

# BRAINNO-A

Memory Enhancer

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Nirogamz™

Product code: 506

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## Braino-A Memory Enhancer

### Nirogamz Braino-A

Nirogamz Braino-Active is a unique formulation containing herbs that are beneficial for the relief of various mental problems and promotes the performance of brain including memory, concentration and learning. This is an ideal product for every age person as it helps in the enhancement of intelligence and helps those who are prone to forgetfulness, confusion or indecisiveness.

- ❖ Serves to enhance brain activity
- ❖ Regulates the memory and brain growth
- ❖ Prevents the confusions and depression



**Composition:** Each 5ml contains: Shankpushpi (*Convolvulus pluricaulis*), Brahmi (*Bacopa monnieri*), Shatavari (*Asparagus Racemos*), Vacha (*Acorus Calamus*), Bhringraj (*Eclipta alba*), Shunthi (*Zingiber Officinale*), Jyotishmati (*Calastrus paniculata*), Tagar (*Valeriana Wallichii*)

**Shankpushpi:** *Convolvulus pluricaulis* (*Convolvulaceae*) has been used in Ayurveda as Medhya Rasyana (nervine tonic) to treat various mental disorders. Various studies have been performed to check the activity of various components of shankpushpi on the brain activity. Three major bioactive compounds, scopoletin, ayapanin and scopolin are isolated from this plant. All the three compounds were evaluated for memory-enhancing activity against scopolamine-induced amnesia using elevated plus maze and step down paradigms. Scopoletin and scopolin, in both the paradigms, significantly and dose dependently attenuated the scopolamine-induced amnesic effect. Furthermore, these compounds at 10 and 15 mg/kg exhibited activity comparable to that of standard drug, donepezil. The compounds also exhibited significant acetylcholinesterase inhibitory activity.

**Brahmi:** *Bacopa monnieri*, popularly known as Brahmi, has been traditionally used in Ayurveda since ages for its memory enhancing properties. It is well known and very effective herb as it enhances the overall functioning of brain, helps in enhancing the memory and brain activity. Various studies have been performed to check the activity of plant. Results of one of the study showed that statistically significant improvement was seen in the tests relating to the cognitive functions with use of *Bacopa monnieri*. Blood biochemistry also showed a significant increase in serum calcium levels (still within normal range). This clinical study showed very positive response and concluded that brahmi can be a significant herb for memory enhancement.

**Shatavari (Asparagus Racemoses):** *Asparagus racemosus*, traditionally known as shatavari means "Who possesses a hundred husbands or acceptable to many. Its content sapogenin, sarsasapogenins, flavonoids (kaempferol, quercetin, and rutin) and poly phenols is the precursor of many pharmacologically active steroids. Methanolic extract of *Asparagus racemosus* significant antidepressant-like activity almost certainly by inhibiting MAO-A and MAO-B; and through interaction with adrenergic, dopaminergic, serotonergic and GABAergic systems.

**Vacha(Acorus Calamus):** Vacha is a very vigorous brain tonic, because it shows results in a very short time. It increases the overall memory of the person and strengthens the nervous system. Vacha is prescribed to people who have amnesia. Improving the memory is a quest on which human beings have embarked centuries ago. In almost all civilizations, there have been attempts to discover the best herbs for brain enhancement with minimum side-effects. Perhaps, Ayurveda wins the race in this. All the herbs Ayurveda uses for its brain tonics have minimum side-effects and are quite safe for the human beings. Western science is now warming up to these herbs and is looking upon them as effective supplements for the human brain.

**Bhringraj (Eclipta alba):** The suspension of *Eclipta alba* containing 100 and 200 mg/kg was administered to rats to evaluate Transfer Latency (TL) on an elevated plus maze. TL was a measure of acquisition and retrieval learning. Mice were placed at the center of open field apparatus to assess spatial habitual learning, observed for 20 minutes for rearing and time spent during rearing using varied doses for 30 minutes, 24 hours and 96 hours and 144 hrs. The results revealed significant improvement of retrieval memory.

**Shunthi(Zingiber Officinale):** *Zingiber officinale* at 100mg/kg extract significantly improved learning and memory in young mice and also reversed the amnesia induced by diazepam (1 mg/kg, i.p.), and scopolamine (0.4 mg/kg, i.p.). Extract also reversed ageing induced amnesia due to natural ageing of mice and increased whole brain acetyl cholinesterase inhibition activity.

**Jyotishmati(Celastrus paniculata):** It is also known as Malkangni, was in use from time immemorial to treat brain related disorders. *Celastrus paniculatus* seed oil has significant antidepressant-like activity in chronic unpredictable stress. The study performed for its activity showed that *Celastrus paniculatus* seed oil produced significant antidepressant-like effect in mice possibly through interaction with dopamine D2, serotonergic, and GABA<sub>B</sub> receptors; as well as inhibition of MAO-A activity and decrease in plasma corticosterone levels.

**Tagar(Valeriana Wallichii):** *Valeriana wallichii*, an Indian medicinal plant is well known for its activities on brain. Clinical investigation was carried out to screen the plant activity and showed that *V wallichii* not only significantly attenuated stress and anxiety, but also significantly improved depression and also enhanced the willingness to adjustment. The results suggest that *V wallichii* may be useful in the treatment of stress related disorders in human and may be a promising anti-stress agent in near future.

This product is 100% vegetarian.

This product does not contain animal products and is suitable for vegetarians and vegans.

**PRECAUTIONS:** Pregnant/Lactating women, children or any with Known pre-existing condition should take this product under the advice of a qualified health care provider. Keep it away from the reach of children.

## Scientific references:

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- 3) Valecha R, Dhingra D. Behavioral and Biochemical Evidences for Antidepressant-Like Activity of *Celastrus Paniculatus* Seed Oil in Mice. *Basic Clin Neurosci.* 2016 Jan;7(1):49-56
- 4) Bhattacharyya D, Jana U, Debnath PK, Sur TK. Initial exploratory observational pharmacology of *Valeriana wallichii* on stress management: a clinical report. *Nepal Med Coll J.* 2007 Mar;9(1):36-9.
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- 6) Joshi H and Parle M. *Zingiber officinale* :Evaluation of its nootropic effect in mice. *African Journal of Traditional, Complementary and Alternative Medicines.*, 2006; 3(1): 64-74.
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- 8) Banji O., Banji D., Annamalai A.R. and Manavalan R. Investigation on the effect *Eclipta alba* on animal models of learning and memory. *Indian J. Physiol Pharmacol*, 2007; 51(3): 274–278

NOTE: This product has been approved by the department of AYUSH/ Government of India.

\*These statements have not been evaluated by the Food and Drug Administration. Nirogamz products are not intended to diagnose, treat, cure, or prevent any disease. This information is for educational purposes only and is not a substitute for medical advice, diagnosis or treatment. For more information pertaining to your personal needs kindly consult your qualified health care provider.