Bacopa monnieri (Linn.)

Synonyms: Monniera cuneifolia Michx., Herpestis monniera (Linn.)

Family : Scrophulariaceae

Group: Brain tonic **Parts Used**: Whole plant

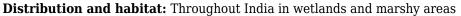
Vernacular Names

English : Thyme-leaved gratiola

Malayalam: Brahmi

Hindi : Barami, Jalnim

Sanskrit : Brahmi Bengali : Boihim-sak Tamil : Nirpirami



Botany: Annual creeper, rooting at each node; stem soft, succulent, soft hairs present; branches 10-25 cm long;

• *Leaves*: Alternate simple, 1.25-1.8 cm long, sessile or subsessile, oval shaped.

• *Flower:* Light blue or white, 0.8-1.5 cm long.

• *Fruit*: Capsules 2-grooved, valves separating from the entire column, many-seeded.

Seed setting and production of viable seeds are rare.

Parts used: whole plant

Chemical constituents: Leaves contain the alkaloids brahmine, herpestine, mannitol and saponins (bacosides A and B). The mixture of bacosides A and B on hydrolysis gives four sapogenins, glucose and arabinose.

Uses:

- Improvement of intelligence and memory and revitalisation of sense organs.
- Barbiturate, hypnosis potentiation effect, stomachic and cardiotonic
- It is suggested for dermatosis, anaemia, diabetes, cough, dropsy, fever, arthritis, anorexia, dyspepsia, emaciation, and insanity.
- Dispels poisonous affections, splenic disorders and impurity of blood.
- It is useful in vitiated conditions of *kapha* and *vata*, biliousness, neuralgia, ascites, flatulence, leprosy, leucoderma, syphilis, sterility and general debility.

Formulations: Brahmighrtam, Sarasvataristam, Brahmitailam, Manasamithravadayam, Misrakasneham etc. in Ayurveda and brain tonic in Unani

Agrotechnology

Soil and climate: Warm humid tropics up to 1200 m elevation. Sun-loving plant

Propagation: By stem cuttings of 10 cm long planted at 20 cm spacing. requires shallow submergence of 1 cm. Roots within 15-20 days. It will spread over the field within 6 months.

Harvesting: Harvesting commences from sixth month onwards. It can be continued round the year if adequate irrigation is provided. After 3 years, the whole crop is harvested and replanted.







