

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