

Original Research Paper

Ayurveda

CLINICAL EFFICACY OF BRAHMI VATI: A CRITICAL REVIEW

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According to ayurvedic text efficacy and potency (*Saviryta Awadhi*) of ayurvedic classical preparation depend upon *ritu* (season), *desh* (region), *kal* (time), quality of drug (*ras panchak*), preparation method and route of administration. But according to modern concept, potency and efficacy depends the upon chemical composition of drug or its components. In this article we are trying to explore the clams of *Brahmi vati* in various psycho-somatic diseased conditions. As per *Ayurved sarsangraha*, *Brahmi vati* is describe in treatment of weak memory, mental fatigue, stress disorder, depression, and psychotic conditions. All the components of *Brahmi vati* have been evaluated on the basis of previous researches done by research scholars. *Ras*, *guna virya* and *vipaka* described in ayurvedic literature are used to test efficacy of drug. In this review article we tried to establish the old ayurvedic text's clame on recent research parameters.

KEYWORDS: Brahmi vati, weak memory, stress disorder, Bocopa monniera

INTRODUCTION-

Brahmi word derived from term "Brahm", which indicate positive energy as well as creative potential. Brahmi is known to promote stablement and awareness toward positive thought. Brahmi has mind enhancing property and support nervous system. Brahmi vati is a well known Ayurvedic medicine of mental disorders. As Ayurveda sarasangraha states Brahmi vati is usefull for the treatment of following disorders:⁽¹⁾

- 1. Alpamedha (Weak memory)
- 2. Manshik klam (Mental fatigue)
- 3. Tanav (Stress disorder)
- 4. Avasaad (Depression)
- 5. Manoroga (psychotic condition)
- 6. Anidra (Sleeplessness)

 $A yurvedic\ properties, Chemical\ composition\ and\ clinical\ properties\ of\ ingredient\ drug\ of\ \textit{Brahmi vati}\ are\ followed.$

Indications of *Brahmi vati*-Weak memory-

Bocopa monniera, content of Brahmi vati has been utilized extensively as nootropic, digestive aid and to improve learning and memory. (2) Preclinical study in mice, Bocopa monniera administration with phenytoin significantly reversed phenytoin induced cognitive impairment as noted by improved acquisition and retention of memory (3) Researches on Brahmi ghrita (another drug containing Bocopa monniera) shows significant decrease latency in modified elevated plus maze and increase in step through latency in passive avoidance test, it may happen due to increase in memory and learning (4) Convolvulus pluricaulis is recommended as a brain tonic to promote intellect and memory, eliminate nervous disorders and treat hypertension. (5) preclinical study shows significant improvement was noted in paradigms and active avoidance tests in rats in using different laboratory models to evaluate learning and memory assessment using ethanolic extract and ethyl acetate and aqueous fraction of Convolvulus pluricaulis. 6 Convolvulus pluricaulis is believed to be the only herb that is capable of enhancing all the aspects related to brain power, such as learning, memory and ability to recall. (7)

Mental fatigue-

Brahmi vati having Brahami, Sankhapushpi, Vacha, Marica, Gojihva and jatamanshi are used as single drug or as component of a drug to treat mental fatigue and other related condition. Bocopa monniera is used as anti-anxiety and mental fatigue decreasing remedy supported by both animal and clinical research. (8)

Stress disorder-

Bocopa monniera extract or bascosides have shown an antioxidant activity and antistress, it was suggested that the adaptogenic properties if Bocopa monniera would be beneficial in the management of stress related conditions as Bocopa monniera showed the potential to be effective in stress in a study on rats. Other preclinical study of methanolic extract of whole Convolvulus pluricaulis plant show reduction in exploratory behavioural pattern and suppression of aggressive behavior reduction in spontaneous motor activity, hypothermia, alteration in the general behavior pattern and potentiate pentobarbitone sleeping time. (10)

Depression and anxiety-

Research using a rat model of clinical anxiety demonstrated that a Bocopa monniera extract containing 25% bacoside. A exerted anxiolitic activity comparable to lorazepam, a common benzodiazepine anxiolytic drug and it was attentively noted that the Bocopa monniera extract did not induce amnesia, side effects associated with lorazepam, but instead had a memory enhancing effect.(11) A one month limited clinical trial of 35 patients with diagnosed anxiety neurosis demonstrated that administration of Brahmi syp (30ml daily in 2 divided doses, equivalent to 12gm dry crud extract of bacopa) result in significance in anxiety symptoms, level of anxiety, level o disability and mental fatigue and increase in immediate memory span⁽¹²⁾. Other preclinical study shows barbiturate potential effect in albino rats was observed in dose of 100mg/100gm body weight, and this effect was weaker than that of diazepam but stronger than that of Centella asiatica. This plant has also been reviewed and reported for its potent anxiolytic, neurodegenerative and antistress activity by various researchers. (13)

Sleeplessness-

A subsequent study has found that the alcoholic extract of *Bocopa monniera* and to a lesser extent the aqueous extract of the whole plant exhibited tranquilizing effect on albino rat and dogs. [14] *Bocopa monniera* has shown to have slight sedative effect by both aqueous infusion and 95% alcoholic extract of *Bocopa monniera* potentiated the sleep induced by Phenobarbital. [15] Another preclinical study on Alkaloid present in Heraphonin shows a sedative effect in mice. [16] Comparative studies against D-amphetamine, chlorpromazine in hyperkinetic children showed that Jatamansone (alkaloid present in *Nordostachys jatamansi*) reduces the aggressiveness, stubbornness, restlessness and insomnia. [17] *Convolvulus pluricaulis* is preferred to reducing symptoms associated with anxiety, panic attacks, nervousness and insomnia. [18]

DISCUSSION-

Now we are able to justify to claims of old Ayurvidic text on the modern research parameters. (Table1-3)

Table 1: Ayurvedic properties of ingredient drugs of $\textit{Brahmi vati}^{\text{(19)}}$

S.No. Ingredient Properties 1. Brahmi Rasa-tikta; Anurasa- (Bacopa kashaya; Guna-laghu;		O+(0/)		
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Part Used	-		
(Bacopa kashava: Guna- laahu:	All parts	22.2%		
' ' ' ' ' ' ' ' ' '				
monnieri) Virya- shita Vipaka-				
madhura Karma- Medhya,				
increase smaran shakti,				
Dipaniya,hradya,shoth				
syamak, pramehaghan,				
stanya shodhan,stanya				
janan; Dosa Prabhav -				
kapha pitta shyamak				
Prabhav- Medhya				
Frability Wearrya				
2. Sankhpushp <i>Rasa-</i> tikta; <i>Guna-</i> snigdha,	Leafs	22.2%		
i pichchila; Virya- kashaya;	Lears	22.270		
Vipaka-madhur; Karma-				
(Convolvulu medhya ,mastishka syamak				
s pluricaulis) ,Nindrajanak, dipaniya,				
raktastambhan,				
raktabharsyamak, vrashya,				
prajasthapana, rasayan,				
balya Dosa Prabhav -				
Tridosahar but specialy				
vaatpittahar Prabhav -				
Medhya				
Meanya				
3. Vacha Rasa -katu, tikta; Guna -	Root &	11.1%		
laghu, tikchana Virya -	rhizome	11.170		
	mizome			
(Acorus ushna; Vipaka- katu;				
calamus) Karma- Vednasthapan,				
(Sweet flag) shothahar,				
medhya,sangyasthapan,				
akchepshamak, Dipaniya,				
pachaniya, arshoghana,				
svedajanan, jvaraghana;				
Dosa Prabhav -kapha vata				
shyamak				
4. Maricha Rasa- katu; Guna- laghu,	Fruit	11.1%		
tikchana; Virya- usna;				
(Piper Vipaka- katu; Karma-				
nigrum) raktotkleshak, lekhan,				
(Black lalastravajanak, dipaniya,				
1				
uttejaka; Dosa Prabhav -				
vata kaphahar				
5. Gavjaban <i>Rasa-madhur, tikta; Guna-</i>	Leaf &	11.1%		
laghu, snigdha; Virya- shita;	Flower	/ 0		
	I IOWEI			
Companies in diameter, items in a				
bracteatum) Dahasyaman, vranropana,				
balya for mastishka,				
anulomak, mraduvirechak,				
balvardhak, raktashodhak,				
javarhar; Dosa Prabhav-				
vatapittahar				
6. Svarna Karma- Rasayana	Bhashma	11.1%		
Mashik vajikarana, nadi-snayu				
Mashik vajikarana, nadi-snayu				
Mashik vajikarana, nadi-snayu bhashm ⁽²⁰⁾ balvardhak, jvar, prameh shul, bhagandar,chaya,				
Mashik bhashm ⁽²⁰⁾ balvardhak, jvar, prameh shul, bhagandar,chaya, gulma, pandu,stholya, vran,				
Mashik bhashm ⁽²⁰⁾ balvardhak, jvar, prameh shul, bhagandar,chaya, gulma, pandu,stholya, vran, agnimandhyaanh kushta				
Mashik bhashm ⁽²⁰⁾ balvardhak, jvar, prameh shul, bhagandar,chaya, gulma, pandu,stholya, vran,				

			-	
7.	Ras sindur ⁽²¹⁾	Rasa-Tikta and madhur,	Bhashma	11.1%
		Guna- Laghu, Virya- Shita,		
		Vipaka- Katu, Karma- Balya,		
		yogavahi, rasayana, vrashya,		
		chakchusya, sakal vyadhi		
		nashak, Dosa Prabhav-		
		tridoshanashak,		
		kaphapittahar.		
8.	Jatamanshi	Rasa-tikta, kashaya,	Root	
	(Nordostach	madhur; Guna- laghu,		
	ys	snigdha; Virya- shita;		
	jatamansi)	Vipaka-katu; Karma-		
		sangyasthapan, medhya,		
		balya, aakchepshaman,		
		vednasthapan, nidrajanan,		
		dipaniya, pachaniya,		
		anulomak,balvardhak,		
		jvaraghana; Dosa Prabhav -		
		tridosahar; Prabhav-		
		bhutaghana		
		(manasdoshahar)		

Table 2: Chemical composition of each component drugs of Brahmi vati⁽²²⁾

S.No.	Drug	Chemical Composition
1.	Brahmi (Bacopa monnieri)	Ascorbic acid, nicotinic acid, brahmine, herpestine, alanine, hentri-acontane, octacosane, monnierin(saphonin), hersaphonin, bacoside A & B, bacogenins A1- A4, -sitosterol etc
2.	Sankhpushpi (Convolvulus pluricaulis)	Sankhapuspine, -sitosterol, kaempferol, n- hexacosane etc
3.	Vacha (Acorus calamus)	Aclamone, acorenone, acoragermacrone, acoramone, acorone, cis & trans-asarone, azulene, calacone, calamonone, calamenene calarene, -gurjunene, camphene, eugenol, telekin, preisocalamendiol, acoric acid, calamen diol, calamenone etc
4.	Maricha (Piper nigrum)	Piperene, piperethine, piperolein A&B, ferupeine, dihydroferuperine, cryptone, dihydrocarveol, & -pinene, piperonal, camphene, -caryophyllene, -alanine, pipecoli acid, carotene, ascorbic acid, pipercide etc
5.	Gavjaban (Onosma bracteatum)	Plenty of mucilaginous substance Na (9.5%), (14.25%), Ca (27%), Fe (1%) and Mg are present
6.	Svarna Mashik bhashm ⁽²³⁾	Copper pyrite (Cu ₂ S, Fe ₂ S ₃)
7.	Ras sindur ⁽²⁴⁾	Red sulphid of mercury (HgS)
8.	Jatamanshi (Nordostachy s jatamansi)	Actinidine, carotene, aristolens, calarene, calarenal, elernol, droaristolene, b-eudesmol jatamols A & B, nardostachonol, nardostachone, patchouli alcohol, seychellan spirojaatamal, valeranal, valeranone, virolin, angelicin, jatamonsin, jatamansinol, oroselo etc

Table 3: medical properties of each constituent of *Brahmi Vati*⁽²⁵⁾

S.No.	Ingredie	Charak	Susrut	Uses in
	nt		а	Nighantu

(Bacopa rasayana, monieri) apasmaran medhy apamut, atattvabih kamay dumehaas inivesh, pushthay ayurbalar ogyakartv e han (Convolv ulus pluricauli s) S S Sankhpu shpi rasayana, "Convolv ulus pluricauli s) S S S S S S S S S S S S S S S S S S		IC Value 80.26	ı	I		1		VOLUME-6, ISS	UE-9, SEPTEMBEI	R-2017 • ISSN	N No 2277 - 8160
monnieri) apasmarp aapnut, ayusya kushtapan aapnut, ayusya kushtapan atattvabh kamay dumehaas inivesh, rasaya trakasajit, pushthay ayurbalar ogyakartv e hivishahar e hivishahar shpi rasayana, (Convolv ulus pluricauli s) S S S S S S S S S S S S S S S S S S	1.	Brahmi	Medhya	Rasaya	Rasayana,		4.	Maricha	Kushthah	Pippliy	Dipaniya,
aapnut, atattvabh kamay dumehaas inivesh, pushthay ayurbalar ogyakartv e		(Васора	rasayana,	na,	smartipra			(27)	ar,	adi	avrashya,
adapnut, ayusya kushtapan atattvabh kamay dumehaas inivesh, rasaya trakasajit, pushthay ayurbalar ogyakartv e hivishahar shipi rasayana, shapi rasayana, shipi rasayana, shipi shapi shipi shapi shipi shapi shapi shipi shapi shipi shapi shapi shapi shapi rasayana, shipi shapi shapi shapi shapi shapi shapi shipi shapi shipi shapi shipi shapi shipi shapi shipi shapi shipi shapi shiprash anashapi shipi shipi shapi shipi s		monnieri)	apasmarp	medhy	da,				rechan,	ghan,	rochan,
atattvabh kamay dumehaas inivesh, arasaya trakasajit, pushthay ayurbalar ogyakartv e washikara ogyakartv shopharuc hivishahar ogyakartv shopharuc hakikit dami hara ogyakartv shopharuc hivishahar ogyakartv shopharuc hakikit dami hara ogyakartv shopharuc hakikit ogyakartvo hakikit ogyak			aapnut,	ayusya	kushtapan			(Piper	upshosha	-	kramijit,
Inivesh, pushthay ayurbalar ogyakartve e			atattvabh	kamay	dumehaas				'	'	shvasashu
2. Sankhpu shpi rasayana,			inivesh,	rasaya	trakasajit,			-	· ·		
2. Sankhpu shpi rasayana, (Convolv ulus pluricauli s) Vacha (Acorus (alamus) (araman, (sweet flag)) traptiphas shiriprash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) shiriovirec han (sweet flag) traptiphas araman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) shiriovirec han (sweet flag) traptiphas araman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) shiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (sweet flag) traptiphash aman, sanghyast hapana, tiktaskan abiriovirec han (syeatatu mi) traptiphash amashu biriovirec han (syeatatu mi) traptiphashu airiovirec han (syeatatu mi) traptiphashu airiovire			pushthay	n	jvarahar,						
2. Sankhpu Medhya shpi rasayana, (Convolv ulus pluricauli s) Vacha ashinoyana, (Acorus lekhaniya, talagan ashtapan opaga, shitprash aman, sanghyast hapana, tiktaskan ada, shirovirec han (Sweet han) ashirovirec han (Sweet han) ashitprash aman, sanghyast hapana, tiktaskan ada, shirovirec han (Mashik taskan ada, shirovirec han) (Sweet han) (Sw			ayurbalar		kanduhar,			реррегу		G.51.1y G.,	shulhar,
2. Sankhpu Medhya shpi rasayana, ———————————————————————————————————			*		shopharuc				· ·		
2. Sankhpu shpi rasayana, Grahabhu ulus pluricauli s) Virechani Pippaly ukantida, (Acorus calamus) (Sweet flag) (Sweet flag) shitprash aman, sanghyast hapana, tiktaskan da, shirovirec han shirovi			• •						-		
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shpi rasayana, tadidosha dhni, vashikara nsidhdida, pluricauli s) 3. Vacha Virechani Pippaly vakantida, (Acorus lekhaniya, calamus) (Sweet flag) traptighn opag, shitprash aman, sanghyast hapana, tiktaskan da, shirovirec han Saman	2	Sankhnu	Medhya		Grahabhu				l -		
(Convolv ulus pluricauli s) 3. Vacha Virechani Pippaly vatshlesh agnibalay calamus) (Sweet a, traptighn opag, shitprash aman, sanghyast hapana, tiktaskan da, shirovirec han an kumarana vapurmed habalabu dhdi vivardhan washikan achys jatamans Conosma	۷.	•							_		
(Convolv ulus pluricauli s) 3. Vacha Virechani ya, lekhaniya, calamus) (Sweet flag) traptighn opag, shitprash aman, sanghyast hapana, tiktaskan abirovirec han kumarana vapurmed habalabu dhdi vivardhan (Convolv ulus pluricauli s) Vashikara nsidhdida, rasayani, vrammedh agnibalay ukantida, Vacha Virechani ya, vahus agnibalay ukantida, Vatshlesh marujapa ha, vatshlesh marujapa davisha. (Acorus lekhaniya, adi, Vatshlesh marujapa dayisha dan taptighn a, and bhagh vibandhad aasthapn opag, shitprash aman, sanghyast hodhani, hapana, tiktaskan abirovirec han kumarana vapurmed habalabu dhdi vivardhan (Acorus lekhaniya, vahus adi, vatshlesh marujapa davisha. (Acorus lekhaniya, vahus		31101	rasayana,								
ulus pluricauli s)		(Convolv						C : - l	Hull		11
pluricauli s)		•					5.	Gavjaban			
s)					'			10			1.
3. Vacha (Acorus lekhaniya, ya, adi, yatshlesh (Acorus lamus) arshoghn di, ha, and aasthapn bhagh opag, shitprash aman, sanghyast hapana, tiktaskan da, shirovirec han ware lamushing and da, shirovirec han ware lamushing and lamushing lambalabu dhdi vivardhan ware lambalabu dhdi vivardhan ware lambalabu dhdi vivardhan ware lambalabu dhalabu dhalabu dhdi vivardhan ware lambalabu dhalabu dhalabu dhdi vivardhan ware lambalabu dhalabu dhal		•									asastrava
3. Vacha ²⁶⁾ Virechani Pippaly Vamani, ya, adi, Vatshlesh (Acorus lekhaniya, calamus) arshoghn (Sweet flag) traptighn a, urdhva kramihrad bhagh vibandhad opag, shitprash aman, sanghyast hapana, tiktaskan da, shirovirec han kumarana vapurmed habalabu dhdi vivardhan saha varana varana varana varana varana da, vivardhan saha varana varana varana varana varana varana varana varana dad, vivardhan saha varana		3)									najvarhari
3. Vacha Virechani Virecha								m)			grahaniha
3. Vacha ⁽²⁶⁾ Virechani Pippaly ya, adi, ya, adi, yatshlesh (Acorus lekhaniya, vacha calamus) arshoghn di, ha, (Sweet flag) traptighn di, urdhva kramihrad aasthapn opag, ar hmanashu shitprash aman, sanghyast hapana, tiktaskan aphonma da, shirovirec han kumarana vapurmed habalabu dhdi vivardhan (Nordost achys jatamans) adi, kanthya, medhya, urdhva kramihrad avisha. t, upada chikit dami c					икапнаа,						_
3. Vacha Virechani Pippaly Vamani, ya, adi, Vatshlesh (Acorus lekhaniya, Vacha arshoghn (Sweet a, flag) traptighn a, aasthapn opag, shitprash aman, sanghyast hapana, tiktaskan da, shirovirec han wapurmed habalabu dhdi vivardhan vivardha											aruchishv
(Acorus lekhaniya, lekhaniya, lekhaniya, arshoghn (Sweet a, flag) traptighn opag, shitprash aman, sanghyast hapana, tiktaskan da, shirovirec han lekhaniya, shirovirec han lekhaniya, lekhaniya, lekhaniya, adi, ha, lekhaniya, di, medhya, urdhva kanthya, di, medhya, urdhva kanthya, di, medhya, urdhva kanthya, di, medhya, urdhva kanthya, loupada chikit dant chikit dant chikit lekhaniya, urdhva kramihrad lanta chikit dant chikit lanta lant	3.	Vacha ⁽²⁶⁾	Virechani	Pinnaly	Vamani.						asahar,
(Acorus calamus)lekhaniya, arshoghn arshoghndi, ha, ha, kanthya, medhya, urdhva kramihrad aasthapn opag, shitprash aman, sanghyast hapana, tiktaskan da, shirovirec hanMusta di, medhya, wibandhad opag, ar hmanashu lnut,shakr amutravis hapana, tiktaskan da, shirovirec han6. Svarna Mashik bhashmSvarna Mashik bhashm	٥.	746.14									vransanro
calamus) arshoghn di, ha, Musta kanthya, di, medhya, a, aasthapn opag, shitprash aman, sanghyast hapana, tiktaskan da, shirovirec han kumarana vapurmed habalabu di, medhya, di, medhya, di, urdhva kramihrad bhagh vibandhad ar hmanashu lnut,shakr amutravis hodhani, hapana, tiktaskan da, shirovirec han kumarana vapurmed habalabu dhdi vivardhan logali arshoghn di, kanthya, kanthya, medhya, di, medhya, di, medhya, aret, t, upada chikit dant chikit dant chikit dant chikit hapan aret, logali aret, log		(Acorus	•	· '							pani,
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CONCLUSION-						'	CONCLUS		anyo disayesi -	it car b-	concluded #-
As per the above discussion, it can be concluded Brahmi vati is an excellent drug of choice for mental disease,							Brahmi va				
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memory, mental fatigue, stress, depression and psychotic conditions.

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