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The chronic effects of an extract of Bacopa monniera (Brahmi) on cognitive function in healthy human subjects.

Stough C[1], Lloyd J, Clarke J, Downey LA, Hutchison CW, Rodgers T, Nathan PJ.

Author information

Abstract

RATIONALE: Extracts of Bacopa monniera have been reported to exert cognitive enhancing effects in animals. However, the effects on human cognition are inconclusive.

OBJECTIVE: The current study examined the chronic effects of an extract of B. monniera (Keenmind) on cognitive function in healthy human subjects.

METHODS: The study was a double-blind placebo-controlled independent-group design in which subjects were randomly allocated to one of two treatment conditions, B. monniera (300 mg) or placebo. Neuropsychological testing was conducted pre-(baseline) and at 5 and 12 weeks post drug administration.

RESULTS: B. monniera significantly improved speed of visual information processing measured by the IT task, learning rate and memory consolidation measured by the AVLT ($P<0.05$), and state anxiety ($P<0.001$) compared to placebo, with maximal effects evident after 12 weeks.

CONCLUSIONS: These findings suggest that B. monniera may improve higher order cognitive processes that are critically dependent on the input of information from our environment such as learning and memory.

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