

Centella asiatica

Centella asiatica, commonly known as Gotu Kola or Asiatic pennywort, is a herbaceous plant belonging to the Apiaceae (Umbelliferae) family (Carrot or Parsley Family). It is native to Asia, particularly Southeast Asia, but is also found in other tropical and subtropical regions worldwide. In traditional medicine systems such as Ayurveda, Traditional Chinese Medicine (TCM), and Siddha, Vallarai (*Centella asiatica*) is highly valued for its various medicinal properties.

Kingdom: Plantae

Order: Apiales

Family: Apiaceae

Genus: *Centella*

Species: *C. asiatica*



***Centella asiatica* is known by various names in Indian languages:**

Hindi: Brahmi (ब्राह्मी)

Bengali: Thalkuri (থালকুড়ি)

Tamil: Vallarai (வல்லாரை)

Telugu: Saraswathi aku (సరస్వతి ఆకు)

Kannada: Ondelaga (ಒಂದೆಲಗ)

Malayalam: Muttill (മുട്ടീൽ)

Marathi: Karivana (करिवना)

Gujarati: Khadarvel (ખદરવેલ)

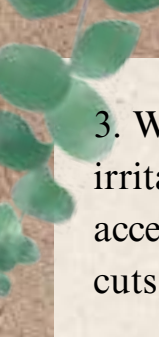
Odia: Thalkudi (ଥାଲକୁଡ଼ି)

Punjabi: Braahmi (ਬਰਾਹਮੀ)

Medicinal Properties of *Centella asiatica* (Vallarai):

1. **Brain Health:** Vallarai is traditionally used as a brain tonic to enhance cognitive function, improve memory, and promote mental clarity. It is believed to have neuroprotective effects and may help prevent age-related cognitive decline. Vallarai is often used to support overall brain health and vitality.

2. **Anxiolytic and Stress-Relieving Effects:** Vallarai has calming and stress-relieving properties, making it beneficial for individuals experiencing anxiety, stress, and nervousness. It may help promote relaxation, reduce tension, and improve mood. Vallarai is sometimes used as an adaptogen, helping the body adapt to stress and maintain balance.



3. **Wound Healing:** Vallarai is used topically to promote wound healing and relieve skin irritations. It may help stimulate collagen production, improve circulation, and accelerate the healing process. Vallarai extracts or ointments are applied to wounds, cuts, burns, and skin infections to promote tissue repair and regeneration.

4. **Anti-inflammatory Effects:** Vallarai exhibits anti-inflammatory properties, which can help reduce inflammation and alleviate symptoms of inflammatory conditions such as arthritis, rheumatism, and skin inflammation. It may help relieve pain, swelling, and stiffness associated with these conditions.

5. **Antioxidant Activity:** Vallarai contains antioxidants such as flavonoids, phenolic compounds, and triterpenoids, which help neutralize free radicals in the body and protect cells from oxidative damage. Antioxidants contribute to overall health and may help prevent chronic diseases.

6. **Cardiovascular Support:** Vallarai is believed to have cardioprotective effects and may help support cardiovascular health. It may help improve blood circulation, lower blood pressure, and reduce the risk of heart disease and stroke. Vallarai is sometimes used to treat conditions such as varicose veins and venous insufficiency.

7. **Skin Health:** Vallarai is used in skincare products for its beneficial effects on the skin. It may help improve skin elasticity, reduce the appearance of scars and stretch marks, and promote a clear and radiant complexion. Vallarai extracts are used in creams, lotions, and serums for their moisturizing and anti-aging properties.

8. **Digestive Health:** Vallarai is used to promote digestive health and alleviate digestive disorders such as indigestion, bloating, and constipation. It may help improve digestion, stimulate appetite, and relieve gastrointestinal discomfort. Vallarai is sometimes used as a digestive tonic to support overall digestive function.

