

HOLY BASIL, LOTUS, BACOPA

What is HOLY BASIL?

Holy basil is also known as *Tulsi* and *Ocimum sanctum*. The leaf and stem contain essential oil used for medicinal purposes. Holy Basil and Lotus are the most sacred plants in Ayurveda medicine. These herbs act as an adaptogenic and rejuvenative tonic to help balance and strengthen the whole body system while increasing tranquility and mental clarity. Lotus has been used as a tonic for the heart and is calming in such conditions as insomnia, palpitations and anxiety. Bacopa, also known as Brahmi, contains bacosides A and B. It is traditionally used as a nerve and brain tonic to help support memory and concentration while easing stress and tension. Bacopa has been shown to strengthen the nervous system and decrease insomnia and act as a mild sedative; it is thought to help nourish neurons while restoring depleted synaptic activity. *

What are the benefits?

These herbs are used traditionally as an adaptogenic tonic formula to support and enhance the body's response to physical and emotional stress. Adaptogenic herbs are not regarded as mood altering, they merely help the body's systems maintain healthy functioning during times of stress. They safely increase physical and emotional endurance for those who are stressed and/or burned out and live a fast paced lifestyle; improve the body's response to stress and enhance adrenal function. It is useful for those who want to improve mental function and concentration while under pressure or in stressful conditions. *

Supplement recommendation:

For the most effective benefits look for a product that has a combination of Holy Basil, Lotus and Bacopa for maximum synergistic activity; 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.

- **Contains antibacterial, antifungal properties***
- **Helps to increase physical and emotional endurance***
- **Enhances adrenal function***
- **Supports memory and concentration***
- **Helps to ease stress and tension***
- **Nourishes neurons and helps restore depleted synaptic activity***
- **Increases tranquility and mental clarity***
- **Improves the body's response to stress***
- **Calms the mind and promotes relaxation***
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Supporting Research:

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Frawley D, Dr., Lad V. Dr. *The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine*; 1998; Lotus Press
Lad V, Dr. *Ayurvedic Institute Ayurveda Herbs; Materia Medica*
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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
Tierra M. *The Way Of Chinese Herbs*; page 226
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.