



Review Article

CRITICAL REVIEW ON *BRAHMI VATI*- AN AYURVEDIC FORMULATION EFFECTIVE IN MANAGEMENT OF MEMORY LOSS

Poonam Kailoria^{1*}, Divya Singh¹, Rajendra Prasad Sharma²

¹PG Scholar, ²Associate Professor, Dept. of RSBK, National Institute of Ayurveda DE-NOVO, Jaipur, Rajasthan, India.

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ABSTRACT

Health is a complete state of physical, psychological, social, and spiritual well-being. When a person is filled with intellect, they will achieve their greatest level of achievement in life. As a result, from the dawn of human civilization, Ayurveda has played a significant role in promoting both individual and societal health. From the prehistoric era, Ayurveda mentions a number of medicines that support human intelligence development. Acharya In the *Charaka Chikitsa Rasayana* chapter, *Charaka* mentions a few *Medhya Rasayana* plants that allow us to have more *Medha* (intellect), *Grahana Sakti* (power of perception), *Smriti* (power of memory), and *Agni* should be strengthened.(energy of metabolism and digestion), *Varna* (complexion), and *Svara* (voice). *Medhya Rasayana* medicines increase mental abilities and mental performance. Through the review of the literature regarding *Brahmi* (*Bacopa monnieri*) it has been observed that these drugs are potent *Medhya* (intellect) with the properties as mentioned in this article.

INTRODUCTION

In our ancient scriptures, various terms like *Buddhi*, *Dhee*, *Dhruti*, *Smriti*, and *Viveka* are discussed which have a strong connection to culture and daily life. This word, "*Medha*," is widely used to describe several aspects of life, including culture and mental state. Three alternative explanations of the notion of *Medha* have been provided in Ayurveda: *Yogika Artha* (its derivation), *Samanya Artha* (its common application), and *Vishesha Artha* (its specialised use). The word *Medha* is derived from the root word "*Medha Sangame*" in *Yogika Artha*, which means to gather or meet. In *Samanya Artha* "*Medha*" refers to the ability to retain knowledge. In *Vishesha Artha*, *Medha* refers to remembering information learned from a literary source. *Medha*, in the words of Chakrapani, *Medha* means a type of intellect having the power of retention of knowledge.

Dalhana mentioned in the commentator of *Sushruta Samhita* *Medha* is a variety of *Buddhi*, which is completely uninterrupted, minute, deep and gathered from different sources. *Arundatta*, the commentator of *Astanga Hridaya* said about *Medha* as a variety of *Buddhi*. According to *Hemadri*, *Medha* is a retention power of an individual. *Brahmi* word derived from term "*Brahm*", which indicate positive energy as well as creative potential. *Brahmi* is known to promote stability and awareness toward positive thought. *Brahmi* has mind enhancing property and support nervous system. *Brahmi vati* is a well known Ayurvedic medicine of mental disorders. As per Ayurveda *Sarasangraha*^[1] states *Brahmi vati*^[2] is useful for the treatment of following disorders:

1. *Alpamedha* (Weak memory)
2. *Manshik klam* (Mental fatigue)
3. *Tanav* (Stress disorder)
4. *Avasaad* (Depression)
5. *Manoroga* (Psychotic condition)
6. *Anidra* (Sleeplessness)

MATERIALS AND METHOD

Material is collected through various classical text book, journals, articles.

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RESULTS

Table 1: Ayurvedic Properties of Ingredient Drugs of *Brahmi vati*.^[3]

S.No	Drug Name	Ras Panchak	Part Used
1.	<i>Brahmi (Bacopa monnieri)</i>	Rasa- Tikta Guna- Laghu Virya- Shita Vipaka- Madhura Prabhav- Medhya	Panchanga
2.	<i>Sankhpushp (Convolvulus pluricaulis)</i>	Rasa- Tikta Guna- Snigdha, Pichchila Virya- Kashaya Vipaka- Madhur Prabhava- Medhya	Leaf
3.	<i>Vacha (Acorus calamus)</i>	Rasa- Katu, Tikta Guna- Laghu, Tikshana Virya- Ushna Vipaka- Katu Prabhav- Kapha vata shyama	Root & rhizome
4.	<i>Gavjaban (Onosma bracteatum)</i>	Rasa- Madhur, Tikta Guna- Laghu, Snigdha Virya- Shita Vipaka- Madhura Prabhav- Vatapittahar	Leaf & Flower
5.	<i>Maricha (Piper nigrum)</i>	Rasa- Katu Guna- Laghu, Tikchana Virya- Usna Vipaka- Katu Prabhav- Vata kaphahar	Fruit
6.	<i>Svarna Mashik (Bhashma)</i> ^[4]	Karma- Rasayan vajikarana nadi snayu balvardhak jvara prameha sula Dosa Prabhav- Pancha vayu niyamak	Bhashma
7.	<i>Ras sindu</i> ^[5]	Rasa- Tikta and Madhur Guna- Laghu Virya- Shita Vipaka- Katu Prabhav- Tridoshanashak, Kaphapittahar	Bhasma
8.	<i>Jatamanshi (Nordostach ys Jatam ansi)</i>	Rasa- Tikta, Kashaya, Madhur Guna- Laghu, Snigdha Virya- Shita Vipaka- Katu Prabhav- Tridosahar	Bhasma

Table 3: Medical Properties of Each Constituent of Brahmi Vati^[6]

S.No	Ingredients	Charak	Shushruta	Nighantu
1.	<i>Brahmi (Bacopa monnieri)</i>	<i>Medhya rasayana, Apasmarpaapnut, Atattvabhinivesh, Pushthayayurbala rogyakartve</i>	<i>Rasayana, Medhyayusyakamay rasayana</i>	<i>Rasayana, Smartiprada, Kushtapan Dumehaastrakasajit, Jvarahar, Kanduhar, Shopharuchivishahar</i>
2.	<i>Sankhpushpi (Convolvulus pluricaulis)</i>	<i>Medhya Rasayana</i>	-----	<i>Grahabhu Tadidoshadhni, Vashikaransidhdida, Rasayani, Vranmedhagnibalayukantida</i>
3.	<i>Vacha (Acorus calamus) [7]</i>	<i>Virechaniya, Lekhaniya, Arshoghna, Traptighna, Aasthapnopag, Shitprashaman, Sanghyast hapana, Tiktaskanda, Shirovirechan</i>	<i>Pippalyadi, Vachadi, Mustadi, Urdhva bhaghar</i>	<i>Vamani, Vatshlesh Marujapaha, Kanthya, Medhya, Kramihrad-vibandhadhmanashulnut, Shakramutravishodhani, Apasmarkaphonmadabhutaharet, Kumaranavapurmedha-balabudhdi vivardhanaah</i>
4.	<i>Maricha (Piper nigrum) [8]</i>	<i>Kushthahar, Rechan, Upshoshan, Dipaniya, Sarvakashhar, Grahanihar, Shulprashman, Krmighan shirovirechan</i>	<i>Pippliyadighan, Tryushana, Chakchushya</i>	<i>Dipaniya, Avrashya, Rochan, Kramijit, Shvasashulghna, Shoshnut, Shulhar, Hradyaroghar</i>
5.	<i>Gavjaban (Onosma bracteatum)</i>	-----	-----	<i>Hradhya, Pramehakasastravanajvarhari, Grahanihar, Aruchishvasahar, Vransanronpani, Sarvadantavisharttjit, Upadansh chikitsa, Danta chikitsa</i>
6.	<i>Svarna Mashik bhashma</i>	-----	-----	
7.	<i>Ras sindur</i>	-----	-----	
8.	<i>Jatamanshi (Nordostachys Jatamansi)</i>	<i>Sanghyasthapan</i>		<i>Vissrpadahakushthanut, Bhutaghni</i>

Helping to Repair the Brain

Brahmi is linked with brain repair since it has a specific activity on the brain that is typically used by all people, specialists in medicine. One of the most well known herbs for reviving the nerve and brain cells is *Centella asiatica*.^[9]

There are two types of brain damage: Traumatic and Acquired. Traumatic brain injuries can result from vehicle accidents, sports injuries, head trauma, physical assault, etc. Poisoning or exposure to poisonous substances, infection, strangulation, stroke, tumours, and neurological disorders are some of the causes of acquired brain injury. Numerous factors, like as oxygen deprivation, baby jaundice, physical trauma sustained during labour and delivery, and infections in the mother's body, can result in brain damage during pregnancy and delivery. There are many different types of brain injury that follows that. *Centella* extract has been shown to speed up the regeneration of

injured neurons increase cognitive abilities and IQ ^[11], and decrease in damage to the mitochondria ^[12]. The term "nootropics" refers to those "smart medications" that primarily work to improve brain function naturally through ways like boosting oxygen delivery to the brain, boosting glucose uptake, and promoting neuron development. Due to the fact that lead has no biological use for humans but affects the development of the central nervous system, studies have shown that *Centella asiatica* has strong antioxidant activity. *Centella asiatica*, however, is a crucial plant for enhancing brain activity.

As a Memory Booster

In diverse formulations, the "nr" plant has been used medicinally to cure a variety of ailments, especially those involving bad memory, brain fog, and worry since the stone age. The dynamic components of *Brahmi*, called bacosides, are in charge of enhancing

the speed at which signals travel through nerve fibres, which strengthens memory and cognition [13]. Due to the multifactorial nature of these diseases, modern prescription-based psychoactives have had limited success. Thus, there is growing interest in innovative products that could target various pathways and improve mental abilities either independently or in combination with conventional drugs. *Centella asiatica* appears to be very beneficial for improving memory and learning. It serves as a brain as well.

DISCUSSION

In the present literary study different important Ayurvedic classics have been reviewed vividly to collect and represent information regarding Ayurvedic pharmacodynamics of these three indigenous herbs namely *Brahmi*, *Sankhapuspi* and *Jatamansi*. It has been revealed that all the ancient and Modern Ayurvedic classics have declared these three drugs as *Medhya* (promotes intellect). *Brahmi* is having the properties of *Rasa: Tikta, Kasaya, Guna: Laghu, Vipaka: Madhura, Virya: Madhura* which indicates that *Brahmi* has the power to soothe *Snayu, Indriya* and *Mana*. Besides this action, it gives nutrition to the brain through *Madhura Vipaka*. So, by the virtue of *Vipaka* action, it pacifies *Vata* and by its *Tikta* and *Kasaya Rasa* it pacifies *Pitta* and clears the minute channels (*Srotosodhana* action), which also helps to *Tapa prashamana* (reduce mental and physical heat) as well as *Chanchalanasha* (reduce irritability and excitability). So, by such information, *Brahmi* could be used in the promotion of mental health and healing of different irritation, pain, excitability, anger, anxiety, grief, etc. It is known that disease takes place in 3 ways *Sarir* (body), *Mana* (psychologically) and *Manadehika* (psychosomatic). These three herbs are an agent of psychological ailment. Besides its *Srotasodhana* action, it is available to nourish the nerves, brain and *Indriya*. Therefore, they could be declared as *Medhya*.

CONCLUSION

As per the above discussion, it can be concluded that *Brahmi vati* is an excellent drug of choice for mental disease, weak memory, mental fatigue, stress, depression and psychotic conditions.

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*Address for correspondence

Dr. Poonam Kailoria

PG Scholar

Dept. of RSBK,

National Institute of

Ayurveda DE-NOVO, Jaipur

Email: divyaaingh419@gmail.com

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