

Flavonoids, glucosides- brahmoside, brahminoside, terpenoids, volatile oils¹

Bio-Medical Action:

Alterative, nervine, anti-pyretic, mind tonic, anti-spasmodic, analgesic

Indications:

Nerves: Use in conditions of stress, insomnia, epilepsy and emotional turbulence. Relaxes the Central Nervous System. By reducing 'stress' it prolongs life. Useful in behavioural and developmental imbalances - autism, Asperger's, ADHD².

Mind: Improves concentration, intelligence, memory and alertness. Used to alleviate the symptoms of Alzheimer's, senility and ageing.

Skin: Specific herb for inflammatory skin conditions - eczema, urticaria, acne, Sexually Transmitted Diseases. Useful in external applications for hair loss. Gotu Kola has beneficial effects on the skin. The flavonoids act as circulatory stimulants that promote the quality of the blood vessels in the skin and they increase the rate of keratinisation, which helps to strengthen the outer protective layer of the body. This points to its use in skin inflammation and cellulitis. The saponin content acts as a cleansing and softening agent, the oligosaccharides are moisturising and the phytosterols are protective.³

Joints: Traditional use for arthritis, gout and joint inflammation. This reflects its ability to clear toxins and inflammation whilst also increasing microcirculation.

Combinations:

- + **Ashwagandha** for nervous conditions
- + **Neem** for inflammatory skin conditions
- + **Turmeric** for joint inflammations
- + **Ginger** in fevers
- + **Ginger, Neem and Turmeric** in piles

Ayurvedic Energetics:

Taste rasa: Bitter, Astringent

Action virya: Cooling

Post-digestive effect vipaka: Sweet

Quality guna: Dry, Light

Dosha effect: VPK=, primarily KP-

Tissue dhātu: Plasma, Blood, Nerve

Channel srota: Nervous, Circulatory, Digestive

Contraindications:

Caution in pregnancy. Large doses can be narcotic.

Dosage:

3-15ml/day of a 1:2.5@25%, 2 capsules 3x/day

Duration:

Use long term from 1-3 months+

¹ Cited in Paranjape

² Tillotson

³ Tillotson