

BRAIN-O-R

Brain Relaxation Tonic

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BRAIN-O-R

Nirogamz™

Product code: 696

Nirogamz™

Braino- R

Brain relaxation tonic

Nirogamz Braino-R

Nirogamz Braino-R Syrup is unique formula made for all mental diseases which makes the mind calm and relax, this should be prescribed at night for better sleep. This formulation helpful in many Psychological diseases like- memory loss, memory fatigue, Anxiety, Depression, Violent mental agitation and ADHD (Attention Deficit Hyperactivity Disorder).

- ❖ ADHD (Attention Deficit Hyperactivity Disorder)
- ❖ Brain Relaxation
- ❖ Depression, violent mental agitation



Serving size: 5 ml

Servings per container: 200ml

Composition: Each 5ml contains: Mandukparni (*Centella asiatica*), Kushmand (*Benincasa hispida*), Ashwagandha (*Withania somnifera*), Amlaki (*Emblica officinalis*), Jatamansi (*Nardostachys jatamansi*), Sarpagandha (*Rauwolfia serpentina*) and Ustakhadus (*Lavandula stoechas*).

Mandukparni (*Centella asiatica*): It is a well known herb known for its various activities on brain. The present study investigated the effect of *Centella asiatica* ethanolic extract (CE) on learning and memory impairment. Results demonstrated ameliorating effect of mandukparni on learning and memory impairment. Furthermore, it is likely that the positive effect of mandukparni observed could be, at least partly, accounted by its antioxidative property. Thus, *Centella* extract might be beneficial for memory impairment in which oxidative stress is an underlying cause.

Kushmand (*Benincasa hispida*): Kushmanda viz. *Benincasa hispida* is a well-known plant in relation of its multipurpose use of different parts of the plant in ayurvedic literature. Fruits are source of starch (2.0), protein, minerals, an alkaloid (cucurbitine), vitamin B, sugar, mineral like Calcium, Potassium, Zinc and other substances. Seeds yield a fixed oil, which possess anti helminthic properties. In ayurvedic literature, *Benincasa hispida* is Medhya, Balya, Dahaprasamana, Trishnanigrahana, Nidrajanana, Ksayahara, Krmighna, Mutrajanana, Vrishya, Bastishodhak, Sonitasthapana, Brihana, Rasayan. *Benincasa hispida* also possess anti nociceptive and anti-pyretic activity, nootropic activity, anti-Depressant activity, anti-ulcer activity and anticonvulsant activity.

Ashwagandha (*Withania somnifera*): Ashwagandha is one of the most essential components used in enhancing memory and overall brain functioning. Ashwagandha is an adaptogen, stress-buster and a re-vitalizer. Ashwagandha has a cooling and calming effect on the brain. After a hard day's work, ashwagandha can bring the brain back to its normal state of functioning. Ayurveda regards ashwagandha as a medha rasayana, i.e. a brain tonic. It has direct results in improving the memory capacity of the brain. Ashwagandha is very powerful in making new concepts seem clearer and easy to understand. It is a vital component of almost all herbal brain tonics available in the market.

Amlaki (*Embilica officinalis*): Embilica officinalis is used in ancient indian traditional phytomedicine to treat various human diseases including neurodegenerative diseases. Hydroalcoholic extract of fruits of Embilica officinalis at graded doses of 150, 300, 450 and 600 mg/ kg reversed the amnesia induced by scopolamine significantly as assessed in elevated maze and passive avoidance test and significantly reversed the rise in malonaldehyde, glutathione and brain acetyl cholinesterase level caused by scopolamine.

Jatamansi (*Nardostachys jatamansi*): Valerian with the scientific name Nardostachys jatamansi belongs to the family of Valerians is known to cat grass. A lot of compounds in the extract of this plant have been identified; most of them can be noted to valproate, iso valproates and didro valproate. The sedative effects of valerian are compared to the volatile oils include valerenal, valerenic acid. In 2001, so crystals suggested in their comparisons that the administration prolonged jatamansi has fewer side effects than benzodiazepines. According to recent studies conducted on brain ischemia, this plant known as GABA agonists gamma 4-Tamino butyric, 4-TI acid 4-TI receptor 4-T biochemical studies show that the enzyme responsible for valerenic acid catabolism is GABA inhibition and increases GABA concentrations in brain tissue.

Sarpagandha (*Rauwolfia serpentina*): It is a species of flowering plant in the family Apocynaceae. - The drug Sarpagandha is cardiodepressant, hypnotic and sedative. It is used in hypertension, insomnia, sexual aggression and vertigo. The drug is much used in schizophrenia and conditions involving influence of evil spirits (bhutawadha). The classical text of Indian medicine mention about drug, Sarpagandha is included in Aparajit Gana which is indicated in mental disorder.

Ustakhadus (*Lavandula stoechas*): Lavender flower contains 1.5-3% volatile oil of which 25-55% is linalyl acetate, 20-38% linalool, 4-10% cis linalyl acetate, 2-6% trans β - ocimene, 2-6% 1-terpinen-4-ol, 2% 3-octanone, 0.3-1.5% 1-8-cineole, 0.3-1% α -terpineol, 0.2-0.5% camphor and 0.1- 0.5% limonene, tannins 5-10%, hydroxyl coumarins, umbelliferone, herniarin, flavonoids (luteolin), phytosterols and triterpenes. Caffeic acid derivatives include rosmarinic acid. Anti-microbial, anti-inflammatory, anti-convulsant, anti-spasmodic, insecticidal, hypoglycaemic activity, anti-oxidant, expectorant, carminative, stimulant, deobstruent, resolvent, wound healing, analgesic, muscle relaxant, sedative, anxiolytic effect are the major activities.

This product is 100% vegetarian.

This product does not contain animal products and is suitable for vegetarians and vegans.

PRECAUTIONS: Pregnant/Lactating women, children or any with Known pre-existing condition should take this product under the advice of a qualified health care provider. Keep it away from the reach of children.

Scientific references:

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- 2) Debjit Bhowmik , Chiranjib , Pankaj Tiwari , K. K. Tripathi and K. P. Sampath Kumar. Traditional Indian memory enhancer herbs and their medicinal importance. *Annals of Biological Research*, 2010, 1 (1) : 41-46
- 3) Vasudevan M, Parle M. Memory enhancing activity of Anwala churna (*Emblca officinalis* Gaertn.):an Ayurvedic preparation., 2007; 91(1): 46-54.
- 4) Shankar Sharan Mishra, Sumer Singh, Seema Rana, Ramesh Kumar Gupta, Pankaj Rai. Critical Review of Kush-manda (*Benincasa hispida*) – A Potent Herb. *Ijppr.Human*, 2016; Vol. 5 (2): 7-15.
- 5) Ritu Soni ,Sakshi Jaiswal ,Jyoti Kiran Bara ,Dr.Parul Saxena. The Use of *Rauwolfia serpentina* in Hypertensive Patients. *IOSR Journal of Biotechnology and Biochemistry (IOSR-JBB)* ISSN: 2455-264X, Volume 2, Issue 5 (Jul. – Aug. 2016), PP 28-32
- 6) Bhatnagar JK, Dunn MS. 1963. Histological studies of the genus *Lavandula*. III. Section *Stoechas*. *Lavandula dentata* linn., *L. viridis* L'herit.and *L. pedunculata* cav.*Am J Pharm Sci Support Public Health*;35:288-306.
- 7) Ali Rezaei, Mehrdad Pashazadeh, Mahdi Pashazadeh, Sajad Moghadam. Comparative Study of Sedative and Anxiolytic Effects of Herbal Extracts of *Hypericum perforatum* with *Nardostachys jatamansi* in Rats. *ZJRMS* 2014; 16(3): 40-43

NOTE: This product has been approved by the department of AYUSH/ Government of India.

*These statements have not been evaluated by the Food and Drug Administration. Nirogamz products are not intended to diagnose, treat, cure, or prevent any disease. This information is for educational purposes only and is not a substitute for medical advice, diagnosis or treatment. For more information pertaining to your personal needs kindly consult your qualified health care provider.