



NO. 39 GOTU KOLA A MIRACLE SUPERFOOD

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The herb, Gotu Kola, also known as “Swamp Pennyworth” and “Indian Ginseng” grows in swampy areas from North Queensland to the South west of Western Australia. Gotu Kola belongs to the botanical family “umbelliferae” which also includes, the Carrot, Parsley, Fennel, and Angelica.

Gotu Kola has long been used as a medical herb in Ayurvedic Medicine and Chinese Medicine to heal wounds and clear the mind and aid relaxation. Gotu Kola has been used in Asia for thousands of years for fever; rheumatism; gastric complaints; leprosy; ageing; nervous breakdown; depression; and longevity.



Is it any wonder it’s called “the elixir of life” in eastern countries. In nature, form follows function. It should come as no surprise then, that one of Ayurvedic and Chinese medicine’s most treasured herbal medicines, Gotu Kola (Sanskrit: *Brahmi*, Latin: *Centella asiatica*), is highly reminiscent of the shape of the human brain. After all, it has been revered for thousands of years for its ability to enhance cognitive.

But Gotu Kola’s impressive list of benefits go much further than that—in every sense, this herb is a veritable panacea of healing; a true adaptogen (a term used to describe herbs that have a balancing and harmonising effect on the mind, body and spirit). For this reason, it was highly prized in both ancient India and China, with references to the plant showing up in classical Ayurvedic and Daoist medical texts. In both countries and across Asia on the whole, Gotu Kola was known as a longevity herb. A Daoist is a religious or philosophical tradition of Chinese origin emphasises living in harmony.



The Daoist master and Chinese herbalist, Martial artist Li Ching-Yuen was, in his time, a famous proponent and user of the plant. Ancient Chinese medical texts report that he died at the ripe age of 256 years old and attribute his longevity in large part to the use of Gotu Kola on a daily basis. While the accuracy of these records is up for debate, the fact is that Gotu Kola is a well studied herb, and the vast majority of it’s healing and therapeutic properties, including its ability to measurably prolong life have been documented and validated by the scientific community. Its life-extending properties are most likely due to a synergistic combination of its powerful effects on the mind, body and spirit—in every sense, the whole person. Li Ching-Yuen or Li Ching-Yun claimed to have been born in 1736, while disputed records suggest 1677. He died 6 May 1933.

The plant's benefits range from greatly improving memory and restoring brain cell and nerve function to improving blood quality and circulation, restoring digestion and speeding the healing of wounds. Gotu Kola is also used for fatigue, **anxiety**, **depression**, psychiatric disorders, Alzheimer's disease, and improving **memory** and intelligence. Other uses include wound healing, trauma, and circulation problems (venous insufficiency) including **varicose veins**, and blood clots in the legs.

Gotu Kola has a very mild to slightly bitter taste, meaning it can be consumed as a tea or simply in a glass of water enjoyably. The traditional Ayurvedic method of preparation is to mix Gotu Kola powder with a teaspoon or so of ghee (clarified, medicinal butter). Ghee has a penetrating effect and helps the herb move deeper into bodily tissues. Ghee also enhances the digestive healing properties of the herb and for those sensitive to taste, may make it more palatable.

Dosage

As with any new herbal product it is recommended to start off slowly and work up to higher dosages as you become familiar with its effects on your mind and body. Gotu Kola supplements are safe to take long term, but many Ayurvedic practitioners recommend taking a few days to a week break in between periods of extended use, ranging from two to four weeks at a time.

Although not quite as widely known in the West as more popular herbs like Echinacea and Ginseng, Gotu Kola is one of the planet's true medicinal treasures and is well worth investigating for anyone looking to fine tune their health.

Gerald Hancock (2018)



DISCLAIMER

Always consult your health care professional for guidance for all medical conditions. Nothing “quoted” above by the “research scientists” and “scientific records” from ancient and recent publications should be considered as medical advice. It is information that is available in the public domain, and is for information and education purposes only.

We make no medical claims as to the benefits accruing from the use of Moringa Powder as a supplement.

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