

## Brahmi, Gotu Kola, Mandukaprani, Sarswati Plant



Centella grows in tropical swampy areas. The stems are slender, creeping stolons, green to reddish-green in color, connecting plants to each other.

Rating: Not Rated Yet

### Price

Sales price R 215

Discount

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Description

### Description for null

Centella asiatica, commonly known as centella and gotu kola, is a small, herbaceous, annual plant of the family Mackinlayaceae or subfamily Mackinlayoideae of family Apiaceae, and is native to wetlands in Asia.

It is used as a medicinal herb in Ayurvedic medicine, traditional African medicine, and traditional Chinese medicine. It is also known as the Asiatic pennywort or Indian pennywort in English, among various other names in other languages.

It has long-stalked, green, rounded apices which have smooth texture with palmately netted veins. The leaves are borne on pericladial petioles, around 2 cm. The rootstock consists of rhizomes, growing vertically down. They are creamish in color and covered with root hairs.

Common name	Flower colours	Bloom time	Height	Difficulty
Bemgsag, brahma manduki, brahmanduki, brahmi, ondelaga or ekpanni	White or pinkish to red	August to December	2 to 7 ft	Easy to grow

### Planting and care

It can be used as in a home garden arrangement.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	Well-drained soil	Medium	it tolerates temperatures down to between -5 and	Use any organic fertilizer

-10°C

## Caring for Brahmi

- Centella asiatica (Gotu Kola) is a well known herb traditionally used in the treatment of skin damage as well as for circulatory enhancement. This is a specialized extraction employed for the concentration of the active constituents for enhanced therapeutic benefits to the skin.
- Centella asiatica (Gotu Kola) has been shown to have many healing attributes acting as a general tonic for overall skin and circulatory health. When applied topically it has been shown to speed the healing of damaged tissues and to minimize scarring.
- Centella asiatica (Gotu Kola) is rich in saponins which are well known for their beneficial connective tissue impact where they stimulate skin repair and strengthen hair and nails. This activity is dramatic enough to improve the look of cellulite and other skin imperfections.

## Typical uses of Brahmi

**Special features:** The flowers are white or pinkish to red in color, born in small, rounded bunches (umbels) near the surface of the soil. Each flower is partly enclosed in two green bracts. The hermaphrodite flowers are minute in size (less than 3 mm), with 5-6 corolla lobes per flower. Each flower bears five stamens and two styles. The fruit are densely reticulate, distinguishing it from species of Hydrocotyle which have smooth, ribbed or warty fruit. The crop matures in three months, and the whole plant, including the roots, is harvested manually.

**Culinary use:** Centella is used as a leafy green in Sri Lankan cuisine, being the most predominant of all locally available leafy greens, where it is called gotu kola.

It is one of the constituents of the Indian summer drink thandaayee.

Centella is widely used in various Indian Regional cuisines. It is known as vallarai in Tamil. It is an important component of unave marunthu concept which translates to food is medicine.

**Ornamental use:** The plant is used for ornamental purpose. Its generally kept indoor in living room and in terrace area.

**Medicinal use:** According to the American Cancer Society, although centella is promoted for its health benefits, "available scientific evidence does not support claims of its effectiveness for treating cancer or any other disease in humans". However some research has shown a possible health benefit in the form of reduction of the progression of subclinical arterial lesions in low-risk asymptomatic subjects. Note: The following information is general guidelines. Be sure to ask your healthcare provider for guidelines.

## References

- <http://www.wildturmeric.net/2015/04/brahmi-bacopa-monniere-benefits-uses-side-effects.html>
- <http://homeguides.sfgate.com/cultivate-centella-asiatica-21681.html>
- <http://www.plantsguru.com/brahmi-gotu-kola> [http://www.ingredientstodiefor.com/item/Centella\\_Asiatica\\_Gotu\\_Kola\\_/1374/](http://www.ingredientstodiefor.com/item/Centella_Asiatica_Gotu_Kola_/1374/)

## Reviews

Monday, 04 September 2017

Can this grown in hot places.

Vejay Mitun V J

Friday, 01 September 2017

I have it on my table with a Lucky Bamboo and looks great!

Nitin Mulik

Wednesday, 30 August 2017

Tried myself 90% germination rate. Go for it

Santosh Kulkarni

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