

GOTU KOLA

(Centella asiatica)

Clinical Summary

Actions

- Adaptogen
- Anxiolytic
- Nervine Tonic
- Neuroprotective
- Nootropic
- Sedative
- Antidepressant
- Antioxidant
- Anti-Inflammatory
- Alterative
- Skin Protective
- Antidiabetic

Indications

- Cognitive function, Alzheimer's disease
- Anxiety, stress, depression
- Insomnia
- Circulation and water retention
- Joint pain, swelling
- Skin conditions, wound healing, stretch marks, varicose veins and scarring including topically

Traditional Use

In Traditional Chinese Medicine gotu kola is one of the reported 'elixirs of a long life' known for more than 2000 years ago. It has been used for centuries for the treatment of anxious and depressive complaints and to improve memory. In Ayurveda gotu kola is one of the main herbs for revitalizing the nerves and brain cells where it is an intellect promoting (medhaya rasayana) medicine.

Energetics

Sweet, bitter, cooling.

Constituents

Saponins which include asiaticosides, madecassoside and madasiatic acid, triterpenes brahmoside and brahminoside, centelloside and its derivatives, plant sterols, flavonoids, tannins, phytosterols, mucilages, resins, free amino acids, an alkaloid, a bitter component and fatty acids. Gotu kola has a high nutritional value mainly due to its richness in carotenoids and vitamins C and B complex.

Use in Pregnancy

None known.

Contraindications and Cautions

None known.

Drug Interactions

Caution with central nervous system depressant and hepatotoxic drugs.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
10 to 40mL weekly