

Brahmi (*Bacopa monniera*)

Common Names: Water hyssop, Indian pennywort.

Location: This herb grows in the region of Florida, Central America and India.

Description: This plant can be found floating in the waters of the above listed regions. The tops of the plant are used in medicine.

Properties: Brahmi is known as a brain tonic and nerve tonic. It is also known for increasing intelligence, improving memory, and decreasing aging effects.

Uses: This herb can be used to fight attention deficit disorder (ADD), Alzheimer's disease, memory problems, Parkinson's disease, anxiety disorder and stress. It can also be used to cure irritable bowel syndrome.

Doses: Look for this herb in extracts or tablets. It is recommended that this extract be mixed with honey or some sweet substance to improve its taste for consumption.

Warnings: Women experiencing too much estrogen production should avoid taking Brahmi because it can cause temporary hearing loss

### **Also known as**

*Bacopa Monnieri*, Water Hyssop, Thyme Leaved Graticola, Moneywort, Rau Dang (Vietnamese)

### **Introduction**

Brahmi is a perennial creeping herb with small white flowers. Its leaves are bright green and look almost like a succulent. It grows in damp, marshy areas, in both fresh and brackish water. It is commonly found throughout Southeast Asia, but has since migrated with great success to Florida and several other southern states in the US. Because of its easy adaptability, it is a favorite foliage for aquariums both big and small.

### **Constituents**

The active principle is Hersaponin, which resembles reserpine and chloromazne in its central action.

### **Parts Used**

The whole herb can be used.

### **Typical Preparations**

As a tea, extract, as a culinary additive in certain Asian dishes.

### **Summary**

Brahmi has a bitter and pungent flavor. It has been used since the 6th century C.E. in Ayurvedic medicine and is considered the foremost tonic for the nervous system and general cognition. Historically it has been used to treat a variety of ailments including asthma, epilepsy, leprosy, indigestion, memory retention and as a mild sedative. A recent study in Australia has shown that it had a significant effect on the retention of new information.

### **Precautions**

None known