

**BRAHMI** (*Bacopa monnieri*)

**Family :** Scrophulariaceae

**Synonym:**

**Bharti** - Indigenous plant

**Bharmi** - It improves intelligence

**Mahaushadhi**- Dravya having many uses

**Somya** - It is a pleasant looking creeper

**Vayastha** - Improves the longevity

**Divyateja**- Gives the complexion of divine

**Medhya**- Acts as a brain tonic

**Sursa**- The plant having pleasant taste.



**Botanical description—**

**Bramhi** - Is a glabrous somewhat succulent creeping and non-aromatic herb.

**Leaves** - Leaves sessile, decussate, obovate, oblong, and rather fleshy arranged oppositely on the stem.

**Flowers** - Flowers are small, actinomorphic and white, with four to five petals.

**Fruit** - Capsules 5 mm. long, avoid, acute, pointed and glabrous.

**Seeds** - Are about 0.85 mm. long, oblong, striate and pale.



**Rasa Panchak**

**Rasa** - Tikta , kashaya

**Guna** - Laghu

**Virya** - Sheet

**Vipaka** - Madhur

**Prabhava** - Medhaya

**Karma—**

**Doshkarma**- Kapha vata samakak

**Dhatukarma**- Dhatuwardhak

**Malakarma**- Sarak

**Rogagnata-**

Unmad, Apasmar, kustha, mutrakrachcha, pandu, prameha, shotha,jawar

**Part use-**

Panchang, Swarasa

**Dose-**

Swaras- 10-20 ml

Churna- 0.5 ml- 1 gm

**Chemical composition -**

Ascorbic acid , Nicotinic acid , Monnierin saponin, Brahmine, Herpestine,