



The Herb Society of America

Promising Plants Profiles

Bacopa monnieri

Genus: *Bacopa*

Specific Epithet: *monnieri*

Common Names: *brahmi*, herb-of-grace, water hyssop

Family: Scrophulariaceae

Flower Color: white or bluish-white

Form: creeping, succulent perennial

Hardiness Zone: 9

Height: 10-20"

Soil: damp soil or wet gravel

Sun: full sun

Uses: medicinal, ornamental

Parts Used: whole plant



"*Brahmi* is a creeping perennial belonging to the Scrophulariaceae family. Found in both freshwater and brackish marshy areas throughout the tropics, including Florida, it reaches 10-20" tall and has narrow, succulent, oblong leaves, about ½-inch long, and small white flowers with 4-5 petals. The stems root readily at the nodes and are easily propagated in damp soil or wet gravel. Grown in containers, it becomes prostrate and trailing. Ideal conditions are pH6-9, full sun, and humid tropical conditions. I grow *brahmi* in pots in a greenhouse, where they survive 50°F in winter, though they do die back as a result of low temperatures.

Big claims are made for this small plant. It has been used in Ayurvedic medicine since 800 B.C. Now often referred to as "the memory herb," research has shown that it may improve powers of learning and concentration. It is also a mild sedative, and has adaptogenic and antioxidant properties. The whole plant is harvested for medicinal purposes, but is unlikely to suffer from over-collection due to its abundant rapid growth and wide distribution." – Deni Bown, Promising Plants Presentation, 2005

Photo © Deni Bown

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Disclaimer: Profiles are intended to provide a brief introduction to each herb. For additional information on uses, including medicinal contraindications, see the References list. The Herb Society of America can not advise, recommend, or prescribe herbs for medicinal use. Please consult a health care provider before pursuing any herbal treatments. Inclusion of vendor information does not indicate an endorsement by The Herb Society of America, and HSA can not guarantee availability of seeds/plants.