

ASHWAGANDHA

Botanical Name: Withania Somnifera

- Family Name: Solanaceae
- Common Name: Withania, Winter Cherry, Indian Winter Cherry, Indian Ginseng, Ashwagandha
- Part Used: Roots, Leaves
- Habitat: Cultivated throughout drier parts of India.
- Product offered: Roots

SYNONYMS

अश्वगंधा -Ashwagandha

Ashva - meaning is horse & gandha- meaning is smell, reflecting that the root has a strong horse-like odor.

वाराहकर्णी –varahkarni

Varah meaning pig, and karni means ears, so the whose ears are like pig.

Withania somnifera

The species name somnifera means "sleep-inducing" in Latin.

Plant Description

- It is an erect branching shrub that attains a height of 30-150 cm.
- The ovate leaves are up to 10 cm long and 2.5-5 cm wide, margins entire and arranged in an alternate fashion
- The flowers are green or yellow, born in axillary fascicles, giving rise to red globose fruits when mature.
- Roots are 20-30 cm long and 6-12 mm in diameter, with few (2-3) lateral roots of slightly smaller size, straight and are unbranched.
- Outer surface is buff to grayish-yellow with longitudinal wrinkles and in the center soft, solid mass with scattered pores.

PROPERTIES AND ACTION

- Rasa: Tikta, Kashya
- Guna: Laghu
- Virya : Ushana
- Vipaka : Madhura
- Karma: Rasyana, Vatakaphpahahar, Balya, Vajikara

Charak Samhita- balya(strength), virechanopag (mild laxative), bruhaniya (nourishment)

Shurushut Samhita-vamanopag (help to induced vomiting)

Therapeutic use of Ashwagandha

अश्वगन्धाऽनिलश्लेष्मशिवित्रशोथक्षयापहा ।

बल्या रसायनी तिक्ता कषायोष्णाऽतिशुक्रला ॥

Dosha- kapha vat har

ASTHAM

According to Charak Samhita Asvgandha kshar can use in asthma with honey and ghee.

Cyst

According to Charak Samhita Asvgandha paste can applied on cyst.

Stifness of joint

Ashwagandha, mustard seed, clay mixed with honey and massage on the joint, it will relieve the stifness of joints.

Anti-inflammatory propreties.

In Ayurveda Ashwagandha is considered as an anti-inflammatory herb traditionally used for the treatment of arthritis and asthma. Ashwagandha reduces crp level in arthtihs condition, even its good for heart also as it is reducing the cholesterol.it will proven in Morden reserch also.it helps to reduce pain and inflammation of joint.

Leukoderma(shivtra)

Ashwagandha is highly effective for leukoderma. It can be use as ointment and internally also.

Emaciation

Ashwagandha is good tonic .it can be used to gain strength and energy.it is very useful to recover the weakness due to illness.it also helps to strengthen the respiratory system. It is commonly used in emaciation of children when given with milk, it is the best tonic for children.

Rejuvation

Ashwagandha is very good immune modulator plant.so it can be use in degenerative disease and auto immune disorder also.

Sexual disorder

It is best medicine for infertility .it will help to treat erectile dysfunction, premature ejaculation, sexual weakness. being aphrodisiac it helps to increase libido and enhances sexual desire.in female it helps to manage hormonal distrbunce. As the it is **atishukrala** means increase the quality and quantity of sperm.

Latest Research On Ashwagandha

Anti-stress effect

- The extensive studies on the biological model of animals for the anti-stress properties of Ashwagandha have shown it to be effective in increasing the stamina (physical endurance) and preventing stress induced gastric ulcer.
- An aqueous suspension of Ashwagandha root was used at 100 mg/kg/oral dosage. The results indicate a significant increase in the plasma corticosterone level.
- Clinical use of Ashwagandha in the prevention and treatment of many stress induced diseases like arteriosclerosis, premature ageing, arthritis, diabetes, hypertension and malignancy.

Anti-cancer effect

- It inhibits the cell growth and prevents the cell attachment. It induced long term growth inhibition of tumor cells which was dependent on the cell density and duration of Ashwagandha exposure. This knowledge in turn will assist oncologists who plan to use the Ashwagandha as 'synergizers with conventional chemotherapy or radiation therapy.
- Ashwagandha was found to be very useful in experimental carcinogenesis in the crude form. It prevented urethane-induced lung-adenomas in mice. The other effects of urethane like leucopenia were also prevented.
- It also improves the white cell count (WBC) and function, which are depleted in the chemotherapeutic treatment of cancer.
- Ashwagandha in the treatment of fibroid tumours of the uterus showed reduction of uterine bleeding tendencies and disappearance of fibroids after long treatment.

Effect on neuro degenerative disorder

- There are dozens of studies that show that Ashwagandha slows, stops, reverses or removes neuritic atrophy and synaptic loss. Therefore, Ashwagandha can be used to treat Alzheimer's, Parkinson's, Huntington's and other neurodegenerative diseases at any stage of the disease, even before a person has been diagnosed and is still in the state of mild forgetfulness, etc
- Pretreatment with Ashwagandha extract was found to prevent all the changes in antioxidant enzyme activities, catecholamine content, dopaminergic D2 receptor binding and tyrosine hydroxylase expression induced by 6-hydroxydopamine (6-OHDA) in rats (an animal model of Parkinson's disease) in a dose-dependent manner. Thus, these results suggest that Ashwagandha may be helpful in protecting the neuronal injury in Parkinson's disease.
- Ashwagandha induced a calming anxiolytic effect that was comparable to the drug Lorazepam in all three standard Anxiety tests.
- The investigations support the use of Ashwagandha as a mood stabilizer in clinical conditions of anxiety and depression.