



What is it?

The botanical name of gotu kola is *Centella asiatica* or *Hydrocotyle asiatica* and it belongs to the Apiaceae/ Umbelliferae family.

It is commonly used in Ayurvedic medicine (traditional Indian medicine) and is called brahmi, which is derived from the Hindu word Brahma, the creator god of the Hindu pantheon deities. Bacopa is also called brahmi and is often confused with gotu kola.

The parts of gotu kola that are used medicinally are the above ground parts (also known as herb). These contain triterpenoid glycosides (asiaticoside), which can assist wound healing and reduce inflammation.

Why you may need gotu kola

Wound healing – topically gotu kola can aid wound healing and may help to reduce scarring. In Ayurvedic medicine it is used for chronic and stubborn skin conditions such as eczema and psoriasis.

Stress – in India gotu kola is used as a nervous system tonic and it is thought to strengthen the adrenal glands.

How much to use?

500 mg – 2 g of dried herb three times a day.
250 mg – 500 mg of dried herb prepared as a tea with honey is often taken by yogis before meditation to balance the left and right hemispheres of the brain (also known as the crown chakra).



Safety notes

Gotu kola is generally well tolerated.

Gotu kola is not recommended during pregnancy and while breastfeeding.