

# Brahmi (*Bacopa monnieri* Linn) in the treatment of dementias – a pilot study

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## Aims

To determine if Brahmi (*Bacopa monnieri* Linn), a herb used traditionally in India as a memory-enhancer, could be used in various forms of dementia.

## Methods

Twelve patients of either sex, aged 18 years or more, entered the study. They all completed the study. Inclusion criteria: all grades of dementia; patients suffering from other coexisting diseases too, but in a stable condition, were included. Exclusion criteria: type 1 diabetes mellitus and pregnancy. The study was conducted between June 2015 and May 2016.

Every patient was administered 250 mg of Brahmi (Himalaya) twice daily for 3 months. The Global Deterioration Scale (GDS) was determined at the beginning of the study and again at the end of 3 months.

## Results

All the 12 patients showed a positive response. The GDS was: mean (standard deviation (SD)) 4.42 (1.38) before the start of treatment and mean (SD) 1.92 (1.31) at the end of 3 months. The fall was statistically highly significant:  $p < 0.001$ . There were no significant adverse effects in any patient.

## Conclusion

Brahmi is an effective drug for the treatment of dementias. This pilot study should open up ways for launching more definitive studies and provide a framework for work in the future. ■

## Conflict of interest statement

None declared.

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