

Gotu Kola (*Centella asiatica*)

Other Common Names:

Brahmi, Pennywort, Chi-hsing and Paikuo.

Origin:

Gotu Kola comes from India, Sri Lanka, Madagascar, South America and the tropics.

Origin description:

One of Gotu Kola's names, Brahmi, means godlike, consciousness, wisdom. It is one of the most important herbs in Ayurvedic medicine and has been used since ancient times. It is considered to be a herb that has the ability to balance and treat the 3 humours, vata, pita and kapha. This spiritual herb has been used by the yogis for meditation to awaken the crown chakra and help balance both sides of the brain.















What's in it?

Flavonoids, saponin glycosides (brahmoside and brahminoside), and asiaticosides. Rich in vitamin K and A and magnesium, calcium, and sodium.

How does Gotu Kola work?

As a general rule, when first taking it as a tonic, take Gotu kola in smaller doses of about 5-10 drops.

When using it for chronic conditions, take Gotu kola in larger doses of about 30 drops.

Problem	Women	Men
Mental ailments.		
Memory loss.		
Schizophrenia.		
Mental fatigue.		
Depression.		
Poor concentration.		
Congestion from colds/respiratory illness.		
Low energy.	