

## **Medical Uses of *Shankhapushpi* (*Convolvulus pluricaulis* Choisy.)**

It is used in mental disorders and as brain tonic. It is a common plant in southern India where the whole plant is used in various formulae as a nervine tonic for improvement of memory and intellect.

**Learning, memory and behavior:** *Shankhapushpi* helps to improve brain power as it increases learning, memory and behaviour.

**Anxiolytic:** *Shankhapushpi* is also used to reduce anxiety.

**Muscle Relaxant:** *Shankhapushpi* is helpful as muscle relaxant.

**Antidepressant:** *Shankhapushpi* is used to alleviate depression.

**Anti-stress:** *Shankhapushpi* is helpful for suppression of Angriiness and to calm the mind.

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