

QUICK REFERENCE SHEET

GOTU KOLA

Centella asiatica



Part Utilized:
Aerial portion



PROPERTIES:

Alterative, Sudorific, Tonic (brain), Nervine,
Sedative, Peripheral Vasodilator, Diuretic

SYSTEMS AFFECTED:

Nervous, Brain, Integumentary, Cardiovascular

POSSIBLE USES:

skin issues, wound healing, memory, energy,
digestive ailments

INGREDIENT IN:

BP, LC, TY

GENERAL INFORMATION:

A popular tonic herb in Ayurvedic medicine, it is considered a rejuvenator, being especially useful in restoring memory and aiding concentration. Gotu Kola is predominantly used for skin problems and wounds in the West. In India it is used specifically to treat leprosy and skin ulcers even today. Gotu Kola's anti-inflammatory properties are also well recognized. This herb is helpful for fevers, stomach and intestinal complaints, asthma, and bronchitis.