

# EVALUATION OF BRAHMI GHRITA FOR IMPROVEMENT IN MEMORY & LEARNING SKILLS IN THE SCHOOL CHILDREN

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## ABSTRACT

Academic performance is impacted, because students develop confidence issues, depression around them, which makes students less likely to focus their energy on academic achievement. So there is a need of study in proper way to enhance the learning ability of school children. Brahmi is a famous plant used for memory enhancing property and increase in concentration. It is also used in combination with other herbs to increase its potency on CNS. Thus, the present study was undertaken to investigate the effects on cognitive function of children. Improvement in learning and memory activity was studied using memory tests in children after 60 days of Brahmi gritha treatment. Eighty students were selected to participate this study. This study was employed two groups, randomized control design. Investigations were done pre and post memory tests. Group A students were not given drug and Group B students were given drug. Statistical analysis of study group (Group B) showed from 10.75 to 13.63 improvements in processing speed after treatment which is highly significant ( $P < 0.005$ ). And also showed from 14.88 to 16.38 improvements in spatial recognition after treatment which is highly significant ( $P < 0.005$ ). And also showed from 10.38 to 12.88 improvements in mathematical ability after treatment which is highly significant ( $P < 0.005$ ). And also showed from 14.63 to 16.75 improvements in comprehension ability after treatment which is highly significant ( $P < 0.005$ ). It meant that the Brahmi gritha shows improvement in learning and memory skills in the school children.

**Key Words:** Brahmi Gritha