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Brahmi Capsules

Brahmi capsules are prepared from the pure extract of herb Brahmi. Brahmi has various other names like water hyssop, Indian pennywort and Thyme leaved gratiola. It is an annual creeping plant, found throughout India including the North Eastern region. This herb acts as the nervine and brain tonic. In Ayurveda Brahmi has great medicinal importance and whole plant parts are used to make herbal products. It balances the tridoshas – vata, pitta and kapha in body. It is quite good to manage the various ailments like blood pressure vertigo, anxiety, stress as well to improve intellect and memory. Antioxidant, anti-stress and rejuvenating properties of this herb help to maintain the brain tissues healthy.

Our product Cap. Brahmi is a 100% pure extract preparation made from the best quality Brahmi herb.

What are the practical uses of Brahmi Capsules?

Mental health – One of the most valued benefits of brahmi is its ability to stimulate the mind, particularly in terms of memory and concentration. It rejuvenates mind, enhances memory, improves concentration and quality of consciousness. Use of this herb is quite effective in brain disorders like dementia and Alzheimer's disease.

Anxiety and Stress: This herb has the positive effect for balancing the stress hormones in body. Brahmi helps to pacify the nervousness hence relieves the stress and tension.

Liver health - Therapeutic actions of brahmi are not confined to brain but it also helps to maintain the healthy liver functions. It works well to remove the toxins and promotes proper liver functioning.



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Encourages normal blood pressure- Brahmi is also used to maintain normal blood pressure in our body. It has been shown to increase the utilization of nitric oxide in the body and also appears to encourage vascular muscle function.

Immunity - Regular consumption of Brahmi helps in strengthening the immune system. Anti-oxidant nature of this herb protects our body from the damage by free radicals.

Anti-Inflammatory action: Brahmi is quite effective to provide the relief in various inflammatory conditions like arthritis and gout. It helps to reduce the pain and inflammation.

Healthy digestive system - It is also good for proper functioning of digestive system. It aids in amazing way for the healing of ulcers and also prevents gastric ulceration.

Insomnia - Brahmi is also very effective in insomnia as it acts the best stress buster. It helps to overcome sleep disorders which can further become serious mental disorders.

Healthy skin- Being a great source of anti-oxidants brahmi is a good herb for healthy skin as it helps in skin cell regeneration.

Respiratory health- This herb helps to boost your respiratory health. It has been used in treatments of bronchitis, congestion, chest colds, and blocked sinuses. It aids to clear out excess phlegm and mucus thus relieve the inflammation in the throat.

Indications -

- Memory loss
- Alzheimer's disease
- Dementia
- Migraine
- Depression
- Stress and anxiety
- Insomnia



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- Epilepsy
- Allergies
- Skin problems

Dosage – One- two capsules twice daily with plain water after meals.