

Bramhi (*Bacopa monnieri*)

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Scientific Name: *Bacopa monnieri* (L.) Penn. syn. *Herpestris monniera*; *Moniera euneifolia*; *Lysimachia monnieri*.

Family: Scrophulariaceae

English Name: Thyme leaved graticula.

Hindi Name: Bramhi.

General Description: It grows in damp, marshy areas. It is a reputed medicinal herb in Indian systems of medicine. It is also under cultivation as medicinal crop.

Botanical Description: It is a glabrous somewhat succulent, creeping herb, rooting at the nodes, with numerous prostrate branches, each 10-30 cm long; Leaves oblong to spatulate, sessile, decussate, rather fleshy, entire, punctuate, obtuse; Flowers axillary, solitary, peduncles often much longer and deflexed in fruiting stage; Corolla about one cm long, pale, lobes 5, oblong, obtuse, subequal, tips purple; Capsule ovoid-acuminate or slightly beaked at the apex; Seeds oblong, truncate, longitudinally ribbed with transverse striations in between the ribs.

Useful Parts: The whole herb.

Medicinal Uses: According to Ayurveda, it is bitter, pungent, heating, emetic, laxative and useful in bad ulcers, tumours, ascites, enlargement of spleen, indigestion, inflammations, leprosy, anaemia, biliousness etc. According to Unani system of medicine, it is bitter, aphrodisiac, good in scabies, leucoderma, syphilis etc. It is promising blood purifier and useful in diarrhea and fevers.

Ayurvedic Preparations: Bramhi-Ghrita.

Chemical Constituents: Active principle, Hersaponin, resembles reserpine and chloromazine in its central action.

Internet Resources

Bramhi (*Bacopa monnieri*, family: Scrophulariaceae) as medicinal herb in Chhattisgarh, India : Natural occurrence, Traditional medicinal knowledge, cultivation and trade. http://botanical.com/site/column_poudhia/175_bramhi.html

Reference

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Last updated: 6/20/2006 by aw