

ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS

MEMORY HERB

2 varieties

- * *Centella asiatica* syn. *Hydrocotyle asiatica*
- * *Bacopa monnieri*



HISTORY

Memory herb or as it is known in traditional Ayurvedic medicine, Brahmi (bringing knowledge of Brahman, Supreme Reality), is an important nerve tonic herb.

Ayurvedic medicine has been practiced in India for over 5,000 years and means "the science of life". It is a form of medicine that encompasses natural remedies with a personalised approach to the treatment of disease. Emphasis is placed on mind, body and soul to restore the inner harmony. Although *Centella* and *Bacopa* are not related they both share similar pharmaceutical values.



DESCRIPTION

Centella asiatica, also known as gotu kola or Indian pennywort, is a creeping, perennial herb with kidney-shaped leaves. A native to tropical and sub-tropical Asia, South Pacific islands and coastal and central Africa.

Centella has a creeping habit and grows in damp open locations including lawns, along fences, under trees or shrubs and along the edge of paths and garden beds.

Bacopa monnieri, or water hyssop, is a mat forming perennial herb with ovate, succulent leaves. Like *Centella*, *Bacopa* is a water loving plant and is often found growing in muddy banks of slow-moving streams.



USES

Centella has been regarded as one of the most widely used herbs in Ayurvedic medicine. Traditionally used as a nerve tonic and a general tonic in times of physical and mental exertion, it is widely used to assist in pain relief of arthritis.

The herb is also used for ailments of the nerves and mind including epilepsy, schizophrenia and memory loss. The Chinese value this herb more as a plant that increases longevity and brain capacity than for any other purpose. It is said that two leaves a day and eaten raw is enough to help.

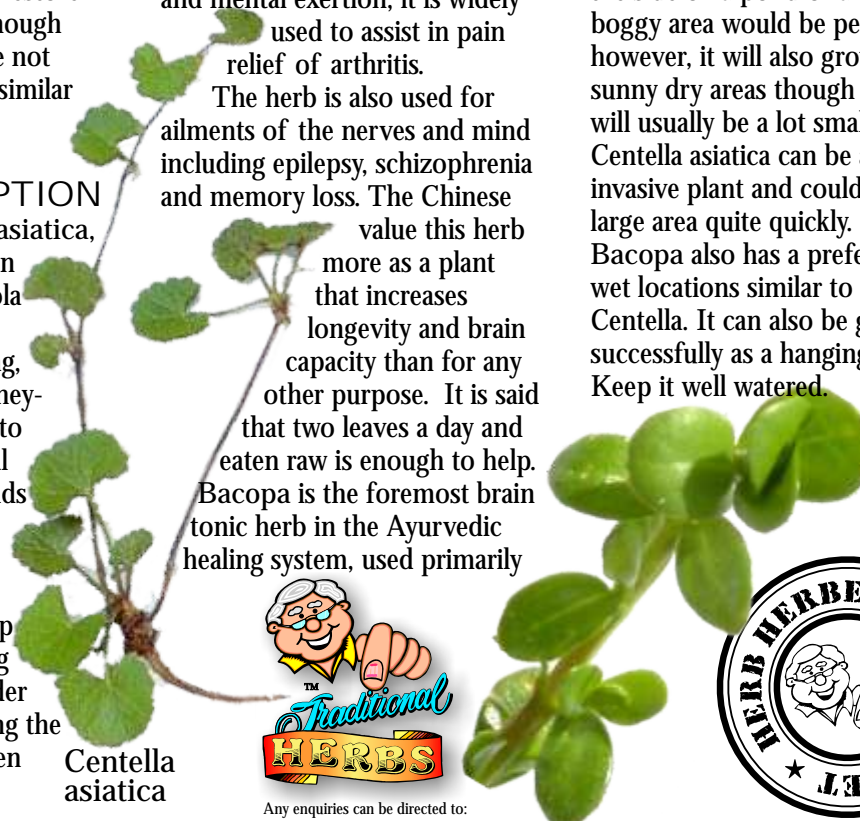
Bacopa is the foremost brain tonic herb in the Ayurvedic healing system, used primarily

as a nerve tonic, to treat insomnia and nervous tension. It contains saponins which have been shown to strengthen the nervous system, and decrease insomnia. It has been said that 3 sprigs eaten raw or added to a herbal tea such as lemon balm, will help.

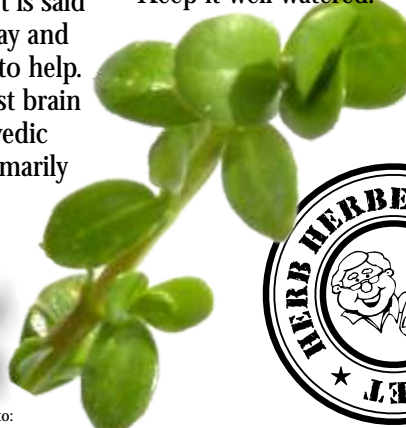


CULTIVATION

Centella asiatica grows easily from division. Being a plant of wet, marshy areas it prefers moist, rich soil in partial shade to flourish. - the side of a pond or a naturally boggy area would be perfect; however, it will also grow in sunny dry areas though the leaves will usually be a lot smaller. *Centella asiatica* can be an invasive plant and could cover a large area quite quickly. *Bacopa* also has a preference for wet locations similar to that of *Centella*. It can also be grown successfully as a hanging basket. Keep it well watered.



Centella asiatica



Bacopa monnieri



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