

BACOPA MONNIERI

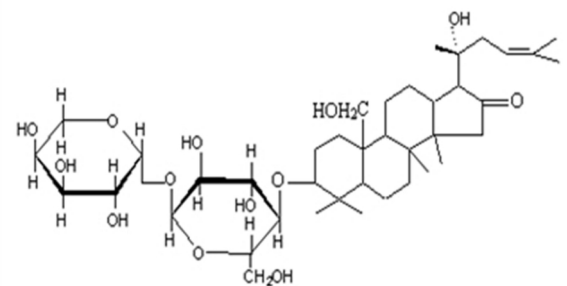


General description:

- Botanical name : *Bacopa monnieri* (Linn)
- Family : Scrophulariaceae
- Common Name : Brahmi
- Part used : Leaf

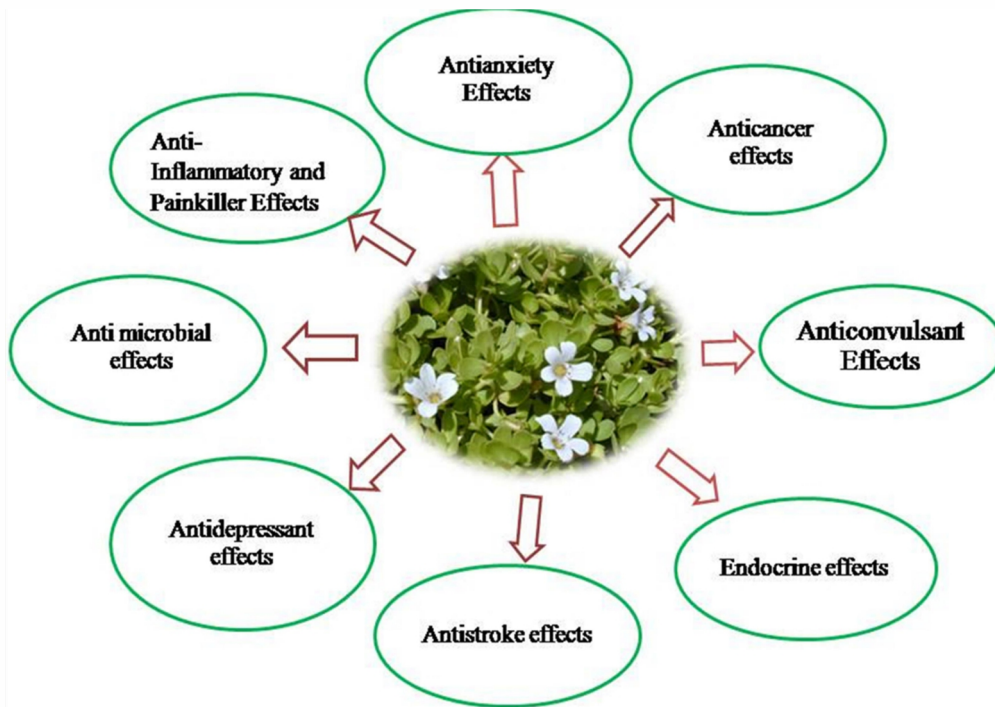
In Ayurveda, *B. monnieri* is classified as a medhyarasayana, i.e., a medicinal plant that rejuvenates intellect and memory. *B. monnieri* is used as brain tonic to enhance memory, learning, concentration, and to provide relief to patients with anxiety and epileptic disorders [1].

Phytoconstituents: The chief constituents of *Bacopa monnieri* are tetracyclic triterpenoid saponins, bacoside A and B (crystalline mixture of several saponins). Among these, bacoside A is predominant.



Bacoside- A

Pharmacological Uses:



CLINICAL STUDIES:

Anxiolytic: In a one-month, clinical trial of 35 patients with diagnosed anxiety neurosis, demonstrated that administration of Brahmi syrup (30 mL daily in two divided doses, equivalent to 12 g dry crude extract of Bacopa) resulted in a significant decrease in anxiety symptoms, level of anxiety, level of disability, and mental fatigue. Further, an increase in immediate memory span was observed [1].

Memory & Depression: In one latest study, effects of a standardized Bacopa monniera extract (300 mg/day) on cognitive performance, anxiety and depression in the elderly

was evaluated in a randomized, double-blind, placebo controlled clinical trial with a placebo run-in of 6 weeks and a treatment period of 12 weeks. Bacopa monniera participants had enhanced Auditory Verbal Learning Test (AVLT), delayed word recall memory scores relative to placebo, decreased Center for Epidemiologic Studies Depression scale (CESD10) depression scores, combined state plus trait anxiety scores and heart rate over time compared to that of the placebo group. This study provided further evidence that Bacopa monniera has a good potential for safely enhancing cognitive performance in the ageing [2].

Side Effects and Toxicity: Bacopa monniera has a record of several hundred years of safe therapeutic use in Ayurvedic medicine. A double-blind, placebo-controlled clinical trial of healthy male volunteers investigated

the safety of pharmacological doses of isolated bacosides over a 4-week period. Concentrated bacosides given in single (20-30 mg) and multiple (100-200 mg) daily doses were well tolerated without adverse effects [3].

Available grades:

- 20% Bacosides: Ethanol
- 20% Bacosides: Regular
- 45% Bacosides (UV)

References:

1. Singh RH, Singh L. Studies on the anti-anxiety effect of the Medyha Rasayana drug, Brahmi (Bacopa monniera Wettst.) – Part 1. J Res Ayur Siddha 1980;1:133-48.
2. Calabrese C, Gregory WL, Leo M, Kraemer D, Bone K, Oken B. Effects of a standardized Bacopa monnieri extract on cognitive Performance, anxiety, and depression in the Elderly: A randomized, double-Blind, placebo-controlled trial. J Alt Comp Med 2008;14:707-13.
3. Singh HK, Dhawan BN. Neuropsychopharmacological effects of the Ayurvedic nootropic Bacopa monniera Linn. (Brahmi). Ind J Pharmacol 1997;29:S359-S65.



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