

# MEMORY AND CONCENTRATION

## Traditional Ayurvedic Remedies

This document outlines traditional Ayurvedic herbal remedies for Memory and Concentration. Each remedy includes specific preparation instructions based on classical Ayurvedic texts.

### 1. Brahmi (*Bacopa monnieri*)

#### Preparation:

To enhance memory and concentration, take 1/2 teaspoon of Brahmi powder mixed with a teaspoon of ghee or honey on an empty stomach in the morning. Consistent use for at least 3 months is recommended.

*Source: Synthetic PDF - Sushruta Samhita on Medhya Rasayana*

### 2. Ashwagandha (*Withania somnifera*)

#### Preparation:

As a tonic for the mind (Medhya Rasayana), Ashwagandha can improve cognitive function. Take 1 teaspoon of the root powder with warm milk daily.

*Source: Synthetic PDF - Ayurvedic Pharmacopoeia Vol. II*

## DISCLAIMER

This information is for educational purposes only. It is NOT a substitute for professional medical advice. Always consult a qualified healthcare provider before using any herbal remedy.