



Rudrakshine™ Neurological Support Formula



A Multi-Pathway Approach to Neurological / Cortisol Balance

Rudrakshine phytotherapeutic formulation designed to support healthy neuronal balance, calm nervous-system activity, stress resilience, cortisol balance and normal inhibitory neurotransmission. The formula is built around *Elaeocarpus ganitrus*. (**Rudraksha**), the sacred tree traditionally associated with Shiva and increasingly interesting from a neuropharmacological perspective.

Rather than relying upon a single botanical mechanism, Rudrakshine combines eight CNS-active phytotherapeutics selected to address complementary aspects of neuronal function: **GABAergic signaling, cortisol attenuation, neuronal excitability, stress-axis regulation,**

neuroinflammation, oxidative stress, and neuronal resilience.

The central research ingredient is *E. ganitrus*. A classic pharmacological investigation of a water-soluble fraction obtained from a 90% ethanol fruit extract reported prominent CNS-depressant effects together with anticonvulsant and anti-amphetamine activity in experimental models. These findings remain **preclinical** and do not establish efficacy for treating epilepsy or seizures in humans.

Botanical Composition

Botanical extract

Elaeocarpus ganitrus Roxb.
fruit extract

Passiflora incarnata aerial
parts

Scutellaria lateriflora aerial
parts

Melissa officinalis leaf

Withania somnifera root

Magnolia officinalis bark

Centella asiatica aerial parts

Matricaria chamomilla flower

Primary Application

Experimental CNS-modulating/anticonvulsant lead; distinctive alkaloid chemistry

GABA-system modulation; calming/anxiolytic research

Traditional nervine; investigated for anxiety and mood

GABA metabolism; rosmarinic-acid-rich calming botanical

GABA-related activity; stress-response and HPA-axis support

Honokiol/magnolol; GABA-A and neuroinflammatory research

Neuroprotective, antioxidant and neuronal-resilience support

Apigenin-rich supportive calming component

The Rudraksha Foundation

Elaeocarpus ganitrus provides the distinctive foundation of Rudrakshine. Its chemistry includes an unusual family of alkaloids associated with *Elaeocarpus*, including **rudrakine and related alkaloidal constituents**. The precise molecules responsible for the reported CNS activity of whole *E. ganitrus* extracts have not yet been established.

This distinction is scientifically important: the formulation does **not** assume that rudrakine is an anticonvulsant molecule. Instead, *E. ganitrus* is incorporated as a whole-extract research lead whose neuropharmacology warrants further fractionation and investigation.

Supporting Inhibitory Neurotransmission

Passiflora incarnata is the principal complementary botanical. Experimental work demonstrates interaction with the GABA system, including effects on GABA uptake and GABA-A/GABA-B receptor systems. Human trials have primarily investigated anxiety, stress, procedural anxiety, and sleep rather than epilepsy; systematic reviews find promising signals but also substantial limitations in the existing clinical evidence.

Melissa officinalis introduces a different pathway. Rosmarinic-acid-containing preparations have been investigated for effects on GABA metabolism, including inhibition of GABA transaminase in experimental systems.

Magnolia officinalis contributes the neolignans **honokiol and magnolol**. Honokiol has experimentally enhanced GABA-A receptor-mediated chloride currents across multiple receptor subtypes, giving Magnolia a mechanistically interesting position within the formula.

Neurological Balance

Tears of Shiva is designed around the concept that healthy neurological function depends upon equilibrium between **excitatory and inhibitory signaling**. Excessive neuronal excitation, inadequate inhibitory tone, neuroinflammation, oxidative stress, sleep disruption and chronic stress can influence this balance through different pathways. The formula therefore combines direct and indirect CNS-modulating botanicals rather than attempting to produce profound sedation through a single pathway.

Calm & Stress Resilience

Passiflora incarnata, *Scutellaria lateriflora*, *Melissa officinalis*, *Withania somnifera*, Magnolia and chamomile provide overlapping but distinct calming mechanisms. American skullcap, ***Scutellaria lateriflora***, has undergone a randomized, double-blind, placebo-controlled crossover study in 43 healthy participants examining its effects on mood and anxiety. Ashwagandha has considerably broader research surrounding stress and anxiety. Preclinical evidence also indicates interactions with GABAergic systems, providing a plausible complementary mechanism alongside its better-known stress-response effects.

Neuronal Protection & Resilience

Centella asiatica broadens the formulation beyond calming activity. Its triterpenes—including **asiatic acid, asiaticoside and madecassoside**—have been extensively investigated for antioxidant, mitochondrial, neuroinflammatory and neuroprotective effects.

INHIBITORY SIGNALING • NEURONAL EXCITABILITY RESEARCH • STRESS-AXIS REGULATION • NEUROPROTECTION • CALM & NERVOUS-SYSTEM RESILIENCE

Tears of Shiva is formulated for research and dietary-supplement applications involving **nervous-system balance, relaxation, stress resilience, healthy neuronal activity and neurological wellness.**

1. **Autonomic / cardiovascular regulation.** Chronic sympathetic activation connects the brain, vagus, heart and vasculature, so a calming formula can have peripheral consequences. *Melissa officinalis* is particularly interesting: cardiovascular literature reports preclinical vasorelaxant, hypotensive, antiarrhythmic and cardioprotective effects, while some human studies have examined palpitations and blood pressure. Ashwagandha also has evidence for reducing perceived stress and cortisol, providing an HPA/autonomic pathway rather than a purely neuronal one.
2. **Stress physiology / HPA-axis regulation.** This may actually be the strongest non-neurological positioning. Withania has human randomized-trial evidence for effects on stress and cortisol, although formulations and doses vary substantially. This makes Tears of Shiva conceptually relevant to the **systemic physiological consequences of chronic stress** rather than simply anxiety or relaxation.
3. **Gastrointestinal smooth-muscle / gut-brain applications.** Passiflora has a history of antispasmodic use, while Melissa has traditional and experimental gastrointestinal and antispasmodic applications. This suggests a potential **gut-brain/autonomic** application—particularly stress-associated digestive tension—although the complete formula has not been clinically evaluated for IBS or other GI disorders.
4. **Systemic inflammatory and oxidative-stress support.** Melissa demonstrates antioxidant and anti-inflammatory activity, while Withania has antioxidant, anti-inflammatory and immunomodulatory properties. Magnolia, Centella and chamomile add additional phytochemical overlap here. This gives the formula a plausible systemic **stress–inflammation–oxidative balance** dimension rather than exclusively a neurotransmitter effect.
5. **Endocrine/adaptive physiology.** Withania is the major contributor here. A 2026 systematic review/meta-analysis examined its effects on circulating hormones and HPA/gonadal endocrine function, although effects depend heavily on population and endpoint. I would describe this conservatively as **adaptive/endocrine stress support**, rather than claiming hormone normalization.

There is also an intriguing **cardiometabolic** direction. Lemon balm research extends into cardiometabolic models, and reviews of Withania human trials include glucose and lipid endpoints, although evidence outside stress/anxiety is substantially less consistent.

Neuro-autonomic resilience.

CNS → autonomic nervous system → HPA axis → cardiovascular system → gastrointestinal system → inflammatory/oxidative signaling. The formula could therefore potentially be developed around three interconnected domains: **neuronal balance, autonomic/stress resilience, and systemic mind-body regulation.**

Autonomic/vagal–cardiovascular

The basic pathway is:

Stress or perceived challenge

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Hypothalamus releases **CRH** (corticotropin-releasing hormone)

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Anterior pituitary releases **ACTH** (adrenocorticotrophic hormone)

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Adrenal cortex releases **cortisol**



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Cortisol affects **metabolism, immune/inflammatory signaling, cardiovascular function, cognition, alertness, and energy availability**. Cortisol then feeds back to the hypothalamus and pituitary to reduce further CRH and ACTH production—a **negative-feedback loop**.

The HPA axis isn't simply a "stress switch." It operates with a strong **circadian rhythm**: cortisol normally rises toward waking, peaks around the early morning, and declines through the day toward nighttime. Acute HPA activation is adaptive. Problems can arise when stress signaling is **repeated, prolonged, mistimed, or poorly regulated**, producing altered cortisol dynamics and broader physiological effects.

This is where ingredients such as ***Withania somnifera*** are relevant. Human studies of ashwagandha have reported reductions in perceived stress and, in some trials, cortisol, although results vary with extract, dose and population. It is therefore better described as potentially supporting **stress-response regulation** than simply "lowering cortisol."

CNS regulation → autonomic balance → HPA-axis regulation → systemic stress resilience

The HPA axis also interfaces extensively with the **sympathetic nervous system and vagal/parasympathetic regulation**, which is why the formula's potential effects could extend beyond the brain to cardiovascular, gastrointestinal, immune, metabolic, and sleep-wake physiology.