



ASHWAGANDHA — WITHANIA SOMNIFERA

Family: Solanaceae

Part used: Root

Indications: Anorexia, bronchitis, asthma, consumption, leucoderma, edema, asthenia, anemia, exhaustion, aging, insomnia, ADD/ADHD, infertility, impotence, repeated miscarriage, paralysis, memory loss, multiple sclerosis, immune dysfunction, cancer, rheumatism, arthritis, lumbago



Contraindications: Caution should be used with clients on anticonvulsants, barbituates and benzodiazepines due to its GABA-nergic and sedative properties. Ashwagandha is traditionally avoided in lymphatic congestion, during colds and flu, or symptoms of ama.

Medicinal uses: Ashwagandha is often considered the Indian equivalent to Ginseng (*Panax ginseng*), but unlike Ginseng, Ashwagandha has a sedative (nidrajanana) rather than stimulant action on the central nervous system, making it a superior medicine for exhaustion with nervous irritability.

This is an excerpt of our full plant monograph
which is available to members of the Herbal
Village