Ashwagandha / Withania somnifera

Part consumed –
Roots

Form consumed -
Dried powder

Maximum daily consumption by adults-
Dried powder - 6 g

Composition
• Withanolides
• Withaferin A
• Alkaloids
• Steroidal Lactones
• Tropine
• Cuscohygrine

Indications as per Ayurveda
• Anti anxiety
• Anti-inflammatory
• Cough, Asthma
• Heart Diseases
• Analgesic
• Skin Diseases
• Immunomodulation
• Antibacterial
• Aphrodisiac
• Dropsy
• General debility

Modern Clinical Studies
• Anti-Cancer
• Antioxidant
• Anti-Inflammatory
• Hepato-protective
• Immunomodulation
• Hormonal Replacement