

## Gotu Kola Extract (Standard)

Cat. No. EXTW-005

Lot. No. (See product label)

### Introduction

#### Description

Centella asiatica, commonly known as centella and gotu kola, is a small, herbaceous, annual plant of the family Mackinlayaceae or subfamily Mackinlayoideae of family Apiaceae, and is native to wetlands in Asia.[2][3] It is used as a medicinal herb in Ayurvedic medicine, traditional African medicine, and traditional Chinese medicine. It is also known as the Asiatic pennywort or Indian pennywort in English, among various other names in other languages.

#### Applications

As a member of the parsley family, gotu kola has long been used in traditional Chinese medicine and ayurveda (the traditional medicine of India) to heal skin conditions such as psoriasis, fight mental fatigue, and treat asthma, fever, and stomach ulcers. According to pharmacological studies, one outcome of gotu kola's complex actions is a balanced effect on cells and tissues participating in the process of healing, particularly connective tissues. One of its constituents, asiaticoside, works to stimulate skin repair and strengthen skin, hair, nails and connective tissue (Kartnig, 1988). Now sold as an herbal supplement, gotu kola extract has yet to be extensively researched and its application is being expanded accordingly.

### Product Information

#### CAS No.

Asiaticoside: 16830-15-2 Madecassoside: 34540-22-2

#### Molecular Formula

Asiaticoside: C<sub>48</sub>H<sub>78</sub>O<sub>19</sub> Madecassoside: C<sub>48</sub>H<sub>78</sub>O<sub>20</sub>

#### Molecular Weight

Asiaticoside: 959.12 Madecassoside: 975.12

#### Purity

10.0~20.0% Triterpenes HPLC

#### Function

Indications: Increasing circulation

#### Notes

According to modern studies, gotu kola does offer support for healthy memory function. A study conducted in 1992 by K. Nalini at Kasturba Medical College showed an impressive improvement in memory in rats which were treated with the extract (orally) daily for 14 days before the experiment. The retention of learned behavior in the rats treated with gotu kola was three to 60 times better than that in control animals. Preliminary results in one clinical trial with mentally retarded children was shown to increase scores on intelligence tests (Bagchi, 1989). This does not mean gotu kola will improve intelligence for all special or normal children.