

Shankhpushpi

(*Convolvulus pluricaulis*)



Shankhpushpi is widely used in Ayurvedic medicine as a brain tonic, memory enhancer and to promote higher intelligence. In a more physical sense, the herb can help to eliminate hypertension, anxiety, asthma, stress-related disorders, epilepsy, insomnia and numerous neurodegenerative diseases including dementia and Alzheimer's disease. The herb works primarily by supporting the central nervous system.

Shankhpushpi is an indigenous plant commonly mentioned in ancient Ayurvedic texts as a 'Medhya Rasayana' which is mainly advocated for use in mental disorders and rejuvenation therapy. The plant has flowers which resemble the 'Shankha' or 'Conch shell', hence comes the word *Shankhpushpi*.

Clinical studies have exhibited demonstrable beneficial effects in the patients of anxiety neurosis. The herb induces a feeling of calm and peace, good sleep and a relief in anxiety, stresses, mental fatigue, producing a significant reduction in the level of anxiety, neuroticism arising due to various levels of stresses.

Shankhpushpi is a perennial herb that seems like morning glory. Its branches are spread on the ground and can be more than 30 cm long. The herb is commonly found in India, especially in the state of Bihar and Madhya Pradesh.

Active Content:

Shankhpushpine, (the alkaloid) has been identified as active principle of *Shankhpushpi*. Coumarin, Flavonoids and alkaloids, B. sitosterol glycoside, Hydroxy cinnamic acid, Octacosanol tetracosane along with glucose, sucrose also have been isolated from the plant drugs.

Indications: Poor memory and concentration, Insomnia, Anxiety, Fatigue, Hypertension.

Herb actions:

Brain Tonic Effect: It is a natural tonic for mental development of children. The herb enhances brain power such as learning, memory and the ability to recall, intelligence and concentration level. It makes students more receptive to learning and reduces stress of examination and overwork.

Shankhpushpi is used as a brain tonic. It is one of the best and prominent natural medicines that help in improving memory. The whole plant of *Shankhpushpi* is used in medical treatment. Its consumption also prevents memory loss. The herb is also used as one of the most important ingredients in the treatment of hypertension, hypotension, anxiety neurosis, stresses etc. It is also beneficial in rejuvenation therapy and works as psychostimulant and tranquilizer.

Shankhpushpi serves to induce a feeling of calm and peace, promotes good sleep and brings relief in anxiety and mental fatigue. It brings a significant reduction in anxiety levels and neuroticism occurring due to varied stress levels.

Contraindications: None

Dose: 1 Capsule two to three times a day with milk or as advised by the Physician

Composition: Each capsule contains 400 mg standardized extract of

Shankhpushpi (*Convolvulus pluricaulis*).