

Herbs (many of these are also antifungal, antibacterial)

Bacopa - (from Wikipedia) is important in Ayurvedic medicine and has been used, particularly in India, for several thousand years to improve mental functioning, including comprehension (Dhi), memory (Dhriti), and recollection (Smriti).

Bacopa is also used for anti-anxiety, and it also has anti fungal effects. It is also referred to as “Brahmi” in India. Brahmi literally means, the energy or shakti of Brahma. It is also referred to as the “herb of grace.” (1, 2, 3)

Ashwaghandha - Also a traditional Ayurvedic herb, Ashwaghandha is typically used to curb stress and has some effect on lowering cortisol levels.

Passion Flower - Passion Flower has a calming sedative effect, and may boost gaba and serotonin in the brain.

St. John’s Wort - St John’s Wort is a popular Herb for depression and is believed to limit serotonin reuptake.

Chamomile- (from wikipedia) Chamomile has been used for inflammation associated with hemorrhoids when topically applied.[12] There is level B evidence that chamomile possesses anti-anxiety properties and could be used to treat stress and insomnia.

Rhodiola Rosea - Rhodiola is used for increasing energy, stamina, strength and mental capacity; and as a so-called “adaptogen” to help the body adapt to and resist physical, chemical, and environmental stress. It is also used for improving athletic performance, shortening recovery time after long workouts, improving sexual function; for depression; and for heart disorders such as irregular heartbeat and high cholesterol. (from Web MD)

Gotu Kola - Gotu Kola is also a commonly used Ayurvedic Herb. It is also referred to as Brahmi, in parts of India, and is also known as an herb of “enlightenment”.

Hops (Humulus Lupulus) - Typically known for it’s use in beer, Hops are also in the same family as Cannabis. Hops have a calming and sedative effect as well as having antibacterial, and anti fungal qualities. They are used in beer making for their antibacterial quality.

Ginseng - There are multiple types of Ginseng, and each has it’s own value. Ginseng seems to have some effect on boosting serotonin levels, and is said to restore original “Chi” (energy). Chinese Ginseng can be “warming”, while American Ginseng can be more “cooling”. Ginseng, is a very potent herb.

Cannabis (or CBD) - Cannabis is a widely used, though still currently illegal herb. It is now beginning to be seen to have medicinal value. The two main chemical constituents, THC and CBD have almost opposite functions. THC is the chemical that produces the high, while CBD is grounding. THC has been known to produce psychosis, while CBD is an anti-psychotic. CBD (Cannabidiol) is one of the rare substances that produces Neurogenesis.

1. Dr. David Frawley & Dr. Vasant Lad, Yoga of Herbs. Lotus press 2001, 239-241 2. Sebastian Pole, Ayurvedic Medicine- The principles of traditional practice. Singing dragon 2013, 149-150 3. D. sudharani, K. L. Krishna, K. Deval, A.K.Safia and Priya, “Pharmacological profiles of Bacopa monnieri: a review,” International Journal of Pharmaceutics, vol 1, no. 1, 2011, pp. 15-23 - See more at: <http://www.ayurvedacollege.com/articles/students/Brahmi#sthash.6lKeSKCt.dpuf>