



***Centella asiatica*, A Potential Indigenous Herb of Medicinal Implication in Ayurveda and Clinical Therapy: A Review**

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Abstract

Centella asiatica, commonly known as centella, is a small, herbaceous, annual plant of the family *Mackinlayaceae*, or subfamily *Mackinlayoideae* of family *Apiaceae*, and is native to Asian countries. It is commonly used in in Ayurvedic medicine, traditional African medicine, and traditional Chinese medicine as a medicinal herb. For its potential application as herbal medicine for therapeutic purposes, the present review attempts to highlight on the various research based facts and issues related to it.

Keywords: Ayurveda, *Centella asiatica*, Therapeutics

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1. Introduction

Centella is a plant which grows in tropical swampy areas. The stems of *Centella* are slender with creeping stolons, green to reddish-green in color, connecting plants to each other. It has long-stalked, green, reniform leaves with rounded apices which have smooth texture with palmately netted veins. The leaves are borne on pericladial petioles nearly 2 cm length.^{1,2}

Habitat and herb characteristics

Centella grows in low lying wet areas along ditches. As the plant is aquatic in habitat, it is especially sensitive to pollutants in the water.²

2. Medicinal uses and applications

Centella asiatica is a popular addition to many skin creams and therapies. Extract of centella can be found in body slimming tonics, body-firming products, and anti-aging products. For decades, this herb has proven itself to be miraculous in terms of scar and wound healing. *Centella asiatica* is useful in alleviating many maladies, including

stress, asthma, hemorrhoids and even leprosy. Doctors have used it successfully in pregnant women during and post pregnancy. It can be used to discourage varicose veins and stretch marks, and then again after birth for healing. Centella helps in the increase of hemoglobin in blood. It also promotes improvement in the venous system and encourages positive connective tissue growth.^{1,3,4} The herb is recommended for the treatment of various skin conditions such as leprosy, lupus, varicose ulcers, eczema, psoriasis, diarrhea, fever, amenorrhea, diseases of the female genitourinary tract and also for relieving anxiety and improving cognition.^{4,5}

4. Conclusion

Although, American Cancer Society recommends the centella herb for having anticancerous properties, but research in this regard are in progress.

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