



Gotu Kola

Stock #360-0 (100 capsules)

ATC Concentrated - Stock #363-6 (50 capsules)

Gotu kola originates from the island of Sri Lanka (formerly Ceylon) off the southeastern coast of India. Gotu kola is one of the most popular herbs in Ayurvedic medicine and is used chiefly as a nervous system tonic for brain and to treat nerve disorders, including epilepsy, memory loss and schizophrenia. Gotu kola is also used for problems associated with aging. Ayurvedic physicians value gotu kola for treating asthma, bronchitis, cholera, dysentery, fever, headaches, stomach aches, and gastric and duodenal ulcers. In China, gotu kola is heralded for increasing brain capacity and longevity, and for helping colds, fever and flus. Philippine herbalists use gotu kola to treat gonorrhoea.

For centuries, gotu kola has been recommended to relieve serious skin disorders, including bruises, elephantiasis, ichthyosis, leprosy (now called Hansen's disease), psoriasis, and syphilitic ulcers. A study, published in the British journal *Nature*, addressed using gotu kola against the bacteria responsible for leprosy and tuberculosis. These bacteria have a wax-like coating which protects them from attack by the immune system; however, gotu kola contains a chemical called "asiaticocide," which dissolves their coating, enabling the bacteria to be destroyed. Another study used a gotu kola cream to alleviate the painful, scaly red welts of psoriasis. Over 70% of the participants experienced healing within two months, with less than 15% having any recurrence four months after the study ended.

Among the more well-known uses for gotu kola are the treatment of brain fatigue, cardiovascular health, depression, high blood pressure, memory problems, menopause, mental disorders, nervous breakdown, senility, stamina, and vitality. Some people report gotu kola even helps remove age spots.

Gotu kola is often referred to as "brain food," because it enhances memory and energy, and stimulates the pituitary gland. Gotu kola has been proven an effective treatment for numerous mental disorders, as well as for reducing high blood pressure and high serum cholesterol levels. Recent research confirms gotu kola acts as a blood purifier, diuretic, and antispasmodic, helping to relieve muscle cramps. Gotu kola is also beneficial for fevers and inflammatory conditions, including rheumatism and rheumatoid arthritis.

Numerous studies have shown gotu kola enhances circulation to the lower limbs. In a two-month study of 94 individuals with venous insufficiency (poor circulation) in the legs, those receiving 60mg of gotu kola daily experienced significantly greater circulation and less swelling in the legs compared to the group given a placebo. Research is now being conducted on the use of gotu kola to prevent and treat varicose veins.

Gotu kola has been found to stimulate the immune system and speed the healing of wounds. A study published in the *Annal of Plastic Surgery*, reported that gotu kola accelerates the healing of burns and minimizes scarring. Other studies indicate gotu kola speeds the healing of both skin grafts and episiotomies—the surgical enlarging of the vagina during childbirth.

Scientists have found gotu kola exhibits substantial antibiotic strength against amoebic infection, bacteria, fungi, insects, and syphilitic skin diseases.

According to a study published in the *Journal of Ethnopharmacology*, a 5:1 extract of gotu kola was shown to completely destroy cultured tumor cells in vitro, with virtually no toxic side effects exhibited in normal human lymphocytes (white blood cells).

Research also confirms large doses of gotu kola can lower blood sugar.

In direct opposition to one of Ayurveda's traditional uses for gotu kola—promoting fertility—research conducted in the mid-1990's determined the presence of triterpenoid saponins in gotu kola, specifically asiaticocide and thankuniside, may actually reduce fertility.

Gotu kola is rich in vitamin K, as well as the minerals calcium, magnesium, manganese, niacin, silicon, and sodium.