

Ginkgo Leaf Benefits – Memory, Circulation & Brain Vitality

Botanical Profile

- Latin Name: *Ginkgo biloba*
- Alternative Names: Maidenhair Tree
- Plant Family: Ginkgoaceae (a unique ancient family)
- Parts Used: Leaves (dried or fresh)
- Origin: Native to China; a living fossil dating back over 200 million years

Ginkgo Leaf is a revered cognitive and circulatory tonic, best known for enhancing memory, concentration, and blood flow to the brain and extremities. It is one of the most researched herbs in the world, valued for its neuroprotective properties and ability to support longevity and mental clarity. At Peridotflow Wellness Centre, we work with Ginkgo to awaken the mind, sharpen presence, and revitalise the inner pathways of perception and movement.

Enhances Memory and Cognitive Function

Ginkgo improves cerebral circulation, helping deliver more oxygen and nutrients to brain tissue. It is especially beneficial in age-related cognitive decline, poor memory, and difficulty concentrating. Its long-term use is linked to improved clarity, alertness, and neuroplasticity—supporting sharper thinking and mental endurance.

Supports Healthy Circulation and Microcapillary Flow

Ginkgo increases blood flow through even the smallest vessels—benefiting the eyes, ears, brain, and extremities. It can help with cold hands and feet, varicose veins, or dizziness from poor circulation. This action also supports wound healing and tissue oxygenation in long-standing vascular conditions.

Protects Brain Tissue from Oxidative Stress

Rich in flavonoids and terpene lactones, Ginkgo shields the brain from oxidative damage and inflammation—two key factors in Alzheimer's and other neurodegenerative conditions. It acts as a neural buffer, defending memory pathways and synaptic integrity against the wear and tear of aging and toxicity.

Improves Mood, Focus & Resistance to Stress

By modulating neurotransmitters and supporting adrenal recovery, Ginkgo helps improve resilience to mental fatigue and overwhelm. It is often used for brain fog, seasonal affective disorder, or mood fluctuations related to poor circulation or hormonal shifts. It supports focus and fluid emotional processing.

Eases Symptoms of Tinnitus and Vertigo

Ginkgo's microcirculatory support has shown benefit in cases of inner ear imbalance such as tinnitus (ringing in the ears) and vertigo. It enhances blood flow to the vestibular system, which helps recalibrate balance and spatial orientation—especially when related to vascular insufficiency.

Folklore & History

The Ginkgo tree is considered a sacred symbol of resilience in East Asia. It survived the atomic bombing of Hiroshima and is often planted near temples and places of worship. Its fan-shaped leaves represent balance and duality in traditional teachings—memory and intuition, mind and body. In traditional Chinese medicine, the leaf and seed were used for respiratory and circulatory complaints.

Traditional Usage

Traditionally taken as a tea or powdered extract. In modern herbal practice, tinctures and standardised extracts are more common for consistent dosing. Often used long-term for memory, cognitive decline, and vascular weakness. Combined with Gotu Kola, Rosemary, or Lion's Mane for enhanced mental focus.

Herbal Actions

Nootropic, Circulatory stimulant, Antioxidant, Neuroprotective, Anti-inflammatory, Astringent, Adaptogenic (mild)

Energetics & Tissue States

Temperature: Neutral to slightly warming

Moisture: Drying

Tissue States: Atrophic, Stagnant, Damp, Relaxed

Active Compounds

- Flavonoids – Antioxidant and neuroprotective
- Terpene lactones (ginkgolides, bilobalide) – Microcirculatory and anti-inflammatory
- Organic acids – Astringent and metabolic support

Dosage & Preparation

- Tea: 1–2 tsp dried leaf per cup, steep 10–15 mins; 2–3x daily
- Tincture: 2–5 ml up to 3x daily

- Capsules: 120–240 mg standardised extract per day
- Long-term use often needed for full cognitive benefit

Safety & Contraindications

- May increase bleeding time—avoid with blood-thinning medications or before surgery
- Rare cases of headache or GI upset
- Use caution in epilepsy or seizure disorders
- Not recommended in pregnancy without supervision

Herbal Pairings

- Gotu Kola – for nervous system and mental clarity
- Lion’s Mane – for memory and cognitive repair
- Rosemary – for uplifting circulation and brain fog
- Ginger – to enhance absorption and peripheral flow
- Bacopa – for sustained nootropic support

Peridotflow Perspective

Ginkgo is a whisper from the ancients—a leaf of light for the foggy mind. At Peridotflow, we call on Ginkgo when memory blurs, when the mind races or slows, and when the heart forgets how to focus. It holds presence within its shape and purpose within its veins. As both a survivor and a guide, Ginkgo reminds us that clarity is always one breath away, waiting in the silence between thoughts.