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## MIND POWER TABLETS IMPROVE NEUROLOGIC DEFICITS

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### ABSTRACT

Mind wandering and mindfulness are often described as divergent mental states with opposing effects on cognitive performance and mental health. Spontaneous mind wandering is typically associated with self-reflective states that contribute to negative processing of the past, worrying/fantasizing about the future, and disruption of primary task performance. On the other hand, mindful awareness is frequently described as a focus on present sensory input without cognitive elaboration or emotional reactivity, and is associated with improved task performance and decreased stress-related symptomology. Unfortunately, such distinctions fail to acknowledge similarities and interactions between the two states. Instead of an inverse relationship between mindfulness and mind wandering, a more nuanced characterization of mindfulness may involve skilful toggling back and forth between conceptual and nonconceptual processes and networks supporting each state, to meet the contextually specified demands of the situation. People often feel like their minds and their bodies are in different places. Far from an exotic experience, this phenomenon seems to be a ubiquitous facet of human life (e.g., Killingsworth and Gilbert, 2010). Many times, people's minds seem to go “somewhere else”—attention becomes disconnected from perception, and people's minds wander to times and places removed from the current environment (e.g., Schooler *et al.*, 2004). At other times, however, people's minds may seem to go nowhere at all—they

simply disappear. This mental state—mind-blanking—may represent an extreme decoupling of perception and attention, one in which attention fails to bring any stimuli into conscious awareness. In this article we want to validate mindfulness, meditation, awareness, action of MIND POWER tablet. This protective effect of MIND POWER can be attributed to the mindfulness, meditation, awareness, mind wandering, resting state.

**Keywords: mindfulness, meditation, awareness, mind wandering, resting state, Visualization, Wind environment assessment, consciousness, attention, perception, mind-blanking**

### 1. BACKGROUND :

Visualization is a powerful technique for showing invisible physical phenomena. However, simulation administrators must identify accurate methods of presenting information to non-experts via visualizations. The colour scheme of the simulation area and the coverage of contour colours throughout the visualization have significant impacts on the viewers' ability to understand the graphic. In this study, experiments were performed to assess the urban wind environment of new building construction projects that cause strong winds. Two different pictures with and without countermeasures against strong winds were compared by the participants in the experiment. Although the participants understood that improvements were made to the wind environment when a conventional contour scheme was used, a statistically significant decrease in the probability of correctly understanding the visualization was observed when the contour color scheme was reversed. The participants' ability to understand the

visualization was disrupted when the graphics were mostly red. The participants related the color of the image to the sensation of a windy environment based on their background awareness. The results suggest that the simulation administrator should be careful when presenting information and should consider the comprehensive image perceived by the viewer based on their personal background awareness [20-24].

### STATE OF BEING AWARE, CONSCIOUSNESS, AWARENESS

Two common states of awareness exist: conscious and unconscious. Human consciousness can be altered in a number of different ways including through hypnosis, with drugs, and mental exercises. Reaching an altered state of consciousness can also be achieved through various types of meditation and mind-body practices. ability to distinguish between what is right and what is wrong. When thinking about these two concepts, just remember that conscious refers to being awake and aware while

conscience refers to your inner sense of right and wrong. feelings, perceptions and surroundings, the higher the level of consciousness. Our level of awareness of internal events and external surroundings is known as a state of consciousness. Unconscious, subconscious, conscious and superconscious are the four states of mind. Consciousness and Awareness, both words seem to carry the same meaning, but they differ semantically as there is a difference between them. ... Awareness is having knowledge of something. On the other hand, consciousness is the state of being aware of something and this can be regarded as more spiritual kind of definition.

#### States of Consciousness

- Awareness.

- bias.
- Consciousness.
- Hypnosis.
- Priming.
- Sleep.
- Trance.

In this article, we want to validate the mindfulness, meditation, awareness, mind wandering, resting state role of Tablet MIND POWER manufactured by Ayushakti Ayurveda Pvt Ltd with the reference of some previous work done.

#### 2. Name of Herbal Combination

MIND POWER TABLET

#### 3. Manufacturer :

Ayushakti Ayurveda Pvt Ltd pharmacy,  
Plot number 78, Stice, Musalgaon, Sinnar,  
Nashik- 422112

#### 4. Herbal formulation

NAME OF THE PRODUCT : MIND POWER TABLET			
S. NO.	SANSKRIT NAME	LATIN NAME	Qty in mg
1	NeerBrahmiGhan	Bacopamonnieri	150
2	Brahmi ( Mandukarni )Ghan	Centellaasiatica	104
3	KushmandGhan	Benincasahispida	50
4	Usheer	Vetiveriazizanioides	30
5	AshwagandhanGhan	Withaniasomnifera	30
6	ArjunGhan	Terminaliaarjuna	30
7	ShankhapushpiGhan	Evolvulusalsinoides	30
8	JaharmohraPisti	Serpentine	25
9	ShatavariGhan	<i>Asparagus recemosus</i>	25
10	Mundi Ghan	<i>Sphaeranthus indicus</i>	25
11	Dalchini	<i>Cinnamomum zeylanicum</i>	10
12	Trikatu	<i>Zingiber officinale</i> rhizome ,Piper longum fruit, Piper nigrum fruit	7
	Total		516

**BACOPA MONNIERI:**

*B. monnieri* is native in India, Bangladesh, and Southern Asia, and it also grows in Australia, Europe, and Africa. The vernacular names of *B. monnieri* are Indian pennywort and water hyssop. *Bacopa* contains bacoside A (64.28%), bacoside B (27.11%), betullic acid, D-mannitol, b-sitosterol, and stigmastanol. Bacoside A is levo-rotatory and bacoside B is dextro-rotatory. Bacoside A is a major component in this plant, including two sets of saponins. One set was derived from pseudojubilogenin, which upon acid hydrolysis furnishes four triterpenoid transformation products, viz., Bacogenins A1, A2, A3, and A4 [1].

*Bacopa* is used in Ayurveda for memory enhancement, to increase cognitive ability, and for lack of concentration and anxiety [2]. *Bacopa* inhibits the release of IL-6 and TNF- $\alpha$  from LPS (lipopolysaccharide)-activated microglia and also inhibits the enzyme activity of MMP-3 and caspase 1 and 3. *Bacopa* also has the potential to treat neurodegenerative diseases and disorders like depression, anxiety, and schizophrenia. Some researchers have found that *Bacopa* provides protection against oxidative damage by maintenance of ionic balance of membrane and mitochondrial functional integrity. Also, a decrease in lipoxygenase activity, decrease in lipid

peroxides, and reduction in concentration of divalent metal ions have been found (Dhawan, 2014). Due to destruction of the cholinergic neurons the levels of acetylcholine are reduced, and this reduction in levels of acetylcholine leads to a decrease in cholinergic transmission. The preceding theory has been used by researchers to explain the generation of AD. Thus, drugs that can elevate the levels of acetylcholine can help in the treatment of AD [3].

*Bacopa* might increase certain brain chemicals that are involved in thinking, learning, and memory. Some research suggests that it might also protect brain cells from chemicals involved in Alzheimer disease. *Bacopa* has been shown to alter brain levels of dopamine, noradrenaline and serotonin. However, *Bacopa* has been used in Ayurvedic medicine for millennia as a memory enhancer, sedative, analgesic, anti-inflammatory and anti-epileptic treatment. It is classified as a 'medhyarasayana', i.e. it improves 'medhya' – memory and intellectual functioning. Brahmi (*Bacopa monnieri*) could be a new treatment and prevention for this cognitive deficit in schizophrenia by increasing GABAergic neurons to a normal level [4].

**BRAHMI (MANDUKAPARNI) GHAN:**

Brahmi is largely treasured as a revitalizing herb used by Ayurvedic medical

practitioners for almost 3000 years. The herb has been mentioned in several Ayurvedic treatises including Charaka Samhita and Sushruta Samhita. *Centella asiatica* known as Gotu Kola is a medicinal plant that has been used in folk medicine for hundreds of years as well as in scientifically oriented medicine. *Centella asiatica* has been considered as brain tonic due to its wide beneficial neuroprotective activity. Besides this, various other effects such as anti-inflammatory, antiproliferative, in Ayurveda include its use for cognitive properties as a brain tonic, in the treatment of mental disorders, and as a memory-enhancing agent<sup>6</sup>. *C. asiatica* was shown to improve neuronal morphology and learning performance and enhance memory retention in animal models the herbal remedy had a positive effect on certain elements of behavioural depression, May boost brain function, May prevent anxiety and stress [5].

#### **KUSHMAND GHAN:**

*Benincasahispida* was probably native in Japan and Java, cultivated more or less throughout warm countries. It was a popular vegetable crop widely used for nutritional and medicinal purposes. Phytochemical analysis showed that the major constituents of *Benincasahispida* fruits are volatile oils, flavonoids,

glycosides, sacchrides, proteins, carotenes, vitamins, minerals,  $\beta$ -sitosterin and uronic acid [6]. The pharmacological studies revealed that the plant exerted many pharmacological activities, including central nervous effects (anxiolytic, muscle relaxant, antidepressant). The methanolic extract of *Benin casahispida* exhibited significant anti-compulsive effect [7].

#### **VETIVERIA ZIZANIOIDES:**

Therefore, we were motivated to explore the potential of medicinal plants to manage this deadly disease [8]. Vetiver is sometimes applied directly to the skin for relieving stress, as well as for emotional traumas and shock, lice, and repelling insects. It is also used for arthritis, stings, and burns. Vetiver is sometimes inhaled as aromatherapy for nervousness, insomnia, and joint and muscle pain. Vetiver essential oil is known to improve the mental conditions like stress, anxiety and depression. It is a therapeutic oil that works on the seven chakras of the human body. Vetiver has anti-anxiety abilities similar to the drug diazepam. Another 2015 study in mice also found that vetiver extract has anxiety-reducing properties similar to diazepam. How to use: Enjoy a relaxing massage with diluted vetiver oil or add it to a diffuser.

#### **WITHANIA SOMNIFERA:**

Ashwagandha has been seen to increase

acetylcholine levels in the brain, which are correlated with improved memory, brain function and intelligence. Ashwagandha also provides numerous other benefits for your body and brain. For example, it can boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression. Ashwagandha can also improve the quality of sleep and may help with the treatment of insomnia. Specifically, the leaves of the plant contain the compound triethylene glycol, which promotes sleep induction. The soothing effects of Ashwagandha suppress stress-induced increases in dopamine receptors in the brain as well as plasma corticosterone, blood urea nitrogen, and blood lactic acid. Ashwagandha can work for some people to calm the nervous system and help with sleep. It is a “restorative tonic” to the nervous system that reduces cortisol production.

#### **SHANKHAPUSHPI GHAN:**

Shankhpushpi (botanical name, *Convolvulus pluricaulis*; also known as Sankhaphuli, Shankhini, Samkhapushpi, Sadaphuli, and Shankhapushpi) is a plant used in Ayurvedic medicine, an ancient Indian medical system that combines natural products with lifestyle approaches. It has been used for improving memory and cognitive function, reducing stress and anxiety, and to treat conditions such as

insomnia. Shankhpushpi helps to calm down the brain and relieve stress as well as anxiety. It also improves memory by acting as a brain tonic due to its Medhya (improves intelligence) property. Shankhpushpi powder along with warm milk or water to help boost memory and concentration. The Ayurvedic herb brahmi, also called waterhyssop or bacopa, is believed to sharpen the brain by protecting cells and increasing chemicals associated with learning and memory, anxiety, and ADHD, along with fighting stress and improving memory.

Shankhpushpi’s calming effect is thought to be mediated in part by regulation of stress hormone production (e.g., adrenaline and cortisol). This medicinal herb contains many bioactive phytoconstituents that are responsible for nootropic and other activities, such as alkaloids (convolamine, convosine, convoline, convolidine, convolvine, confoline, evolvine, phyllabine, subhirsine, sankhpuspine), flavonoids (kaempferol, quercetin), and coumarins (ayapanin, scopolin, scopoletin). These compounds are thought to contribute to its nootropic and memory enhancing properties, along with some other pharmacological activities. Sedative activity is thought to be mediated by convolamine and scopoletin, which act as GABA-A agonists. It is also believed that a

paste prepared from its roots and flowers act as anti-aging agents [9].

#### **SERPENTINE:**

Jahar Mohra Pisti is an ayurvedic mineral based formulation. It is prepared from Jahar Mohra stone, which is also called serpentine. however, serpentine is not a single mineral but it mainly contains magnesium silicate [10]. Serpentine is valuable for therapists. It serves as a curative mental instrument to relieve emotional tension. This gem benefits you from getting connected with specific measures to unite circumstances and sensations into your presence.

It assists you in keeping your consciousness concentrated on assertive views. This gem evokes knowledge of unenthusiastic ideas to clear them and succeed quickly with genuine thoughts. In addition, Serpentine can assist to be less susceptible to the ideas, observations, or beliefs of other people. It can also aid to appear more assured and less endowed in acquiring unnecessary applause or recognition. Serpentine is a gem of self-reliance. It induces a feeling of security, spurring you to travel into different domains and communicative groups without uncertainty or hesitation.

#### **ASPARAGUS RECEMOSUS:**

*Asparagus racemosus* (*A. racemosus*) belongs to family Liliaceae and commonly known as Satawar, Satamuli, Satavari

found at low altitudes throughout India. The dried roots of the plant are used as drug. Shatavari is used in ayurveda to treat depression. A 2009 study on rodents found the antioxidants in shatavari have strong antidepressant abilities. They also impacted neurotransmitters in the brain. Neurotransmitters communicate information throughout our brain. It has folk usage as a treatment for dyspepsia, gastric ulcers, constipating, galactagogue, aphrodisiac, diuretic, rejuvenating, carminative, immunostimulant, gastroprotective, nerve tonic and antiseptic effects [11]. The plant has phytochemical constituents such as alkaloids, triterpenes, saponins, glycosides, diosgenin, cytoesterol, stigmaesterol, isoflavonoidsetc [12]. The important pharmacological actions of this plant are adaptogenic, hypolipidemic, immunomodulatory, antibacterial, antidepressant, antiulcerant, antidiabetic, antioxidant, cardio protective and memory enhancing activity [13].

#### **DALCHINI:**

A small human study suggests that merely smelling cinnamon can improve performance several types of memory tasks. Cinnamon is a good source of the powerful antioxidant manganese. Two teaspoons of cinnamon provides about half the RDA of manganese, a powerful antioxidant that is crucial for brain and

body health. Cinnamon essential oil could have beneficial effects in improving depressive and anxiety disorders and might be used as an adjunctive therapy to conventional drugs. Cinnamon improves the body's ability to regulate blood sugar and this aromatic spice also boosts brain activity. Research shows that just smelling cinnamon enhances cognitive processing and cinnamon has been shown to improve scores on tasks related to attention, memory and visual-motor speed.

#### **ZINGIBER OFFICINALE:**

*Zingiber officinale* could scavenge free radicals, an important factor in producing brain damage induced by cerebral ischemia, we hypothesized that the *Z. officinale* extract might be able to protect against brain damage and memory impairments induced by focal cerebral ischemia via reduction of oxidative stress. Ginger is effective in alleviating nausea and emesis, particularly, for cytotoxic chemotherapy drug-induced emesis. Ginger-mediated antiemetic effect has been attributed to its pungent constituents-mediated inhibition of serotonin (5-HT) receptor the main pharmacological properties of ginger include anti-inflammatory, anti-hyperglycemic, antiarthritic, and antiemetic and neuroprotective actions. Recent studies demonstrated that ginger significantly enhances cognitive function in various

cognitive disorders as well as in healthy brain. Ginger can aid in pain relief, including stress headaches. Ginger contains the antioxidant gingerol, which fights bad chemicals in our bodies that lead to psychological and physical stress.

#### **PIPER NIGRUM:**

Black pepper is one of the most commonly traded spices in the world and may have quite a few brain-boosting effects. Studies have shown that piperine, the primary component in black pepper, can help improve brain function and lower depression symptoms. It triggers endorphins production; pepper is a natural antidepressant that helps fight anxiety and depression.

#### **RESULT:**

We conclude that MIND POWER possess Neuroprotective actions. All these activities directly or indirectly influence the cellular and body metabolism and play favourable and protective role in maintaining brain integrity and restoring its function. MIND POWER works as Neurological disorders like Mental dullness, depression debility, CNS disorders, epilepsy, anxiety, stress, anger, Concentration, Focus, Memory, Alertness, Alzheimer, schizophrenia.

#### **DISCUSSION:**

Alzheimer's disease is a genetically heterogeneous neurodegenerative disorder, which is slow in onset but relentless in

progress. It is characterized by aphasia, apraxia and agnosia with the loss of memory as the main symptom. The most important neuroanatomical structures in the brain, involved in memory function include Hippocampus, Cerebellum, Amygdala, Basal ganglia and Cortical structures [20]. Neurotransmitter modification in these regions is a method for the treatment of memory loss or amnesia. Despite the severity and prevalence of this disease, allopathic system of medicine is yet to provide a satisfactory drug. Also, Westudying the nervous system advances understanding of our basic biology and body function. Knowing how things typically work can help shed light on what may happen when there are problems. It can help researchers find ways to prevent or treat problems that affect the brain, nervous system, and body. Neurological disorders are diseases of the brain, spine and the nerves that connect them. There are more than 600 diseases of the nervous system, such as brain tumours, stroke as well as less familiar ones such as front temporal dementia. Brain disease affects 1 in 6 people worldwide and includes a wide spectrum of diseases and disorders—from stroke and Alzheimer's to multiple sclerosis, epilepsy, traumatic brain injury, and more. Brain and nervous system problems are common. These neurological

disorders include multiple sclerosis, and stroke, and can affect memory and ability to perform daily activities.

Therefore, we were motivated to explore the potential of medicinal plants to manage this deadly disease with Mind power tablet.

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