

BACOPA

What is BACOPA?

Bacopa is a classic brain and nerve tonic, also known as Brahmi. The active constituents in this succulent creeper are steroidal saponins known as Bacosides A and B, which have been shown to strengthen the nervous system and decrease insomnia and acts as a mild sedative. It also has antioxidant, hypotensive and diuretic properties and is known as a “brain food” to nourish the brain and improve intelligence and memory. It is added to formulations to assist in heightening mental acuity and support the physiological processes involved in relaxation. The combination of improved mental acuity and relaxation is why this botanical is included in the highest category of Ayurvedic herbs. *

What are the benefits?

Bacopa is traditionally used as an Ayurvedic rejuvenative which helps to decrease the signs of aging, particularly in the mind as it increases mental clarity and brain functioning. It has been shown to enhance the mind’s ability to learn and focus. It has the ability to calm the mind, while at the same time invigorate the thinking capacity in a centered, peaceful way. It is useful for those who want to improve mental function and concentration under pressure or in stressful conditions. In India, Bacopa is used for memory enhancement, epilepsy, insomnia and as a mild sedative. Its tranquilizing effects do not dull the mind, but actually improves mental clarity. It has become an herb of choice for attention deficit disorder (ADD) in hyperactive children as the calming effect does not interfere with normal physical activities. Extensive clinical trials have demonstrated no adverse side effects. *

Supplement Recommendation:

For the most effective benefits, look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Calms the mind and promotes relaxation***
- **Supports the physiological process involved in relaxation***
- **Decreases anxiety and restlessness***
- **Enhances learning and academic performance***
- **Helps to increase activity in brain cells***
- **Improves memory, mental clarity and longevity***
- **Helpful for cognitive disorders of aging***
- **Improves short-term and long-term memory***
- **Improves mental function and concentration in stressful conditions***

Supporting Research:

Barnett R, Barone J. *Ayurvedic Medicine: Ancient Roots, Modern Branches*; pg 14-15; 1996

Frawley D, Dr., OMD. *Ayurvedic Healing: A Comprehensive Guide*; 1992; pgs 54, 83, 107, 197, 208, 219, 226, 238, 243, 251-252, 260, 264, 272, 283, 285, 298, 333

Sahelian R, M.D. *Mind Boosters; Bacopa, bacopa benefits bacopa research*

Schar D. “Contemporary research proves the ancient tradition of using Bacopa to improve intellect and mental acuity has legs: Bacopa tops improving memory”. 2003; *Prevention magazine*

Stough C. The chronic effects of an extract of Bacopa monniera (Brahmi) on cognitive function in healthy human subjects. Neuropsychology Laboratory, School of Biophysical Science and Electrical Engineering, Victoria Australia *Psychopharmacology (Berl)* 2001; Aug; 156(4):481-484

Numerous scientific studies conducted by the Central Drug Institute of India presented to the world community at the International Brain Research conferences during 1986-1996; *Alternative Health*

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.