

Bacopa monnieri (L.) Pennell



Habit: A prostrate succulent herb, upto 30cm.

Morphology: Aquatic or amphibious, prostrate, semi-succulent herbs; stem creeping, branches ascending. Leaves 1-1.5 x 0.4-0.6 cm, ovate-oblong or spatulate, base narrowed rounded at apex, punctate above, thick, and sessile. Flowers solitary, axillary; pedicels to 2.5 cm long; bracteoles 2, up to 3 mm long. Calyx-lobes 5, unequal; outer calyx lobe c. 5 x 4 mm, ovate, others slightly smaller. Corolla bluish-white, c. 8 mm long, broadly campanulate, faintly 2-lipped; lobes 5, subequal. Stamens 4, didynamous. Ovary oblong-globose; style slightly deflexed. Capsule 3-4 x 1.5-2 mm, ovoid or oblong, enclosed in calyx. Seeds c. 0.5 mm long, oblong, reticulate.

Taxonomy:

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| Kingdom | Plantae |
| Division | Angiospermae |
| Class | Magnoliopsida |
| Order | Lamiales |
| Family | Plantaginaceae |
| Genus | Bacopa |
| Species | <i>Bacopa monnieri</i> (L.) Pennell |

Uses: *Bacopa monnieri* is used in Ayurvedic traditional medicine to improve memory and to treat various ailments. Reviews of preliminary research found that *Bacopa monnieri* may improve cognition

Reference: www.indianbiodiversity.org