

Herbal Energetics

Energetics or actions of relevant Herbs - Cognitive Study

Green Tea “*Camellia sinensis*” -

BENEFITS:

- Nervine - stimulating to the nervous system (*other well-known nervines for stimulating the nervous system are Coffee, Chocolate, Horseradish*)
- Used for energy and increased neural activity (contains less caffeine than coffee)
- Contains amino acid L-theanine, which is able to cross the blood-brain barrier
- L-theanine increases GABA (anti-anxiety), dopamine and production of alpha waves. The combination of L-theanine and caffeine is particularly potent at improving brain function. (8 oz. of Green Tea contains between 35-60 mg of caffeine)
- Helps lower LDL cholesterol levels
- Anti-cancer, reduces risk of cancer, reduces tumor size in some cancers
- Increases antioxidant activity in the body

CAUTION INTAKE FOR THE FOLLOWING POPULATIONS:

- if taking a blood thinner, such as Warfarin, as it may increase risk of bleeding, so check with physician
- Ask health care provider if Green Tea may interact with other medications you may be taking. Check with health care provider before you start, stop, or change the dose of any medicine

POSSIBLE SIDE EFFECTS:

- Constipation or diarrhea
- Nausea, stomach upset
- Restlessness
- Tremors
- Trouble sleeping
- Sensitivity to caffeine or products containing caffeine

RARE SIDE EFFECTS:

- Rash, hives, itching
- Fast or irregular heartbeat
- Mental or mood changes

Gotu Kola “*Centella asiatica*” - (Family: Apiaceae - carrots)

Gotu Kola has a long history of therapeutic uses in numerous medical systems dating back many centuries. In India, the plant has been used to treat dermatitis, diabetes, cough, cataracts, other eye conditions, and to improve memory. In Europe, an infusion of the plant has been used to purify the blood and treat wounds. A similar infusion has been used in Indonesia and Brazil to help improve memory. Most Gotu Kola is grown in India.

BENEFITS:

- Anti-inflammatory - lessens the inflammatory response in the body
- Antioxidant
- Nervine -stimulating to the nervous system
- Tonic - tonics are building or nourishing herbs that are taken over long periods of time for a deficiency
- Rejuvenative properties - specifically to energize and preserve neurogenic tissue
- To enhance memory
- Wound-healing properties - used for treating wounds, skin disorders

DOSAGE: 750 mg per day

CAUTION INTAKE FOR THESE POPULATIONS:

- Avoid use during pregnancy and lactation, as Gotu Kola may have emmenagogue effects
- Drug Interactions: none documented

ADVERSE REACTIONS:

- Contact dermatitis is documented in some clinical trials

TRIALS, ANIMAL DATA, CLINICAL DATA:

- In vitro and animal data: multiple studies show associated improvement in spatial memory, cognitive function, more correct entries, improvement in learning behaviors, and memory retention. (Mohandas, Muddanna et al. 2005)
- In an 8-week randomized, placebo-controlled, double-blind pilot study of 28 patients, *C. asiatica* extract enhanced spatial and numeric working memory and attention, and improved mood. (Wattanathorn, Mator, et al. 2008)

Lemon “*Citrus limonum*” - Lemon has been used medicinally since the 11th century. All parts of it can be used. The pulp contains pectin, the skin contains volatile oils. Lemon essential oil is expressed from the peel of the fruit. The scent is known to refresh the mind, lift the spirit, improve mental clarity, and decrease emotional stress and anxiety. Lemon has been used in Greece and Italy since the second century.

BENEFITS:

- Highly aromatic, fresh clean scent
- Astringent
- Antiseptic - on skin, gargle, or internally for sore throat
- Antibacterial
- Anti-thelminic - rids the body of worms and intestinal parasites

PROPERTIES:

- Adaptogen, Antibacterial, Antiviral, Aromatic, Astringent, Bitters

CAUTION INTAKE FOR THESE POPULATIONS:

- There are no populations that need to avoid Lemon or Lemon oil

SIDE EFFECTS or RISKS:

- Lemon oils should be diluted due to its astringent properties
- Prolonged sun exposure may lighten hair or skin
- Avoid direct contact with eyes, although Lemon has excellent anti-wrinkle properties for the tissue around the eye

Ginkgo “*Ginkgo biloba*” - Ginkgo biloba is the world’s oldest living tree, dating back about 250 million years. The bilobalides, ginkgolides, flavonoids, and other substances unique to the tree restore blood flow to all parts of the body but particularly to the brain.

BENEFITS:

- Improves circulatory function, vasodilator
- Repeated studies shows it improves cognitive function
- Stabilizes structure of the brain and shown to protect nerve cells
- Supports improved circulation in the eyes (great for macular degeneration)
- Ginkgolides provide protection for asthma and allergy sufferers
- Benefits those with generalized anxiety disorders

PROPERTIES:

- Antioxidant, Anti-inflammatory, Anti-cancer, Antidepressant, Improves blood flow, Strengthens blood vessels, Circulatory System Tonic, Vasodilator

DOSAGE:

- Dose less than 200 mg per day

CAUTION INTAKE FOR THESE POPULATIONS:

- Avoid Ginkgo if you are taking a MAOI inhibitor for depression.
- If you are taking blood thinners, Ginkgo enhances the effect, so talk to your doctor.

SIDE EFFECTS:

There is a significant body of scientific and clinical evidence supporting the safety and efficacy of ginkgo for supporting cognitive function and improved circulation, said Mark Blumenthal, the founder and director of the American Botanical Council, an independent non-profit research and education organization.

Peppermint “*Mentha piperita*” -

BENEFITS:

- Carminative - useful to improve digestion, relieve gas and bloating
- Highly aromatic, contains useful volatile oils
- Nervine - stimulating to the nervous system
- Reduces/eliminates headaches
- Reduces respiratory system spasms
- Antiseptic - skin cleanser
- Analgesic - contains menthol, common ingredient in muscle rubs
- Used frequently in aromatherapy, “uplifting” aroma
- For colds, congestion, respiratory issues
- Frequently used in toothpastes, soaps, candies

PROPERTIES:

Adaptogen, Aromatic, Antifungal, Antibiotic, Nervine, Stimulant, Antioxidant

CAUTION INTAKE FOR THESE POPULATIONS:

- Avoid using Peppermint essential oil with babies
- Avoid eye area

SIDE EFFECTS:

- Dilute as Peppermint can cause skin irritation if too concentrated

Rosemary “*Rosmarinus officinalis*” - Rosemary has been used for centuries in medicine and cosmetics.

BENEFITS:

- Circulatory stimulant
- Long herbal tradition for improving concentration and memory
- All plant parts are used as a stimulant to memory
- Antimicrobial - useful against viral infections, bacteria, fungal infections
- Nervine - stimulating to the nervous system, to rekindle lost energy
- Multiple uses for improving hair and skin
- Current research for Diabetes management benefits (contains several flavonoids that inhibit DPP-IV)

PROPERTIES:

- Tonic, Circulation, Nervine, Antioxidant, Analgesic, Astringent, Diaphoretic, Stomachic, Anticancer, Antiviral, Carminative

CAUTION:

- Ask your physician before taking Rosemary if you have high blood pressure
- If you are taking blood thinners, Rosemary may enhance the effect, so talk to your doctor
- Avoid in cases of epilepsy

SIDE EFFECTS:

- There are no known side effects associated with typical Rosemary use. Adverse effects are only likely with an overdose. As with any herb, an allergic reaction is possible.

Sage “*Salvia officinalis*” - Sage belongs to the “mint” family, and has many cosmetic and medicinal uses. Sage has been used for thousands of years; the Romans uses Sage in their famous baths. Arabs thought Sage was the key to long life.

BENEFITS:

- Eases muscle aches
- Aids memory
- Aromatherapy
- Dental Care
- For headaches
- Treatment for fevers and colds
- Many sources cite Sage as a cure for the common cold
- For nervous ailments

Clinical Studies show that Sage “*Salvia officinalis*” has positive effects on memory and concentration in both older people with cognitive problems and younger people with Attention Deficit Disorder.

PROPERTIES:

Aromatic, Nervine, Antioxidant, Antiseptic, Anticancer, Antibacterial, Antifungal, Anti-inflammatory, Antimicrobial, Reduces Sweating

CAUTION INTAKE FOR THESE POPULATIONS:

The undiluted essential oil can cause skin irritations

SIDE EFFECTS:

High thujone content so avoid excessive use (more than 15 g) of sage leaf, which could cause dizziness, tachycardia, or hot flashes.

Periwinkle “*Vinca minor*” - Periwinkle may be less well-known for treating and improving memory. Historically Periwinkle has been used to treat diabetes and hypertension, on wounds to stop bleeding (styptic), for nervous disorders and to rid nightmares. *Vinca minor* is a dark green evergreen ground cover with brilliant little periwinkle blue flowers.

BENEFITS:

- Improves memory and focus
- Dried Periwinkle treats diarrhea
- Fresh Periwinkle gently treats constipation
- A remedy for cramps
- Reduces heavy bleeding “*menorrhagia*” and stops nose bleeds
- Naturally lowers and normalizes blood pressure
- Both *Vinca major* and *Vinca minor* benefit those with diabetes and some studies show that Madagascar Periwinkle “*Vinca rosea*” is a *cure* for diabetes.

PROPERTIES:

- Astringent
- Tonic
- Antibacterial
- Anti-inflammatory
- Anticancer
- Diuretic
- Carminative
- Sedative
- Coagulant
- antispasmodic

CAUTION INTAKE FOR THESE POPULATIONS: - no known precautions

SIDE EFFECTS or RISKS- In this study, Periwinkle is used as a whole, dried, cut and sifted herb, which does not interact or interfere with the use of blood thinners, however taking Periwinkle in isolated extract form over long term periods may pose a risk.

Lemon Balm “*Melissa officinalis*” -

Lemon Balm has been used for over 2000 years, with the Greeks utilizing the herb for wound dressings, toothache soothing and to relieve tension.

BENEFITS

- Treats anxiety, calms nerves, helps to relax
- Treats insomnia
- Treats chronic fatigue syndrome
- Improves mental clarity and concentration
- Calms overexcited individuals suffering from dementia
- Research shows improved memory and attention span

PROPERTIES

- Antioxidant
- Anti-inflammatory
- Antiviral
- Aromatic
- Cerebral stimulant
- Nervous restorative
- Mild sedative
- Tonic

CAUTION

- May increase pressure behind the eyes, therefore individuals with glaucoma should not take Lemon Balm.
- Lemon Balm naturally treats hypothyroidism so individuals taking medication for this condition will need to consult with their doctor about dosage and medications.
- Avoid if pregnant due to lack of studies on pregnancy.

SIDE EFFECTS

- May cause excessive sleepiness if taken with other sleep aids

Brahmi “*Bacopa monnieri*” -

Also known as water hyssop, moneywort

BENEFITS

- Stress relieving, calms nerves, reduces Cortisol, helps to relax
- Increases cerebral blood flow
- Improves mental clarity and concentration
- Enhances learning and memory
- Enhances cognitive functions
- Superoxide radical scavenging activity, thus protecting cells
- Prevents tissue damage in aluminum-exposed rats
- Protects against DNA damage
- Eradicates oxidative stress and prevents tissue damage
- Balances the immune system

PROPERTIES

- Adaptogen
- Antioxidant
- Anti-inflammatory
- Anti-arthritis
- Anti-cancer
- Antimicrobial
- Nervous restorative
- Tonic

CAUTIONS

- No observed adverse effects, no toxic effects noted
- Safe and well-tolerated

SIDE EFFECTS

- Can cause infertility, suppression of sperm (reversible)
- May decrease diastolic and systolic blood pressure

Wood Betony “*Stachys officinalis*” -

Wood Betony, also known as common hedge nettle, bishop’s wort, and purple betony. The name *betony* is derived from the Celtic word *bewton* meaning “good for the head.”

BENEFITS

- Treats anxiety, calms nerves, helps to relax
- Treats stress
- Treats neural nerve damage, including Bell’s Palsy, neural poisoning, accidents, and injuries
- Treats nearly all cold symptoms including cough
- Improves mental clarity and concentration
- Calms headaches, treats migraines
- Contains glycosides, which may lower blood pressure

PROPERTIES

- Anti-tumor
- Anti-inflammatory
- Blood tonic
- Cardiotonic
- Nervine
- Nervous restorative
- Stomachic
- Emmenagogue
- Antiseptic
- Astringent
- Carminative
- Vulnerary
- Tonic

CAUTION

- No known dangers

SIDE EFFECTS

- May lower blood pressure