

## Product Profile

# GOTU KOLA

*Centella asiatica*

Liquid extract of dried leaf.

**Actions:** Enhances integrity and vascularization of connective tissue and skin, hastens wound healing, and stimulates hair and nail growth. Improves elasticity and strength of blood vessels. Rejuvenating tonic.

**Uses:** Injury, disease and aging of the connective tissue and skin: Wounds, broken bones, torn ligaments and tendons, burns, anal fissures, ulcers (skin, stomach, duodenal, bladder and varicose), dermatitis, eczema, psoriasis, cellulitis, tendonitis, fibrocystic breast, liver cirrhosis, prevention and reduction of keloids and hypertrophic scars, leprosy, tuberculosis, lupus, scleroderma, periodontal (gum) disease, retinal detachment, tuberculosis, and varicose veins and hemorrhoids. In the traditional Ayurvedic medicine of India, Gotu Kola is considered a Rasayana (rejuvenator) herb and has been used for centuries to increase vitality, prolong life and to enhance learning and memory.

**Dose:** Take 30 to 40 drops, 3 or 4 times per day. In severe conditions one can take up to 100 drops, 4 times per day.

**Cautions:** None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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