


*Centella aslatica*

**Family**: Apiaceae – celery, carrot, parsley

**Parts**: leaves

Most of the plants in my herbal are Western plants from my area but one year I found Gotu Kola at my local nursery and planted it. I loved the brain supporting properties of this Ayurvedic herb so I want to include it here in my herbal.

## Properties

Antimicrobial, antidepressant, anti-inflammatory, anti-aging, astringent, diuretic, nervine, nutritive, tonic, vulnerary.

**Energetics**: cooling, moisturizing, stimulating

**Systems Affected**: nervous, brain, circulatory

## Uses

- Nervous system and brain support
- Stress, anxiety, and depression
- Restorative; decreases fatigue and helps with insomnia.
- Mental disorders
- Memory loss or poor memory; improves cognitive skills.
- Can help with epilepsy, schizophrenia, Alzheimer's, etc.
- Increase alertness and vitality
- Blood issues; improves circulation, bloods clots, varicose veins, high blood pressure, etc.
- Aids with elimination of fluids, use for swellings, edema, etc.
- Skin conditions, psoriasis, leprosy, lupus, etc.
- Wounds both external and internal
- Eye conditions such as glaucoma, cataracts, pinkeye, etc.

## Herb Preparations

- Tea
- Extract, liniment
- Powder, capsules or add to smoothies
- Herbal oil, salve, cream
- Food; add fresh leaves to salads and culinary dishes

## Safety

High doses can cause headaches or aggravate itching in some individuals.