



CENTELLA ASIATICA

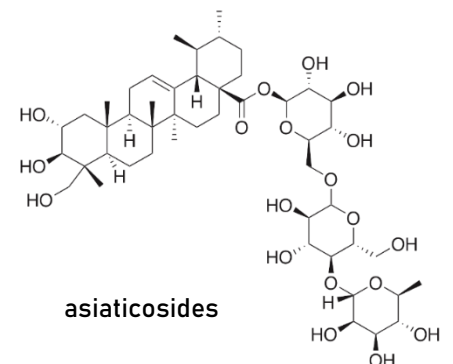
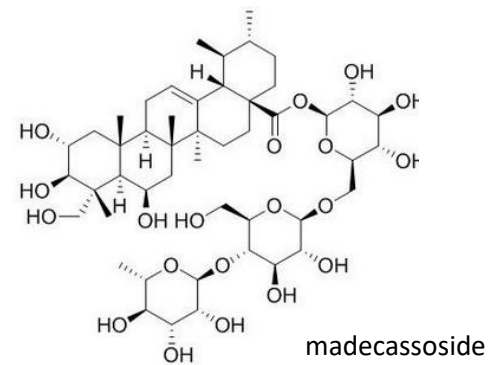


Active constituents:

The primary active constituents of *C. asiatica*, are saponins (also called triterpenoids), The medicinal values of this plant are mainly attributed to the presence of triterpenes like asiatic acid, madecassic acid, asiaticoside and madecassoside. These triterpenes are collectively known as centelloids. Other centelloids include centelloside, brahmoside, brahminoside, thankuniside, sceffoleoside, centellose, brahmic-, and centellic acids [2].

Centella asiatica (*C. asiatica*), a clonal, perennial herbaceous creeper belonging to the family Umbellifere (Apiceae).

The whole plant is used for medicinal purposes. It is widely used as a blood purifier as well as for treating high blood pressure, for memory enhancement and promoting longevity. In Ayurveda, *Centella asiatica* is one of the main herbs for revitalizing the nerves and brain cells [1].



Clinical study

A Study was conducted to evaluate the role of 70% hydro-ethanolic extract of *C. asiatica* on generalized anxiety disorder (GAD) in man. Hamilton's Brief Psychiatric Rating Scale (BPRS) was used to screen the subjects. Thirty-three participants (18 male and 15 female; average age 33 yrs) were medicated with the *C. asiatica* in a fixed dose regime (500 mg/capsule, twice daily, after meal). They were thoroughly investigated using standard questionnaires based on psychological rating scale at baseline (day 0), mid-term (day 30) and final (day 60). The scale also includes a number of direct queries about current levels of experienced stress. The observations revealed that, *C. asiatica* not only significantly ($p < 0.01$) attenuated anxiety related disorders but it also significantly ($p < 0.01$) reduced stress phenomenon and its correlated depression. *C. asiatica* further significantly ($p < 0.01$) improved the willingness for adjustment and cognition. Results indicated *C. asiatica* may be useful in the treatment of GAD [3].

Available grades: 20% Asiaticosides

Specifications:

Botanical/ Scientific name	<i>Centella asiatica</i>
Description	Pale green to light brown
Identification	TLC
Heavy metal	Not more than 20 ppm
Arsenic	Not more than 1 ppm
Lead	Not more than 10 ppm
Microbiological profile	As per JPN Food Regulation

References:

1. KASHMIRA J. GOHIL et al., "Pharmacological Review on Centella asiatica: A Potential Herbal Cure-all" Indian Journal of Pharmaceutical Sciences September - October 2010
2. Jacinda T. James and Ian A. Dubery et al., 'Pentacyclic Triterpenoids from the Medicinal Herb, Centella asiatica (L.) Urban" Molecules 2009, 14(10), 3922-3941
3. U Jana, TK Sur et al., "A clinical study on the management of generalized anxiety disorder with Centella asiatica" Nepal Med Coll J 2010; 12(1): 8-11

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