

Gotu Kola – Asiatic pennywort, Indian pennywort - Centella asiatica

Parts Used – Leaves

Origin – India | Made in USA

Planetary Influence – Mercury | Day of the Week - Wednesday



Gotu Kola is a low-creeping perennial that likes hot moist climates. It is native to India, China, Indonesia, Sri Lanka, South Africa, the South Pacific and Japan. It is part of the Apiaceae and is related to carrots, celery, and parsley.

Properties: Gotu Kola is sweet, bitter, and astringent and is used as a culinary herb. It has also been used for thousands of years in both Traditional Chinese Medicine where it is known as the “fountain of life” and in Ayurvedic medicine where it is known to balance all vata, pitta, and kapha. Gotu Kola is sometimes known as the “Enlightenment Herb” for its ability to enhance one’s spiritual practice.

Uses

- Memory Enhancement: Gotu Kola has the potential to enhance memory by improving the neural pathways linked to the formation of long-term memories.
- Antioxidant: May repair skin cells.
- Anti-inflammatory: For chronic inflammation including arthritis.
- Anti-Anxiety
- Cancer: May help kill cancer cells (tested on breast cancer cells).
- Herpes: Historically has been used to treat herpes (the effectiveness of Gotu Kola on herpes has not been proven).
- Gastric Ulcers: Preliminary studies show that Gotu Kola may help reduce gastric ulcers by strengthening the intestinal lining.
- Circulation: May improve circulation

Recommended Dose: Start once a day with 2-3 drops on the back of the left hand, dissolved in water, or under the tongue.

Warnings & Possible Side Effects

Gotu Kola can act as a sedative and should not be used with sleep or anxiety medications.

Do not take during pregnancy or while breastfeeding.

The information provided here is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. If you have or suspect you may have a medical condition, or if you are considering incorporating any herbal remedies into your health regimen, please consult with a qualified healthcare professional before taking any action.

Herbal remedies may have potential benefits and uses based on traditional practices or historical accounts. However, it is important to note that not all of these uses have been rigorously tested or subjected to modern clinical studies. The efficacy and safety of herbal remedies can vary depending on individual health conditions, interactions with medications, and other factors.