

Botanic name : *Centella asiatica* (L.) Urb.

Common name : Gotu kola, Bora thulkari

Family : Apiaceae (Umbelliferae)

Habitat : Terrestrial

Distribution : Native to wetlands in Asia

Description : Annual herb, reniform leaves with rounded apices; petiolate, flowers pinkish to red in color, ribbed fruit

Phytochemicals: triterpenoid glycosides (saponines) , phytosterols and a volatile oil consisting of vallerin, camphor, cineole and an unidentified terpene acetate that comprises 35% of the total oil content¹. Vitamins B and C, tannins, several aminoacids, an alkaloid named hydrocotyline and the elements Ca, Mg and Na are present in this plant.

Medicinal/Economic uses : Folk & Ayurvedic medicine. Leaves are used in sweet pennywort drinks, treat in cancer, used as Ayurvedic medicine, and also as salad. enhancing memory and clarity, allows blood flow smoothly in the body, increases the count of white blood cell and purifies the blood, rejuvenating agent to promote youth, treatment of dysuria, cures cold, cough, asthma and hoarseness of voice, beneficial for healing the wounds, enhances the immunity of the body, reduce high blood pressure, cures burn, removes the scar of injury or chicken pox.