

## Bacopa

Botanical name: *Bacopa monnieri*

Energetics/Actions: Cool, bitter, adaptogen, antidepressant, antioxidant, antiinflammatory, astringent, anxiolytic, diuretic, mild laxative

### Description

Bacopa is known as Brahmi “expands consciousness” in Sanskrit, Water Hyssop and Herb of Grace. The whole plant is used in traditional Indian medicine (Ayurveda, Siddha and Unani) to treat many conditions. For thousands of years, Indian scholars have used this herb to help them memorize lengthy texts. Brahmi is also the name for Gotu Kola, another Ayurvedic herb that promotes cognitive health. Use the botanical names to distinguish between the two. Bacopa also acts as a soil remediator (helps to remove pollutants from the soil and water), so take care to purchase the herb from a reputable herb company that tests for contaminants.



### Uses

Brain health: Improves memory, attention, increases speed of learning.

Anxiety and stress: Decreases cortisol and test-taking stress.

### Dose

Extract: 300-400 mg per day as needed

### Safety Information

Not for use in pregnancy or lactation. May cause diarrhea or stomach upset for some people.

Talk to your health care provider if you have chronic illnesses or are taking medications.