

Gotu Kola Benefits – Cognitive Clarity, Skin Healing & Nervous System Restoration

Botanical Profile

- Latin Name: *Centella asiatica*
- Alternative Names: Brahmi (in parts of India), Indian Pennywort, Mandukaparni
- Plant Family: Apiaceae (Carrot family)
- Parts Used: Aerial parts (leaves, stems)
- Origin: Native to tropical Asia; widely used in Ayurveda, Traditional Chinese Medicine, and Southeast Asia

Gotu Kola is a revered herbal ally in both Ayurvedic and Chinese medicine, treasured for its ability to enhance memory, heal tissue, and restore the nervous system. It is a gentle tonic with profound effects on clarity, skin repair, and inner calm. At Peridotflow Wellness Centre, Gotu Kola is a plant of quiet wisdom—supporting those navigating overstimulation, nervous depletion, or emotional fragility.

Enhances Cognitive Function and Memory

Gotu Kola is celebrated for its nootropic properties—improving concentration, memory, and mental alertness without stimulating the nervous system. It increases cerebral circulation and supports balanced neurotransmitter function, making it ideal for brain fog, poor memory, or age-related cognitive decline.

Promotes Wound Healing and Skin Regeneration

Gotu Kola stimulates collagen production and enhances tissue repair, making it effective for wound healing, skin ulcers, burns, and connective tissue recovery. It is used both internally and topically to improve skin tone, reduce scars, and support vascular integrity.

Soothes Anxiety and Calms the Nervous System

Gotu Kola nourishes and restores the nervous system—calming anxiety, reducing restlessness, and helping with insomnia. Unlike sedatives, it offers a tonic uplift, easing the mind while preserving clarity. It is ideal for Vata-type anxiety or stress held in the nerves.

Supports Healthy Circulation and Vein Integrity

With its toning and anti-inflammatory properties, Gotu Kola is used to support venous circulation, reduce varicose veins, and alleviate fluid stagnation in the lower body. It also strengthens capillaries, making it helpful for conditions like spider veins or bruising.

Rejuvenates the Spirit and Supports Longevity

In Ayurveda, Gotu Kola is considered a rasayana—an herb of deep rejuvenation and spiritual insight. It is said to open the crown chakra, supporting meditation, intuition, and emotional equilibrium. This subtle quality makes it a beloved herb for spiritual practitioners and empaths alike.

Folklore & History

In both India and China, Gotu Kola has long been regarded as a plant of wisdom and longevity. Legends speak of yogis consuming it daily to aid meditation and mental clarity. In Sri Lanka, it was observed that elephants—symbols of long memory and strength—ate Gotu Kola regularly, enhancing its reputation as a brain tonic.

Traditional Usage

Commonly prepared as tea, tincture, or powder. Often used in Ayurveda with ghee for enhanced absorption to the brain and nerves. Combined with Ashwagandha or Shankhpushpi for nervous system support, and with Calendula or Comfrey in topical wound care.

Herbal Actions

Nootropic, Nervine tonic, Adaptogen (mild), Vulnerary, Circulatory tonic, Anti-inflammatory, Rasayana

Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening

Tissue States: Atrophic, Dry, Tense, Hot

Active Compounds

- Triterpenoid saponins (asiaticoside, madecassoside) – Skin and nerve healing
- Flavonoids – Antioxidant, capillary strength
- Sterols – Anti-inflammatory
- Essential oils – Mild antimicrobial effects

Dosage & Preparation

- Tea: 1–2 tsp dried herb per cup, steep 10–15 mins; up to 2x daily
- Tincture: 2–4 ml up to 3x daily

- Powder: 1/4–1/2 tsp with warm water or ghee
- Topical: Infused oil, cream, or poultice for skin support

Safety & Contraindications

- Generally very safe in appropriate doses
- May cause slight dizziness in excess—start low and go slow
- Use caution with sedatives due to additive calming effects
- Avoid large doses in pregnancy; topical use considered safe

Herbal Pairings

- Ashwagandha – for grounding and rebuilding
- Bacopa – for cognitive and emotional resilience
- Skullcap – for nervous system nourishment
- Calendula – for topical healing
- Shatavari – for hydration and longevity support

Peridotflow Perspective

Gotu Kola is a whispering herb—quietly powerful, gently expansive. It offers nourishment to the nerve-tired, clarity to the scattered, and softness to the emotionally overwhelmed. At Peridotflow, we honour Gotu Kola as a plant of sacred restoration, helping us return to ourselves when the world has pulled us in too many directions.