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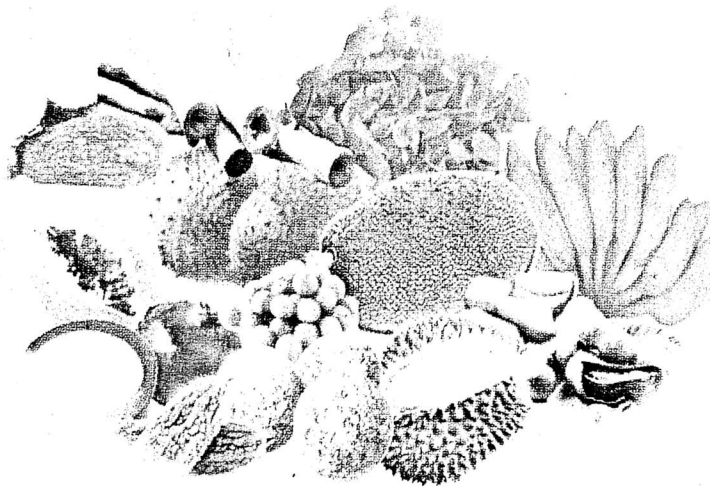
# **PROCEEDINGS**

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**Institute of Indigenous Medicine  
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REVIEW OF THE EFFICACY OF GOTUKOLA: *CENTELLA ASIATICA* (LIN)  
AS A TRADITIONAL FOOD FOR VARICOSE VEINS MENTIONED AS A  
SURGICAL DISEASE

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*Centella Asiatica* is used in the orient and is becoming popular in the west. It is a green leafy vegetable used in medicinal purpose too. Constituents of *Gotukola* are responsible for its wide therapeutic action. *Varicose veins* are a critical disease causing pain, swelling, discoloration and ugly appearance on legs and ulcers due to lose of the elasticity of veins. It carries 2%-56% prevalence worldwide. It is not just a cosmetic problem but a serious condition due to poor blood flow. It is a symptom of a serious problem called *Chronic Venous Insufficiency*. This is deterioration in the function of veins including the deep veins. It results in poor circulation of the blood back to the heart. *Gotukola* helps to relieve symptoms of *Chronic Venous Insufficiency* due to its action on healthy connective tissue, especially *Collagen*, the most abundant protein in the human body which is the key component of veins. Journals, magazines, thesaurus, articles, and related books are used to prove the effectiveness of *Gotukola* on *varicose veins* as a traditional food. It has *anti-inflammatory*, blood purification and strengthening actions related for *Varicose Veins*. *Triterpenes* work on veins for improve their tone and making them less susceptible to degenerative process that can lead varicosity and other problems. This review is used to provide comprehensive information on nutritional, medicinal, pharmacological aspect of *Gotukola* on *Varicose Veins*. It can be concluded that *Gotukola* is effective on minimizing *varicose veins* and further studies needed to be carried out to justify the efficacy.

**Keywords:** *Centella asiatica*, Gotukola, Varicose veins