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## FIVE HERBAL MEMORY BOOSTERS THAT ENHANCE YOUR BRAIN POWERS NATURALLY

**Zeeshan Afsar\*<sup>1</sup>, MR Rajendra Prasad<sup>1</sup>, VK Lakshmi<sup>1</sup>, Md Salahuddin<sup>2</sup>**<sup>1</sup> Department of Pharmacognosy, Farooqia College of Pharmacy, Mysore-21, India<sup>2</sup> Department of Pharmaceutical Chemistry, Farooqia College of Pharmacy, Mysore-21, India

### ABSTRACT

In the present article, a short review has been done on five herbs which have been reported to possess nootropic activity which enhances the brain function and speeds up the learning process along with memory enhancement. The following herbs are been used extensively in Ayurveda to prepare various formulations which are used in the treatment of fatigue, stress, anxiety, palpitation and nervous breakdown. These herbs are also reported to increase the blood flow to the brain, thus increasing the threshold of oxygen supply to the brain cells to aid its to function at a faster pace. These herbs also decrease the blood viscosity and regulate the tone and elasticity of blood vessels.

**Keywords: Herbal, Memory Boosters, Brain Powers, Natural****\*Correspondence:** [zeeshanafsar@gmail.com](mailto:zeeshanafsar@gmail.com)This is an open access article under the CCBY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>)

## INTRODUCTION

Today's generation lives in a competitive world with a lot of stress and targets to achieve. In order to cope up with these situations you need a healthy mind, good brain functioning and efficient memory power. Intelligence and memory is perhaps the most vital aspect that differentiates human beings from other animals. Nature has a treasury of such memory enhancing drugs with their proven effectiveness and is being used since ages. The herbs acting on the brain are called as "Nootropic" herbs and their isolated constituents referred to as smart drugs. Nootropic herbs enhance the memory and increase the blood circulation in the brain. The following is a list of five most effective herbs used to improve the brain functioning and memory enhancement.

### 1. Ashwagandha:



Ashwagandha (*Withania somnifera*) is regarded as one of the great rejuvenation herbs of India. In Ayurveda it is used to treat fatigue, stress, anxiety, palpitation and nervous breakdown. Regular use of Ashwagandha increases resistance to fatigue, promotes mental clarity and concentration, and improves sleep quality. It can be given to growing children as well as old aged people. <sup>[1,2]</sup>

### 2. Brahmi:



Brahmi (*Centella asiatica*) is another useful brain tonic. It can be taken in powder or paste form along with milk. The juice can be extracted by pounding the fresh herb and take it once or twice in a dose of 20-ml approx. Though useful for all ages, it is a boon for students as it increases the intellect and helps relieve stress and strain. It is also a good cure for bilious headaches. <sup>[3,4]</sup>

### 3. Ginkgo Biloba:



Ginkgo biloba (*Adiantum capillus*) is also known as maidenhair tree, kew tree, ginkyo, yinhsing. The memory herb improves brain circulation by increasing the blood flow to the brain and improves the tolerance of the brain to hypoxia. It helps the body to eliminate free radicals and prevents membrane damage thereby improving memory, alertness, clarity, depression and apathy. Ginkgo biloba

promotes increased blood flow to reach the brain, thus allowing for more oxygen and the cells to function at a faster pace. It also decreases the blood viscosity and regulates the tone and elasticity of blood vessels.<sup>[5,6]</sup>

#### 4. Shankpushpi:



Shankpushpi (*Convolvulus pluricaulis*) is one of the nature's precise answers to the brain weakness. It has been used since ages in Ayurveda therapy to sharpen intellect and increase the mental powers, as it has a cooling, calming and subsiding action on the brain. One teaspoonful powder of this herb is to be taken twice daily along with a cup of milk. It could prove beneficial in maladies like insomnia, anxiety and every day stress, loss of memory, anorexia nervosa and lethargy.<sup>[7,8]</sup>

#### 5. Shatavari:



Shatavari (*Asparagus racemosus*) is a body and brain rejuvenator and good for intellect. It helps relieve the

everyday strain and induces sound sleep. This can be taken in powder form in a dose of 3 to 5 grams along with milk or mixed into equal amount of honey. Shatavari Gritha is the powdered form of this drug commercially available in the market, which can be taken a teaspoonful at bedtime along with warm milk. Regular use of this drug aids in increasing the eye sight, helps fight mental stress, exhaustion and fatigue.<sup>[9,10]</sup>

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