

## Brahmi Plus Formula (heter nu Illuminate)

For strengthening the mind and optimising brain function

Brahmi	<i>Bacopa monieri</i>	Cardamom	<i>Elettaria cardamomum</i>
Gotu Kola	<i>Hydrocotyle asiatica</i>	Ashwagandha	<i>Withania somnifera</i>
Bhringaraj	<i>Eclipta alba</i>	Calamus	<i>Acorus calamus</i>
Guduchi	<i>Tinospora cordifolia</i>		

### Bio-Medical Action:

Nervine, carminative, relaxant, cerebral circulatory stimulant

### Indications:

**Mind:** Its main function is to optimise brain function, and increase clarity, focus and concentration. Useful for people requiring that extra bit of mental capacity; students, high-pressure jobs. Also of benefit for those seeking calmness and help in their meditation practice. It can be used as an aid during psychotherapy to help with the movement of experiences from the body into the mind. A great tonic formula for the brain.

**Depression:** use to help lift the mood and remove the veil of depression.

**Digestion:** The intimate relationship between the brain and the digestive system works synergistically with this formula. By calming the mind and helping with mental assimilation, digestive assimilation is also enhanced.

### Combinations:

- + **Valerian & Ashwagandha Formula** for insomnia and serious stress and anxiety
- + **Ashwagandha & Gotu Kola Formula** for extra strength and resolve during the day
- + **Triphala Plus** to keep the bowel clean
- + **Asafoetida Plus** for nervous digestion with bloating and gas
- + **Amla & Peppermint Formula** for acid indigestion with burning and diarrhoea
- + **Chywanaprash** for a deeper nourishing effect

### Notes:

- Brahmi, Gotu Kola and Bhringaraj all nourish the mind; enhance cerebral circulation and clear irritating heat from the mind.
- Guduchi and Ashwagandha combine as rejuvenative herbs that firstly regulate the liver, helping clarity of mind and secondly, strengthen the nervous tissue.
- Cardamom and Calamus combine to clear obstructive damp toxins that obscure the clarity of mind.

### Ayurvedic Energetics:

**Taste** *rasa*: Sweet, Bitter, Pungent

**Action** *virya*: Cooling

**Post-digestive effect** *vipaka*: Sweet

**Quality** *guna*: Light, Dry

**Dosha effect**: VPK-

### Contraindications:

None known

### Dosage:

2 capsules 3x/day

### Duration:

Long term for assisting mental functions for 3-12 months +