Mandukaparni / *Centella asiatica*

**Part consumed** - Whole Plant

**Form consumed** - Powder, Juice

**Maximum daily consumption by adults** -
- Powder - 10 g
- Juice - 10-20 ml

**Composition**
- Asiatic acid
- Centic acid
- Centellic acid
- Isoprenoids
- Phenylpropanoids
- Flavonoids
- Asiaticoside

**Indications as per Ayurveda**
- Memory Booster
- Diabetes
- Oedema
- Anaemia
- Fevers
- Asthma
- Bleeding Disorders

**Modern Clinical Studies**
- Memory boosting
- Blood pressure
- Diabetes mellitus
- Wound healing
- Antioxidant