



ASHWAGANDHA

Botanical name: *Withania somnifera*

Ashwagandha holds a premier place in the Ayurvedic pharmacopeia. It is both a rasayana herb, meaning one that aids the quality of life and longevity, as well as an adaptogen, an herb that improves our ability to cope with stress. This herb has a multitude of uses but to understand how research of prized Indian herbs is conducted, it is useful to consider how well an herb protects the patient from damaging changes when exposed to chemical, metallic, or radioactive hazards and how successfully the herb protects against free radicals. Ashwagandha is very high on the list of such valuable herbs, but it is most often used to improve male potency and endurance.

Contents: 1:2 extract of dried organic *Withania somnifera* in distilled water, organic alcohol, and vegetable glycerin.

Alcohol: 49-51%

Dosage: 15-20 drops two to three times per day.

Chemical constituents: Withaferin A; withanone, withanolide WS-I, withanolide A to Y; somnirol; withasomniferin A, nicotine, pseudotropine, tropine, solasodine, withasomnine, sitoindosides VII-X, sominone, sominolide etc.

Pharmacological uses:

Antioxidant, rejuvenative, energetic, adaptogenic, anxiolytic, antidepressive, anti-inflammatory, immunomodulatory, analgesic, chemopreventive.

Therapeutic uses:

- Infertility
- Impotency
- Premature aging
- Neurodegenerative diseases
- Nervous exhaustion
- Chronic fatigue
- Chronic stress
- Insomnia
- Emaciation
- Debility
- Anxiety and Depression



Image credit: <http://en.wikipedia.org/wiki/File:Ashwagandha.tiff>

Doshas: *Vata-Kapha*

Taste: Bitter, Astringent

Properties: Light, Unctuous

Traditional uses:

- *Vata* diseases
- Miscarriages
- Dyspnea
- Heart diseases
- Edema



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Toxicity: None known ^[7]

Research:

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2. Prakash J, Gupta SK, Dinda AK. [Withania somnifera root extract prevents DMBA-induced squamous cell carcinoma of skin in Swiss albino mice](#). *Nutr Cancer*. 2002;42(1):91-7.
3. Jayaprakasam B, Zhang Y, Seeram NP, Nair MG. [Growth inhibition of human tumor cell lines by withanolides from Withania somnifera leaves](#). *Life Sci*. 2003 Nov 21;74(1):125-32.
4. Mishra LC, Singh BB, Dagenais S. [Scientific Basis for the Therapeutic Use of Withania somnifera \(Ashwagandha\): A Review](#). *Altern Med Rev*. 2000 Aug;5(4):334-46.

5. Ahmad MK, Mahdi AA, Shukla KK, Islam N, Rajender S, Madhukar D, Shankhwar SN, Ahmad S. [Withania somnifera improves semen quality by regulating reproductive hormone levels and oxidative stress in seminal plasma of infertile males](#). Fertil Steril. 2010 Aug;94(3):989-96. doi: 10.1016/j.fertnstert.2009.04.046. Epub 2009 Jun 6.
6. Grover A, Singh R, Shandilya A, Priyandoko D, Agrawal V, Bisaria VS, Wadhwa R, Kaul SC, Sundar D. [Ashwagandha derived withanone targets TPX2-Aurora A complex: computational and experimental evidence to its anticancer activity](#). PLoS One. 2012;7(1):e30890. doi: 10.1371/journal.pone.0030890. Epub 2012 Jan 27.
7. Aphale AA, Chhibba AD, Kumbhakarna NR, Mateenuddin M, Dahat SH. [Subacute toxicity study of the combination of ginseng \(Panax ginseng\) and ashwagandha \(Withania somnifera\) in rats: a safety assessment](#). Indian J Physiol Pharmacol. 1998 Apr;42(2):299-302.