

## BACOPA



Bacopa monniera is an Ayurvedic herb used in India for memory enhancement, epilepsy, and as a mild sedative. Bacopa commonly grows in marshy areas throughout India. Studies show that bacopa has antioxidant properties, protects mental function in those with epilepsy who take the drug phenytoin, while a study on rats showed bacopa administration

improves learning skills. Recent human studies show bacopa has the ability to improve memory and mood. (see below)

Bacopa has been revered for centuries in the Ayurvedic herbal tradition of India to enhance clear thinking and support memory function. Studies have shown that Bacopa supports learning and memory in humans. In animal models, Bacopa provides antioxidant protection for critical memory centers and helps to reduce the effects of stress on the brain. Traditional application suggests that Bacopa has a direct effect on improving brain functions, increasing concentration, and in promoting memory functions. Bacosides play a protective role in the synaptic functions of the nerves in the hippocampus, the seat of memory. Nerve impulses are transmitted across the synapses and their degeneration is believed to contribute to impaired memory and cognition.