

# *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



**Distribution and habitat:** Throughout India in wetlands and marshy areas

**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.
- Disperses 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.

