

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