

GOTU KOLA *(centella asiatica)*

Organically grown @ 



How it works

Gotu kola contains certain chemicals that seem to decrease inflammation and also decrease blood pressure in veins.

Gotu kola also seems to increase collagen production, which is important for wound healing.

The Benefits and Properties

Gotu kola is an herb that is commonly used in Traditional Chinese and Ayurvedic medicine. The above-ground parts are used to make medicine.

Gotu kola is used to treat bacterial, viral, or parasitic infections such as [urinary tract infection](#), [shingles](#), [leprosy](#), [cholera](#), [dysentery](#), [syphilis](#), the [common cold](#), influenza, , [elephantiasis](#), [tuberculosis](#), and schistosomiasis.

Gotu kola is also used for [fatigue](#), [anxiety](#), [depression](#), psychiatric disorders, [Alzheimer's](#) disease, and improving memory.

Other uses include wound healing, trauma, and circulation problems (venous insufficiency) including varicose veins, and [blood clots](#) in the legs.

Some people use gotu kola for sunstroke, [tonsillitis](#), fluid around the [lungs \(pleurisy\)](#), [liver](#) disease ([hepatitis](#)), [jaundice](#), systemic [lupus](#) erythematosus (SLE), [stomach pain](#), [diarrhea](#), indigestion, [stomach](#) ulcers, [epilepsy](#), [asthma](#), "tired blood" ([anemia](#)), [diabetes](#), and for helping them live longer.

Some women use gotu kola for preventing [pregnancy](#), absence of menstrual periods, and to arouse sexual desire.

Gotu kola is sometimes applied to the [skin](#) for wound healing and reducing scars, including [stretch marks](#) caused by pregnancy.

Benefits and uses

Decreased return of blood from the feet and legs back to the heart (venous insufficiency). Taking *Gotu kola* or a specific extract of *gotu kola* (Centellase) by mouth for 4-8 weeks seems to improve blood circulation and reduce swelling in people with poor blood circulation in the legs.

Dosage

1 to 3 times a day 6 to 30 drops in a glass of water for a tincture at 60 % of alcohol

Precaution

Gotu kola is possibly safe in pregnant women when applied to the skin. However, not enough is known about the safety of taking *Gotu kola* by mouth during pregnancy. Avoid taking *gotu kola* by mouth if you are pregnant. There also is not enough reliable information about the safety of using *gotu kola* during breast-feeding. Avoid using any form of *Gotu kola* if you are nursing.

Liver disease: There is concern that *gotu kola* might cause liver damage. People who already have a liver disease such as hepatitis should avoid using *gotu kola*. It might make liver problems worse.

Surgery: *Gotu kola* might cause too much sleepiness if combined with medications used during and after surgery. Stop using *gotu kola* at least 2 weeks before a scheduled surgery.

