



Brahmi" The memory booster medicinal herb magar Aarti yuvraj

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Abstract:-Ayurveda are the science of the nowadays , it is thousands year drugs system. ayurveda is treat to differents diseases, main of the Ayurveda is brahmi .brahmi traditional uses & an effective treatment.

Keywords:- Immunity ,sleep, stress, brain disorders

Introduction:-

brahmi is often called bacopa Moneria is a botanical used in Ayurvedic medicine. brahmi is the may be used reducing mental heat ,stress , & help to improve memories .brahmi are corresponds to two plant. Bacoba monnieri & centella Asiatica, Epigraphy is the study of inscription literally means any writing engraved an some object . it is hight toxic herb. brahmi can be identified by fan shaped ,different colour fower ,they grows including a river



History & ayurvedic aseptic :-

Brahmi ,is a an Ayurvedic plant that has been used for 3000 more year , the period of vedic medicine lasted until about 800 bce. Ayurveda is attributed to Dhanvantari the physician to the gods in Hindu mythology , who received it from Brahma. an alternative medicine system with historical root in the, Indian subcontinent .the brahmi was allegedly used by ancient video scholar to memorize lenghy sacred hymns and scripture brahmi was deciphered by prinsep.the herb has allergedly used by ancient vedic scholars to memorize lengthy sacred hymns and scriptures Brahmi Rasayan is an ayurvedic health supplements It is also known as aabhya amalaki avaleha. brahmi used to treat of epilepsy for thousands of year & brahmi leaves used have been utilized as epileptic therapy . It self a descendant of the Phoenician writing system. brahmi name the creator god of the Hindu Brahmi . it is to the longest time

treating mind -related health concern . Bacopa monnieri was frst described by the 6th century A.D in ancient Sanskrit books, such as the great trilogy [caraka samhita , syshrita samita, and Astanga Hridaya] and Atharva-veda text .The frst documentry of brahmi is done by 1931 . They are found to be humid ,moist soil, muddy place. it is very toxic, when adminsted at a done of 0.5 mg\kg body weight use of neurological disorders, schizophrenia, anti-strok and anticonventent capabilities . It is use to resarch and, also found in Ayurvedic classical tests.



Other name of brahmi :-

Marathi - Ghala,jalman,Brahmi,

English-water hyssop, Thyme leaved gratiala

Gujarati-Neerbrahmi, Bamerevari

Hindi- Brahmi, Ja-brahmi, sarasvati, Mandukaparni.

Sanskrit-Nir-brahmi, Brahmi, Aindri

Telugu - sambranichetu

Malyalam-Barna, Brahmi

Kanada-Valabrahmi, Nirubrahmi, Mandukarparni

Latin - Bacopa monnieri

Toxonic classification :-

Kingdom plantae:plantae

Sub kingdom :Tracheophyta

Super-division: spermatophyta

Division:Tracheophyta

Class :Tracheophyta

Phylum :streptophyta

Subclass :Asteridae

Order :lamiales

Family :Scrophylariaceae

Genus:Bacopa

Species: B.monneri

Binomial name :Bacopa monniera

Brahmi monniera

Gratuala monniera L.

Herpestis monniera

Lysimachia monnieri

Growth requirements :-

Brahmi have the soil, watering, sunlight, planting and insects are growth requirements.

Soil-It is grows to different type of soil, but they usually growth inacidic, drained &with in pH of soil, is 5 to 6 It can tolerate to marshy places.

Watering-Brahmi need to highly of water to surroung soil of brahmi plant are keep moist.

Fertilizing-They are rich nitrogen place &they growing from March to September

& they are growths the plant at high Tempreature [33°C to 40°C] &moist places.

Botanical description:- Brahmi was considered to highly increases species. In 2009 to 2010 increase to demand In pharma industry is highly level. It is grow in slightly brackish conditions.

Leaves- Thick, fattened, various shape and sizes provide to mechanical support of parenchymatous tissue. Show single layer of upper and lower epidermis covered with thin cuticle, epidermis, mesophyll and vascular structure.both are composed of compactly arrange to reactragular cells. &help to exchange gas between stomata and outer atmosphere.

Stem- Thin ,green or purplish green, slightly bitter, soft, glabrous;taste, cortical cell were of different sizes, they include round, pentagonal, hexagonal & polygonal cells. This are group of 10-20 cells. Their machnism of development and differentiation are quite different. The pattern of alignment of diaphragm layers as well as interlocking of adjacent diaphragm impact defne shape as to tetragonal ,pentagonal, or



hexagonal

Root :- main root dried are cylindrical, longitudinally, Wrinkled, 5mm in diameter, Thin, wiry, small & branched cremish, yellow. Show a single layer of epidermis. Pericycle not distinct, endodermis single layered in microscopic & Inner to exodermis position parenchymatous cortex . Cortex are big part to occupied by 70% part of root & Isolated material from xylem show vessels with reticulate thickening

Flower:- small, pale blue or pinkish white, axillary and solitary 6-30 mm long Pericarpes, solitary, axillary in microscopic, flowering to their season in May, June & July.

Seed :-Brahmi seeds 0.2 to 0.3 mm in size with dark brown in colour, they are available in moist soil.

Nutritional value of brahmi :-

Moisture-88.4 grams

Protein -2.1 grams

Fat. - 0.6 grams

Carbohydrates- 5.9 grams

Crude fiber- 1.05 grams

Ash-1.9 grams

Calcium-202 milligrams

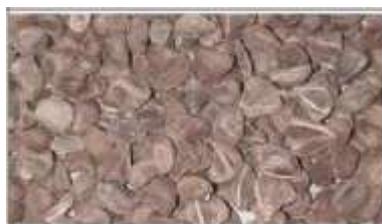
Phosphorous -16 grams

Iron-7.8 milligrams

Energy-38 calories

Ascorbic acid- 6.2 grams

Calories-38 kcal



Properties of brahmi:-

- 1) may reduce inflammation
- 2) constatement of boost brain function
- 3) constatement of skin
- 4) reduced inflammation
- 5) may reduced stress
- 6) may be help of lower bp.

Modern diseases review :-

Brahmi research proved its ability to work on psychosomatic diseases. Brahmi is an antioxidant and appears to increase the concentration of GSH & enzymatic antioxidant like SOD, GPx & CAT

- 1) Reduced anxiety & stress-
 - 2) Improve respiratory health-
 - 3) skin care-
 - 4) Anti Parkinson-5
- 5) Epilepsy-
- 6) central nervous system disorders-
- 1) Reduced anxiety & stress- The leaves of brahmi plant manage the symptoms of anxiety for [2 to 3 at time eat] to reduce them by balancing the hormones of our body and provide a positive impact on our stress hormone.
 - 2) Improves respiratory health:- It has been used in Ayurvedic treatment for respiratory system like bronchitis, congestion, chest cold & blocked sinuses. It is clear out mucus & relieves inflammation in the throat & provides rapid relief.
 - 3) skin care- It provides you rapid relief for our skin disease like wound healing and disinfects the skin at a some time brahmi juice or oil spread to this area slowly. result to smooth, healthy skin.
 - 4) Anti parkinson-
May improve circulation to the brain cognition and mood. Few studies exist on its benefits in PD, but its antioxidant properties show promise in protecting the brain from damage.
 - 5) epilepsy:- one teaspoon of honey with brahmi juice can also help in epilepsy.
 - 6) Central nervous system- Brahmi helps to reduce the symptoms of mental illness like anxiety and depression, Brahmi is an Ayurvedic medicinal preparation that is used to improve memory treating stress.

Therapeutic uses / Benefits :-

Thickens hair, acts as a natural conditioner, promotes hair growth, helps prevent split ends, helps prevent dandruff, helps reduce hair fall.

Helps fight insomnia,

Increases memory

Helps soothe burns

Reduces anxiety

Reduces high blood pressure.

Treats sore throat

Discussion: - Brahmi is one of the most important herbal drug in Ayurveda. Brahmi is a succulent. It is popularly used in Ayurveda science for treatment of psycho-somatic disorders like epilepsy. One should undertake more studies on its modern pharmacology & phytochemistry usually it is used as a medicinal drug, it has achieved tremendous attention in treating CNS & psychological disorders. Treat disorders like Alzheimer's disease, Parkinson's, Anxiety, Brahmi, are not only plants or shrubs; they also stabilize hormones and positivity of our body.

Conclusion: - Brahmi has various therapeutic uses & is used to treat skin & neurological & psychological disorders and helps to be beneficial when used as prophylactic medication according to studies 21 to 39. Through wetland species are poor in mechanical tissue proportions.

ABBREVIATIONS-

EPI:epidermis;BC:Epidermis;pH:phloem ; CO:Cortex; CRY:Crystal; EPI: Epidermis; GI:Ground tissue; UEPI:Upper epidermis; S.X.Y:secondary xylem; VB:vascular bundles; V:Vessel;LBP:lower epidermis;

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