

Experience the Magic of Brahmi for  
Memory and Focus with

# Brahmi Caps

Single Solution in Cognitive Therapy

A product from ARYA VAIDYA SALA, KOTTAKKAL



HOUSE OF  
AUTHENTIC  
AYURVEDA



**Indications:** Enhances Memory, Good for Concentration, Good Nerve Tonic, Controls Stress and Anxiety, Good Antioxidant, Promotes Brain Growth and Improves Coordination between Limbs, Tongue and Brain. Good for Dementia, Imparts Sound Sleep.

**Dosage:** 2 Capsules or as directed by the Physician

**Ideal Time of Administration:** At Bed time

**Commonly Used Anupana:** Milk

### Properties of Brahmi:

Rasa	Guna	Veerya	Vipaka	Prabhava	Dosha karma
Tikta, Kashaya	Laghu	Seetha	Madhura	Medhya	Vata-Kaphaja Tridoshaja

“ब्राह्मी सौम्या रसे तिक्ता शोफपाण्डुज्वरापहः।  
दीपनी कुष्ठकण्डुघ्नी प्लीहवातबलासजित् ॥”

**Kottakkal**  
ayurveda



Vaidyaratnam P.S. Varier's  
**ARYA VAIDYA SALA KOTTAKKAL**

Strictly for the use of medical practitioners

## An observational study to assess the therapeutic effectiveness of Brahmi capsule as experienced by the Ayurveda physicians across India during their clinical practice.

### Some Critical Findings:

1. Out of 220 physicians, **155 (70.45%) physicians were having more than 10 years of experience**, 63 physicians were having more than 20 years of experience. **202 physicians are using Brahmi capsule in their practice either always or occasionally.**
2. Out of 70.45%(155) physicians having more than 10 years of experience suggested that **Brahmi capsule is very effective in the management of memory dysfunction. It also helps in improving concentration, intelligence, speech and sleep.**
3. Out of the 4 major indications that is mentioned, 176 physicians responded that it is effective in three of its indications like improving concentration & intelligence, memory and speech.
4. Majority of the doctors (103-46.8%) opined that the ideal time of administration of Brahmi capsule is at bed time.
5. 90 physicians suggested that the anupana of brahmi capsule is ksheeram. **The combination with Saraswatharishtam is also opined by 54 physicians.**
6. 216 physicians opined that Brahmi shows **additional benefits like relieving anxiety, tremors, depression related to diabetes and helps to improve fine movements of upper and lower limbs in post-surgical cases.** It also shows positive results in conditions like **stress, disturbed sleep, seizures, slurred speech, stammering and premature graying of hair.**
7. It is evident from the literature that our Acharyas were having a clear idea about the usage of Brahmi as Medhya rasayana and it was given to infants soon after birth considering its potency to facilitate proper nutrition to both body and mind.
8. All the Acharyas agree that Pragyaparadha is the primary cause of the emergence of all diseases and to prevent it, proper functioning of Medha(intellect) is a must. Medicines like Brahmi helps an individual in improving the mental functions including intellect and thus helps in carrying out a productive, healthy, personal and social life.

### For Further reading:

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