



Dr's Substack

4 Your Eyes Only: Gotu Kola Again

This is a rewritten Post from my 'younger' journalist days (2 years ago)

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Late in my career as a chiropractor and nutritionist, I finally realized that nutrition has a profound impact on the eyes. And that microcirculation to them was a BIG deal. And that I should have gone into comedy, as I desired, but my parents wanted me to be a lawyer or a doctor of some other kind.

Gotu Kola: The Accidental Beauty Secret That Actually Works (And How I Stumbled Into It Through My Eyeball)

When Life Gives You Retinal Bleeding, Make... Skincare Gold?

I always wanted an excuse to take Gotu Kola! Why did I need a reason? Well, it's pricier than my monthly coffee habit and carries the intimidating nickname "Facelift in a Pill." (No pressure there, right?) I finally got my wish several years ago when I had bleeding in my right retina – which, let's be honest, was NOT on my vision board for that year.

After a follow-up evaluation at the ophthalmologist's office, the senior physician specifically asked me about the herbs I had used. My retina had healed *wonderfully!*

TSA sarcastic note: Of course, my first thought was, "But how does my skin look?!" Priorities, people.

The Science Behind the Magic (Because We're Not Just Pretty Faces Here)

Turns out, Gotu Kola doesn't just make your retina happy – it's basically a superhero for your microcirculation, especially in Type II diabetes. Here's the nerdy proof:

Study #1: The Six-Month Glow-Up

- Cesarone MR et al. found that Gotu Kola's triterpenic fraction (the fancy active stuff) ***significantly improved microcirculation in diabetic patients.***
- They used ***120 mg/day for six months***, measuring superficial skin blood flow using laser Doppler flow.
- **TSA note:** I took this amount twice over three months, apparently because I'm an overachiever, even with my supplements (joke).

Study #2: The Year-Long Commitment

- Incandela L et al. gave patients 60 mg twice daily for 12 months (the relationship-level commitment to herbs)
- **Significant improvement in resting blood flow and other parameters** was observed.
- Translation: Your tiny blood vessels start working like they're 20 again, or so we wish.

The Plot Twist That Made Me Laugh

Here's where it gets funny. A friend of mine regularly consults me for health and wellness tips (I'm like a walking WebMD, but with better hair (joke)). Once, she asked me about skincare. Now, there are about **847** answers to that question, but I kept it simple and mentioned Gotu Kola.

Several weeks later, she casually asked me, "How well has the Gotu Kola been helping your skin?!"

I had to break it to her that I wasn't actually taking it for vanity – I was trying to keep my retina from having another bleeding episode. But honestly? The skin benefits were just the cherry on top of the "I can see clearly now" sundae.

The Real Talk

What started as a medical necessity turned into an accidental beauty discovery. Sometimes the best skincare routines aren't born in Instagram labs or influencer partnerships – they're born from "Oh darn, I need to fix this thing that's broken, and wow, look at these side effects!"

Gotu Kola supports microvascular health, which means better blood flow to all those tiny capillaries in your skin. It's like upgrading your body's delivery system from dial-up to fiber optic.

Disclaimer: I'm not your doctor, your retina specialist, or your skincare guru. This is just one person's journey from "my eye is bleeding" to "wait, is my skin glowing?" Always consult with healthcare professionals before starting any supplement regimen, especially if you have medical conditions. Also, results may vary – your mileage may literally vary.

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