**Centella**

Scientific name: *Centella asiatica*

Aboriginal name: Unknown

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**About**

Also known as ‘Gotu Kola’ or ‘Pennywort’. Centella is found growing wild over large areas of North America, South America, Asia and Australia. Centella is used as a medicinal herb in ayurvedic medicine, traditional African medicine and traditional Chinese medicine. It has anti-inflammatory properties as well as improving circulation and strengthening blood vessels. Described as ‘a pharmacy in one herb’ centella contains vitamins A, B, C and D and minerals including calcium, chromium, cobalt, magnesium, manganese, phosphorus, sodium, potassium, selenium, silica and zinc.

The raw leaves are bitter. Blanched leaves taste better. Adding lemon juice and butter makes the dish more flavoursome.

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**Aboriginal Uses**

- Centella can be added to salads, eaten raw or infused as a tea.
- There are many medicinal claims about centella including help with memory loss, burns, skin diseases, arthritis (eat two leaves a day) and longevity. It can be used as a general tonic.

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