



Sushma Pandey*

Brahmi : The medicinal Ayurvedic herb

The memory herb Brahmi is a super ayurvedic medicinal herb which has been used for centuries. In recent times, the interest of people has increased towards alternative medicines as it is effective and safe. Brahmi is one of the most sattvic herb known in ayurvedic science since vedic time.

Brahmi is a Sanskrit word derived from lord Brahma or Brahman (highest state of consciousness). It is an excellent memory enhancer and promotes good health.

Brahmi term is used to represent scientifically two distinct ayurvedic herbs: *Bacopa Monnieri* and *Centella asiatica*. Brahmi is an unique herb which has been regarded as brain booster. It enhances the three aspects of memory which includes long term memory, short term memory and retaining capacity. It has a cooling property which keeps mind cool and relaxes nervous system.

Functions of Brahmi

- Neurotransmitter-stimulator
- Neuroprotective agent
- Brain antioxidants that boost cerebral blood flow
- It helps to support and shield the brain from toxins and oxidizing agents as it contains Bacosides.
- Increases the natural production of brain-derived neurotrophic factors (BDNFs) that help in replenish or replace old, brain cells with new ones.
- Improves microcirculation

- Reduces stress by decreasing the level of cortisol hormone etc.

Brahmi ideal for

- Neurological problems
- Memory booster
- Strengthening immune system
- Treating skin disorders
- Stress and anxiety
- Gout and arthritis
- Sleep disorders
- Preventing hair loss

Benefits of Brahmi

- Prevents inflammation. Brahmi has anti-infective, anti-inflammatory property. It reduces inflammation and pain by lowering the production of prostaglandins.
- Improves digestion power. Brahmi has an anti-microbial effect on pathogens and its antioxidants compound produces mucin and increases the life span of mucus cells in the stomach.
- Reduces blood sugar level. Brahmi helps in regulating blood sugar level.
- Useful in skin diseases. Apply brahmi juice, paste or oil over the affected area; helps in fast healing of wound and enrich healthy skin.
- Improves life quality, anti-aging.



Brahmi is full of anti-oxidants which are essential for healthy living.

- Improves intelligence. Brahmi has anti-oxidants which fight with free radicals and prevent oxidative damage in brain.
- Acts as cardiac tonic. Brahmi helps to relax cardiac muscle and improves blood flow by increasing nitrate oxide levels.
- Effective in asthma, chronic bronchial disorders. Brahmi removes excess mucus and relieves the inflammation in the respiratory tract.
- Boosts immunity. Brahmi has anti-oxidant compounds which increase the response time of our immune system to pathogens.
- Natural detoxification herb, useful in poisoning.
- It can clear out excess phlegm and mucus and relieves the inflammation in the throat and respiratory tracts to provide rapid relief.
- Enhances the vascular muscle function. Brahmi increases utilization of nitric oxide in the body

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and enhances vascular muscle function which implies maintain blood pressure.

- Treats Attention Deficit Hyperactive Disorder (ADHD) in children. Brahmi has both calming and mood lifting effect which helps one focus better.
- Supports healthy arteries; supports healthy collagen (elasticity) production in the cerebral arteries.
- Anti-cancer agent. Brahmi comprises lots of anti-oxidants which stop mutating cancer cells by removing free radicals.

Points to remember

- Consult doctor before you start with Brahmi supplement.
- One should not take Brahmi more than prescribed dose.
- Pregnancy and lactation are contraindicated due to lack of research.

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Mammary duct ectasia

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Prognosis

Duct ectasia occasionally improves without treatment or with the use of warm compresses and antibiotics. Biopsy is usually required if the signs and symptoms of ectasia do not disappear, and the abnormal duct can be removed surgically.

Surgery is reserved for cases associated with suspected malignant abnormalities.

Duct excision usually provides good results for symptomatic duct ectasia. In its most severe form, duct ectasia may require repeated surgical treatments and occasionally, mastectomy.

Case study

A 38 year old woman developed painful lump on her right breast, just behind her nipples. She tried hot fomentation to reduce pain. But it gave only temporary relief to her. The Gynaecologist she visited recommended a

bilateral sonomammography which revealed ductal ectasia in right breast with inspissated septation.

She was prescribed Tab. Augmentin 625 mg (bd), Tab. Dolo 650 mg (bd) and Tab. Pantodac 40 mg (od) for 5 days. She was asked to revisit if the symptoms didn't subside or if it recurs later in life which would require a minor surgery.

Gradually her pain reduced and the lump decreased in size. After 5 days she was completely relieved of all the symptoms.

Conclusion

Mammary ductal ectasia (MDE) is an inflammatory breast disease with the pathological characteristics of dilation of the major ducts associated with intraluminal plugs of histiocytes and periductal inflammation. The approach towards MDE is usually conservative.

References

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Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

Thomas Edison