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Top Four Ayurveda Brain Tonic Herbs: Enhance your Brain Powers Naturally

► ■ Alternative Cure

by [Sonica Krishan](#) - Feb 21, 2014

In this age of day-by-day increasing mental [stress](#), strain and cut-throat competition, we are finding it more and more difficult to cope with the pressures of day to day life. [Ayurveda](#) claims at not only increasing the powers of the brain but also at keeping the mental diseases away, along with helping to cure them desirably. It is believed that a number of the diseases have their root in the brain of an individual. That is one of the reasons why the number of psychological and neurological cases is on the increase.

Ayurveda Dosha Healing and Mental Balance

According to Ayurveda text, the balance of the three body humors viz. air, fire and phlegm or the [Vata, Pitta and Kapha doshas](#) when gets disturbed, tends to manifest itself both in somatic as well as psychic spheres.

Vitiation of the [Vata](#) dosha destroys mental sense and gives rise to grief and infatuation.

When the [Pitta](#) dosha or the fire humor of the body gets aggravated beyond its normal limits, may lead to mental states of fear, lust and grief.

Similarly, imbalance in [Kapha](#) causes lethargy and in-discrimination.

These dosha imbalances disturb both the body as well as the mind.

Although the predominant factor in case of mental disturbances is

believed to be an increase and imbalance in the two mental states of the brain viz. Rajas and Tamas. These two states are ascribed to Iccha (Desire) and Dwesha (Repulsion). It is believed that when these states of mind tend to cross the limits set by social norms and values; they tend to excite the basic humors of the body resulting into degeneration of the brain powers and birth of mental diseases.

Ayurveda Herbs as Brain Tonics

1. Shankhpushpi



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There is a herb named as Shankhpushpi (*Convolvulus pluricaulis*) which 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. Shankhpushpi is believed to be a Medhya Rasyana (Brain tonic) in Ayurveda and it is a rejuvenator par excellence. One teaspoonful of the 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](#), everyday stress, and loss of memory, anorexia nervosa and lethargy.

2. Brahmi



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Brahmi (*Centella asiatica*) is another useful brain tonic. It can be taken in powder or paste form along with milk. You could also extract juice 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 undo stress and strain. Powder of this herb taken along with powdered herbs of Shatavari (*Asparagus*) and Ashwagandha (*Winter Cherry*) aids in reducing the aggravated Pitta or fire in the system and thus gives a calming effect to the brain. It is also a good cure for bilious headaches

3. Jatamansi



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Roots of the herb of Jatamansi (*Nordostachys jatamansi*) helps to tone up the brain and stabilizes mental abilities. It is another excellent restorative as it helps to subside all the three body humors. It thus has a specific action on the nervous system and aids in curing a number of mental diseases like hysteria, depression, insomnia, epilepsy and loss of memory. It has also shown results in [hypertension](#).

4. Shatavari



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Another herb by the name of Shatavari(Asparagus racemosus) is a body and brain rejuvenator and good for intellect. All the more, it helps undo 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.

Also, some medicinal preparations of the herb are available like Shatavari Gritha, which can be taken a teaspoonful at bedtime along with warm milk. Regular use of the same for sometime helps fight mental stress, exhaustion and fatigue. It aids in increasing the eyesight and mental faculties as well.

Ayurveda Recommends Lifestyle Modifications

The daily diet intake should be regularized in means of proper timing as well as nutritional balance. Try avoiding oily, heavy and spicy meals in your routine. Fresh juices, fibrous foods, raw green vegetables and garden herbs provide with ample supply of anti oxidants and resistance boosters. A good amount of water intake is also a must.

A sound mind dwells in a sound body. It is therefore essential to keep the body fit and healthy in order to develop better intellect. A regular exercise schedule or walks in fresh air especially in the early sunrise could do wonders.

Sound sleep for eight hours is your daily rest requirement for the proper functioning and recharging of your brain powers.

Make a daily work list and try to handle problems one by one, as it would be rather difficult to cope up with the accumulation.

It is equally important to stay involved and seek for counseling whenever required.

Massage of the scalp and soles of the feet with sesame seed oil is also suggested.

Cow's ghee is quite beneficial for the brain. It should be included in daily diet and can also be inhaled through the nostrils.

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<http://www.curejoy.com/content/7-things-you-didnt-know-about-ashwagandha/>

7 Things You Didn't Know About...Ashwagandha!

• [Alternative Cure](#)

by [Julia K. Haramis](#) - Jul 7, 2014

If you read this title and thought, "I don't even know what *ashwagandha* is," you're not alone.

Thanks to a [renewed interest in holistic medicine](#), this Ayurvedic herb is gaining in popularity, but it's still very much under the radar.

Ashwagandha has been used in India for centuries to [boost the immune system](#), and studies show that it can aid the body in a number of ways, including to combat the physical effects of stress, improve learning and memory, and even offer relief for those who [suffer from anxiety and depression](#).

7 Interesting Facts of Ashwagandha:

As the wellness movement grows, you will likely hear more and more about this special herb. When you do, you'll be armed with these 7 interesting facts:

1. **Something smells...horse-y?** The Sanskrit translation of *ashwagandha* is "the smell of a horse," which, thankfully, is not literal. [The term is meant to indicate that the herb will give one the vigor and strength of a stallion, and, rest assured,](#) it smells simply like a dried herb, not a carriage house.
2. **Brain and body benefits.** *Ashwagandha* is one of the most important herbs in Ayurveda, and is used to treat a wide variety of ailments. [It not only supports the immune system, but also may stabilize blood sugar and lower cholesterol. It is most commonly used for its effects on mental health. It promotes a sense of calm and relaxation while nourishing the nervous system, which can get overworked when we're stressed.](#)
3. **An ancient stress-buster.** *Ashwagandha* is an adaptogenic herb, which means it promotes homeostasis in your body and enhances its ability to deal with stress. [When we are stressed, we pump out more of the hormone cortisol, and studies show that *ashwagandha* can reduce the amount of it by as much as 26%.](#) This is great news, because chronically elevated cortisol levels increase [inflammation and degenerative processes](#) in the body. [Another study showed that *ashwagandha* was able to significantly reduce the](#)

number of cells damaged by chronic stress. Using animals, researchers determined that 85% of their cells showed signs of degeneration when they were chronically exposed to stress. Adding *ashwagandha* to their diet caused that number to drop to just 5%.

4. **Very ancient, that is.** The use of *ashwagandha* dates all the way back to 6000 BC. The roots of the plant are traditionally dried and ground into a powder, which is how you'll still find it today. It was typically mixed with water in a tea, with ghee (clarified butter), or with honey. A more modern option is to add it to a smoothie!
5. **An "Indian ginseng"?** "Indian ginseng" has become a pseudonym for *ashwagandha* because of its rejuvenating properties (although *ashwagandha* is actually part of the nightshade family, and is more closely related to the tomato). Taking this herb was customary after an illness to improve the immune system. In addition, *ashwagandha* is also used to enhance sexual potency for both men and women.
6. **A worldwide herb.** While it is typically associated with the Indian wellness system of Ayurveda, *ashwagandha*, also called winter cherry, grows naturally in both North America and Africa.
7. **An athletic enhancer.** Animal tests suggest that supplementing with *ashwagandha* may significantly improve [athletic performance](#). A study of rats found that they were able to swim twice as long as they normally could when they were given the herb. This could translate to humans as increased endurance.

Have you ever tried *ashwagandha*? If so, share your experience with us in the comment section below!