

Herb Insight

2020

ASHWAGANDHA



Scientific Name: *Withania somnifera*

Order: Solanales

Family: Solanaceae

Common Name: Ashwagandha

USES OF ASHWAGANDHA

Anti-Inflammatory

Bronchitis

Boost Immunity

Asthma

Adaptogen

TB

Regulates Blood Pressure

Tumors

Arthritis

Liver Diseases

Insomnia

Aphrodisiac

Leukoderma

Astringent

Parkinson's disease

Ulcers

Phytochemicals: alkaloids, saponins, steroidal lactones, polyphenols, tannins.



Ashwagandha is a shrub native to India. Ashwagandha is said to increase vitality, help with fatigue and increase energy. The name translates to “the smell of horse”, which indicates its ability to give immense strength and the unique fragrance it carries. According to Ayurveda, Ashwagandha is excellent for vitality as well as rejuvenation and is a general health booster.

This miracle herb is also known as Indian Ginseng or winter cherry as it rejuvenates the body. It increases the production of white blood cells which facilitates to battle against any sort of infection caused by a virus and other diseases.

Ashwagandha is popularly used for boosting immunity, anti-ageing, joint pain, and insomnia. Due to its active ingredient called withanolides, Ashwagandha is also used as an "adaptogen" to help the body cope with daily stress. It enables the body to reserve and sustain vital energy throughout the day while promoting sound, peaceful sleep at night. These varied benefits of Ashwagandha makes it a go-to choice in Indian herbal medicine. Ashwagandha has been called the king of Ayurvedic herbs.

LITERATURE AND PROPERTIES OF ASHWAGANDHA

- Ashwagandha (*Withania somnifera*) is an herb used in Ayurveda, the traditional medicine of India. Its root has a horsey smell (in Sanskrit, *ashva* means “horse” and *gandha* means “smell”) and is said to confer the strength and virility of a horse.
- Ashwagandha is a short shrub and is widely used in Ayurvedic system of treatment. Typically used as an anxiolytic (a substance that abates anxiety) and an adaptogen (a substance that helps the body adapt to stressors).
- It may also provide neuroprotection and enhance athletic performance. Ashwagandha is used for arthritis, anxiety, bipolar disorder, balance, obsessive-compulsive disorder (OCD), insomnia, tumors, tuberculosis, asthma, leukoderma, bronchitis, backache, fibromyalgia, menstrual problems, hiccups, Parkinson's disease, and chronic liver disease.
- It is also used to reduce side effects of medications used to treat cancer and schizophrenia.
- Ashwagandha is used to reduce levels of fat and sugar in the blood. Some people also use ashwagandha for improving thinking ability, decreasing pain and swelling (inflammation), and preventing the effects of aging.
- It is also used for fertility problems in men and women and also to increase sexual desire.
- Ashwagandha is applied to the skin for treating wounds, backache, and one-sided paralysis (hemiplegia).
- In fact, it's ashwagandha's ability to work as a stress-protective agent that makes it such a popular herb.
- Like all adaptogenic herbs, ashwagandha helps the body maintain homeostasis, even in moments of emotional or physical stress.
- This powerful herb has shown incredible results for lowering cortisol levels and balancing thyroid hormones.
- From glowing skin to healthy cells and a stabilized nervous system, ashwagandha's applications are abundant and this plant truly evokes beauty from the inside out.
- By reducing stress, it helps best for skin problems and acts as an anti-ageing.

We at Konark, provide Dry, Liquid, and Soft extracts of Ashwagandha that can be useful in formulating Ayurvedic, Nutraceutical, and Cosmeceutical formulations.