

# Brahmi

Bacopa monnieri

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Bacopa monnieri

Nirogamz™

**Product code: 119**

## Brahmi Capsule

### Brahmi Capsule (Perfect Brain Tonic)

Brahmi is a Sanskrit word that refers to the feminine essence of universal consciousness as well as the creative potential that emerges from pure awareness. "Brahmi" thought to promote subtle awareness and sattva (the pure essence of consciousness). It is highly revered for its mind-enhancing properties and their support of the nervous system as a whole. Brahmi can be understood by simple geography; in India, "brahmi" refers to *Bacopa monnieri*.

**Composition:** Each 500 mg capsule contains:  
**Bacosides 30% to 40% (400mg),**  
**Brahmi Micronized processed Powder (100mg).**



Brahmi Capsule used here, is wet triturated with Brahmi juice/decoction to increase the potency of the powder. This process is known as "Bhavana" in Ayurveda. Bhavana is often used in Ayurvedic formulations to increase the potency and for the size reduction so that the efficacy of the product gets enhanced.

**Chemical composition:** *Bacopa monnieri* contains alkaloid brahmine, nicotine, and herpestine. Bacosides A [3-( $\alpha$ -L-arabinopyranosyl)-O- $\beta$ -D-glucopyranoside-10, 20-dihydroxy-16-keto- dammar-24-ene] was isolated from *Bacopa monnieri*. Triterpenoid saponins, saponins A, B and C and pseudo jujubogenin glycoside were also isolated from *Bacopa monnieri*.

Bacopasides I, II, III, IV and V were also isolated from *Bacopa monnieri*. *Bacopa monnieri* also contained betulinic acid, D-mannitol, stigmasterol,  $\beta$ -sitosterol and stigmasterol.

**Ayurvedic aspects:** Ancient Ayurvedic sages, who were also great physicians, revealed Brahmi's role in promoting Medhya (intellect), Ayushya (longevity), Rasayana (rejuvenation), Prajna sakti vardhana (intellectual power), Hridaya (Heart), Majjadhathu Rasayana (nervous system rejuvenation), Bala (strength, especially mind), Jivaniya (life energy), Nidrajanana (sleep), Dhana (wealth), Svava (voice), Varna (complexion) and Anuloma (redirecting the flow of vata downwards). Over the centuries, the role of Brahmi in the management of skin disorder, Pandu (anemia), Meha (diabetes), Asra Vikara (blood disorders), Kasa (cough), Sopha (edema), Jwara (fever), Vatahara (vata), Unmadahara (mental illness), Unmada (insanity), Alakshmi (inauspiciousness), Apasmara (epilepsy), Papa (evil deeds), Kṛtya (black magic), Ruk (pain) and Manasavikara (mental disorders) have been well described.



## Benefits of Brahmi

1. Open and clarify the mind(Depression like situation).
2. Strengthen memory and intellect.
3. Support focus and concentration.
4. Encourage a balanced emotional state.
5. Promote daytime energy and nighttime sleep.
6. Support healthy blood cells.
7. Promote healthy skin and hair.

It is free of gluten, soy, wheat, shellfish, preservatives, colors, artificial ingredients, any additive, artificial binders, Maltodextrin, Talcum powder, filler and any other material except the herb in capsules.

❖ 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 Reference:-

- 1) R. K. Sharma & Bhagwan Dash, Charaka Samhita. Chowkhamba Sanskrit Series Office 2009, Vol III, pp. 45, 58, 447, 456; Vol IV, pp. 167-68
- 2) Government of India Ministry of Health and Family Welfare Department of Ayush, THE AYURVEDIC PHARMACOPOEIA OF INDIA, Part- I, Volume – II, pp. 25-27
- 3) Ali Esmail Al-Snafi. The pharmacology of Bacopa monniera. A review. IJPSR, Vol 4 No 12 Dec 2013, 154-159.
- 4) Pole, Sebastian. Ayurvedic Medicine: The Principles of Traditional Practice. Churchill Livingstone Elsevier, 2006. 149-150, 187-188.
- 5) Svoboda, Robert. Ayurveda: Life, Health and Longevity. Penguin Books, 1992. 224-225, 227.
- 6) Gogte, Vaidya V. M. Ayurvedic Pharmacology & Therapeutic Uses of Medicinal Plants. Reprint. Chaukhambha Publications, 2009. 437-438, 466-467.

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.