

Cognitive device is one of the most momentous and distinguished functions of our brain. It helps a person to think critically. Not only has that it helps millions of brain functions to happen. For any secondary imagination or perception, cognitive psyche takes the charge. From logical thinking to problem solving, from learning a language to paying attention cognitive domain shows its forte. Our brains have so many functions conglomerated into it. Cognitive psyche divides the genre of those functions and leads them to work effectively. These cognitive senses start building from childhood. The more you nourish the more it will flourish in future. In children these senses can be noticed very conspicuously. The brain's most active part during childhood is its cognitive psyche because at this age a child is burden free so it goes on exploring things that develop its cognitive health. But when the child passes off its imprudent life and starts taking fardel of thoughts and responsibility these cognitive reflexes go slow. There are some extrinsic catalysts that stimulate this cognitive part. Definitely some ways of fostering a child are very important among those. But if I talk about some puristic catalysers, there are plenty of them as well.

Nootropic is a supplement that enhances the activity of one's cognitive devices. There are a plethora of nootropic drugs that claim to improve the cognitive activity but their effectiveness is yet not fool proved. Researches till the current date do not galvanise the potency of these chemical drugs. Even there are a few nootropic drugs that were found to be containing some illegal composition that may mislead our bodily functions as well as mental health. So for this purpose herbal nootropics are still at the pick of the demands to go with. While talking about herbal nootropics a few names come instantly to our mind.

Green tea and L-Theanine: Green tea is an organic cascade of L-Theanine which is an eminent nootropic. research has shown how L-theanine helps in developing attention, improve sleep quality, and reduce stress. It is also very beneficial for those who have chronic anxiety and depression. It boosts reactive reflexes and promotes mental peace. A cup of green tea not only helps in reducing multiple physical dysfunctions but it also ameliorates brain functions.

Oolong tea: Oolong tea contains creatine that claims to be one of the most effective nootropics. Creatine is an amino acid that creates protein in body. Generally it is used for muscle growth but it also benefits brain simultaneously. Oolong tea is a principal component that helps in advancing the cognitive functioning that genuinely leads to the betterment of mental alertness. This tea is made from camellia sinensis. This is the same shrub that originates black tea and green tea.

Bacopa monnieri: This herb is being used since primitive times as an organic supplement for developing cognitive functions. It increases the agility of information processing, paces up reaction timing and develops memory. Bacopa monnieri comprises an ample amount of bacosides, which fights oxidative stress and increases oxygen accumulation that eventually directs to better brain functioning. It also accelerates the conductance in hippocampus, an area in brain that suggests the memory processing.

Rhodiola rosea tea: This is another herb that works wonder as nootropic. it is an adaptogenic herb that extinguishes stress effectively. This herb improves temperament and eases burnout sensations in

chronically stressed individual. Taking a hot cup of rhodiola rosea reduces mental fatigue and helps to revitalize brain functions among students.

**Matcha:** Matcha is made from shade-grown green tea leaves which is stone-grounded into a fine powder. Notwithstanding the presence of caffeine, this magical dust is high in L-theanine. This prominently reduces stress level and produces peace of mind and enhances the ability to focus. Both the caffeine and L-theanine helps in provoking cognitive functions and bring clarity. Matcha is fully an organic substance that aids brainpower naturally and sharpens its activity.

**Peppermint tea:** Peppermint tea is a very eminent medicinal herb. It is available in various flavours as well. This tea possesses an ability to enhance memory and develop alertness. This tea is an appropriate pour if someone wants to boost brainpower and reduce caffeine intake at the same time. This caffeine-free liquor effectively improves the cognitive functioning and makes one mentally dexterous.

**Blue tea:** The colour of this tea apprehends all its immense benefits. Besides all those ethereal benefits this tea also enhances brainpower among children. Blue tea is an ideal choice as a herbal nootropic for children as it is caffeine-free. A hot cup of blue tea before bed encourages concentration and increases the span of attention. Blue tea has Acetylcholine which impedes the decrement of memory and inordinate vicious cognitive skills. Research has shown 50 to 100mg/kg intake of blue tea springs up the memory in 30 days.

Herbal nootropics works very sensitively. Without any side effects, these supplements hit their targets and bring hope in dire straits. Most of the teas that act as nootropic, contain caffeine as caffeine is an important component of any nootropic supplement. Caffeine is widely used as a psychoactive substance. It hinders adenosine receptors and reduces exhaustion. Herbal tea also aces in this domain in developing cognitive functions and brainpower. So close your eye, make a wish and take a frivolous sip. Your every dream comes true with a single cup of torrid goodness.