



Gotu Kola TINCTURE

MEMORY
Circulation tonic

NPN 80078815
50 ml

Each ml contains

Gotu Kola	fresh aerial part	<i>Centella asiatica</i>	1:2	480 mg	Organic
Alcohol 30% to 35%, certified organic					

DOSAGE

INTERVENTION: 2 ml, 3 times per day, maximum 2 weeks.

TREATMENT: 2 ml, 1 or 2 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water, 15 to 30 minutes before meals. For long-term treatment, use 6 days out of 7.

MODE OF ACTION

The effect of gotu kola on cognitive functions and the nervous system is considerable. It is well known in Ayurvedic medicine as an important regenerator of the nervous system. It improves memory, mental acuity, information retention and helps children with learning difficulties.

As an adaptogen, gotu kola improves the functioning of the hypothalamus-pituitary-adrenal axis which is responsible for adaptation to stress. Its mild calming effect, due in part to its capacity to increase GABA levels, reduces the negative physiological impacts of stress. Gotu kola is a balancing tonic and increases energy while keeping the body calm. It is especially useful to calm mental agitation and incessant mental dialogue. It reduces anxiety and irritability.

The effect of gotu kola on the walls of the veins reduces venal distention and stimulates venal circulation. It is used for slow venal return in the lower limbs (heaviness, swelling), varicose veins and hemorrhoids.

Centella asiatica promotes healing of the skin. Its stimulating effect on the synthesis of collagen and the production of fibroblasts improves circulation in the skin and subcutaneous tissue following an injury or surgery. It is used internally and externally for many chronic inflammatory troubles of the skin such as eczema, psoriasis and atopic dermatitis.

In Ayurvedic medicine, it tones Pitta. Gotu kola regulates cholesterol levels and blood pressure and is helpful for difficult digestion. Its antioxidant properties protect against aging. It increases vitality and longevity, is anti-inflammatory and antitumoral.

The main constituents of gotu kola are alkaloids (hydrocotyline), bitter principles (vellarine), polyphenols, saponins (braminoside, brahmoside), flavonoids (quercetin, kaempferol), terpenoids (asiaticoside, centelloside, madecassoside, brahminoside) fatty acids, amino acids, phytosterols, tannins et resins.

HELPFUL ASSOCIATIONS

NETTLE infusion for fatigue.

ASHWAGANDHA tincture for fatigue due to stress accompanied by agitation and anxiety.

PURITEA infusion or capsules for eczema.

HERBAL SALVE for eczema.

CARDIOTOP for circulatory troubles.

ETHNOBOTANY

Nervous system: fatigue, stress, memory loss, difficulty concentrating, learning difficulties, anxiety, irritability.

Circulatory system: varicose veins, hemorrhoids, venal failure.

Integumentary system: eczema, atopic dermatitis, psoriasis, wound healing and scars, scleroderma.

Other: peptic ulcer, mouth sores, troubles of aging, rheumatisms, liver troubles.

HISTORY

Gotu kola has been used for thousands of years by the populations of India, China and Indonesia. It is one of the major herbs of the Ayurvedic pharmacopeia. It was traditionally used to heal wounds, revitalise the nervous system and to improve memory and concentration. It was also used to help meditate. After observing that elephants ate great quantities of gotu kola, Sri Lankans attributed the longevity and legendary memory of elephants to their consumption of gotu kola. Since then, it has become a specific herb for longevity and mental clarity.

CONTRA-INDICATIONS

Consult a health care practitioner before using if pregnant or breastfeeding, if symptoms persist or worsen or if you have liver problems. Discontinue use if liver symptoms occur such as yellowing of the skin and eyes, dark urine, nausea, vomiting, unusual fatigue, weakness or abdominal pain. Do not use if allergic to herbs of the carrot family (*Apiaceae*).

INTERACTIONS

Consult a health care practitioner if you use medication for diabetes or cholesterol. Do not take with alcoholic beverages or any drug or natural health product that has a sedative effect.

REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Aschuler Lise. What was that herb again? Botanicals for Cognitive Support. Southwest Conference on Botanical Medicine; 2017.
- Barnes J., Anderson L.A., Phillipson J.D. Herbal medicines, 3rd Edition. London: Pharmaceutical Press; 2007.
- Bone Kerry. A clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- Chandra J., Joshi H., Bahuguna P., Shanker K., Kumar R. Experimental studies on *Centella asiatica* for anxiolytic activity in rats. *Sch. Acad. J. Biosci.*, 2013; 1(6):283-289; 2013.
- Cooper Raymond. Botanical Medicine: From Bench to Bedside. New Rochelle: Mary Anne Liebert; 2009.
- Fetrow, C. W., Avila, Juan R. Professional's Handbook of Complementary and Alternative Medicines. Springhouse: Lippincott Williams and Wilkins; 2004.
- Foster S., Johnson L. R. Desk Reference to Nature's Medicine. Washington: National Geographic Society, 2006.
- Frawley D., Lad V. The Yoga of Herbs. Twin Lakes: Lotus Press; 2001.
- Gladstar Rosemary. Herbs for Long-Lasting Health. North Adams: Storey Publishing; 2014.
- Gohil K.J., Patel J.A., Gajjar A.K. Pharmacological Review on *Centella asiatica*: A Potential Herbal Cure-all. *Indian J Pharm Sci.* 2010 Sep-Oct; 72(5): 546–556. doi: 10.4103/0250-474X.78519; 2010.
- Gray N.E., Sampath H., Zweig J.A., Quinn J.F., Soumyanath A. *Centella asiatica* attenuates β -amyloid-induced oxidative stress and mitochondrial dysfunction. *J Alzheimers Dis.* 2015 January 1; 45(3): 933–946. doi:10.3233/JAD-142217; 2015.
- Green James. The Male Herbal. Freedom: The Crossing Press; 1991.
- Hawkins Ernest B. From Tradition to Modernity. *HerbalGram.* 2001; 53:64-69, American Botanical Council; 2001.
- Hobbs Christopher. East West Article: Herbal Adaptogens ver. 1.1; 2014.
- Hoffman David. An Herbal Guide to Stress Relief. Rochester: Healing Arts Press; 1991.
- Hussin F., Eshkooor S.A., Rahmat A., Othman F., Akim A. The *Centella asiatica* juice effects on DNA damage, apoptosis and gene expression in hepatocellular carcinoma (HCC). *BMC Complementary and Alternative Medicine* 2014, 14:32; 2014.
- Jellin J.M., Gregory P.J., Batz F. Hitchens k. et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database, 5th Edition. Stockton: Therapeutic Research Faculty; 2003.
- Kabir A.U., Samad M.B., D'Costa N.M., Akhter F., Ahmed A., Hannan JMA. Anti-hyperglycemic activity of *Centella asiatica* is partly mediated by carbohydrase inhibition and glucose-fiber binding. *BMC Complementary and Alternative Medicine* 2014, 14:31; 2014.
- Kwon K.J., Bae S., Kim K., An I.S., Ahn K.J., An S., Cha H.J. Asiaticoside, a component of *Centella asiatica*, inhibits melanogenesis in B16F10 mouse melanoma. *Molecular Medicine Reports* 10: 503-507, 2014, DOI: 10.3892/mmr.2014.2159; 2014.
- Leung A.Y., Foster S. Encyclopedia of Common Natural Ingredients Used in Food, Drugs and Cosmetics, 2nd Edition. New York: John Wiley & Sons; 1996.
- McIntyre Anne. Herbal Treatment of Children. London: Elsevier; 2005.
- Mills S., Bone K. Principles and Practice of Phytotherapy. St. Louis: Elsevier; 2000.
- Mills S., Bone K. The essential Guide to Herbal Safety. St. Louis: Elsevier; 2005.
- Mowrey Daniel. The Scientific Validation of Herbal Medicine. Lincolnwood: Keats Publishing; 1986.
- Murray Michael. The Healing Power of Herbs. Rocklin: Prima Health; 1995.
- PDR. PDR for Herbal Medicines, 3rd Edition. Montvale: Thomson; 2004.
- Pengelly Andrew. The Constituents of Medicinal Plants, 2nd Edition. Cambridge: CABI Publishing; 2004.
- Premila M.S. Ayurvedic Herbs. Binghamton: Haworth Press; 2006.
- Romm Aviva. Botanical medicine for women's health. St. Louis: Churchill Livingstone; 2010.
- Schulz, Hänsel, Blumenthal, Tyler. Rational Phytotherapy, 5th Edition. Berlin: Springer; 2004.
- Sharma S., Gupta R., Thakur S.C. Attenuation of Collagen Induced Arthritis by *Centella asiatica* Methanol Fraction via Modulation of Cytokines and Oxidative Stress. *Biomed Environ Sci*, 2014; 27(12): 926-938, doi: 10.3967/bes2014.133; 2014.
- Singh Khalsa K.P., Tierra M. The Way of Ayurvedic Herbs. Twin Lakes: Lotus Press; 2008.
- Subramoniam Appian. Plants with Anti-Diabetes Mellitus Properties. Boca Raton: CRC Press; 2016.
- Tilgner Marie S. Herbal Medicine from the Heart of the Earth, 2nd Edition. Pleasant Hill: 2009.
- Van Wyk B.-E., Van Oudtshoorn B., Gericke N. Medicinal Plants of South Africa. Pretoria: Briza Publications; 1997.
- Williamson E., Driver S., Baxter K. Stockley's Herbal Medicines Interactions. Grayslake: Pharmaceutical Press; 2009.
- Winston D., Maimes S. Adaptogens. Rochester: Healing Arts Press; 2007.
- Zhao Y. et al. Effect of *Centella asiatica* on Oxidative Stress and Lipid Metabolism in Hyperlipidemic Animal Models. *Oxidative Medicine and Cellular Longevity* Volume 2014, Article ID 154295, doi: 10.1155/2014/154295; 2014.

Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

