

A Note on Benefits and uses of *Ashwagandha*

Shilin Chen*

Department of Pharmacognosy, China Academy of Chinese Medical Sciences, China

Commentary

Ashwagandha (*Withania somnifera*, fam. *Solanaceae*) is commonly known as “Indian Winter cherry” or “Indian Ginseng”. It's one of the foremost important herb of Ayurveda (the traditional system of medicine in India) used for glories as a Rasayana for its wide ranging health benefits. Rasayana is described as an herbal or metallic medication that promotes a immature state of physical and mental health and expands happiness. These types of remedies are given to small children as mixers, and are also taken by the middle-aged and senior to increase life. Among the ayurvedic Rasayana herbs; *Ashwagandha* holds the foremost prominent place.

Ashwagandha is generally available as a churna, a fine settled powder that can be mixed with water, ghee (clarified adulation) or honey [1]. It enhances the work of the brain and anxious system and progresses the memory. It improves the work of the regenerative system advancing a solid sexual and reproductive adjust. Being a imperative adaptogen, it upgrades the body's adaptability to stress [2]. *Ashwagandha* moves forward the body's defense against complaint by perfecting the cell-intermediated exemption. It also has potent antioxidant properties that help secure against cellular damage caused by free revolutionaries.

Traditionally, the roots of the factory are used for drug. These roots are starchy, thick, heavy and oily; frequently delicate to digest. So individualities with low digestive fire or agni may want to avoid this factory. To ameliorate insipidity, traditional medications will pair the condiment with an anupana or a carrier. Some exemplifications of effective anupana are ghee, honey or boiled milk with black pepper or cinnamon [3]. Simply taking capsules of the powdered condiment won't have the same effect and those with weak digestion (hello, vatas) may have a hard time getting any benefits. As with any drug, dosage and duration should be considered. *Ashwagandha* can be relatively heating and hard on the liver when taken long term.

Since *Ashwagandha* is traditionally used as an adaptogen, it's used for numerous conditions related to stress. Adaptogens are believed to help the body resist physical and internal stress. Some of the conditions it's used for include insomnia, aging, anxiety and numerous others, but there's no good scientific substantiation to support utmost of these uses. There's also no good substantiation to support using *Ashwagandha* for COVID-19.

Ashwagandha Benefits

Ashwagandha is used to tone, support, strengthen, and revitalize bodily functions. It has been respected over time for its double capacity to energize and calm at the same time.

Maximizing the body's capability to repel stress, it enables the body to reserve and sustain vital energy throughout the day while promoting sound, peaceful sleep at night.

Stress can cause fatigue, frequently manifesting as “hyperactive” signs like agitation and difficulty sleeping. By providing a nutritional, yet energizing effect, *Ashwagandha* can support a healthy nervous system.

With the use of *ashwagandha*, stress does not impact the nervous

system with similar intensity, and the “hyperactive” signs of stress and agitation will naturally resolve over time. In this way [4], *Ashwagandha* has a rejuvenating and comforting influence on the nervous system and, consequentially, on the entire being.

This quality of *Ashwagandha* makes it a high supplement to use in the trimming and revivification process. In addition to its dual energizing and calming effect, *Ashwagandha* offers a number of benefits

- Supports a healthy immune system
- Calms mental processes
- Fosters healthy sleep patterns
- Benefits a healthy reproductive system in both males and females
- Supports sustained energy situations, strength, and vitality, including with physical exertion
- Supports a healthy reverse and joints
- Supports healthy muscles
- Promotes thyroid health
- Promotes healthy functioning of the adrenals

Ashwagandha Uses

Ashwagandha is incredibly versatile - it can be taken as a powder, a tablet, or a liquid extract, with or without food, and at any time of the day, even right before bed.

As an added benefit, *Ashwagandha* root actually tastes good, and there are numerous delicious *Ashwagandha* recipes, making it easy to incorporate this condiment.

Take our free Ayurvedic Profile™ quiz to see if *Ashwagandha* is one of the herbs recommended for you.

Traditionally used as greasepaint, *Ashwagandha* can be mixed with water or warm milk and honey. Taken before bed, this admixture calms vata and fosters healthy sleep patterns, supports the reproductive system, and bolsters strength. A general serving is 1/4 – 1/2 tablespoon formerly or doubly daily.

Ashwagandha is traditionally taken with ghee and honey (equal corridor), which act as anupans (a medium for carrying herbs deeper

*Corresponding author: Shilin Chen, Department of Pharmacognosy, China Academy of Chinese Medical Sciences, China, E-mail: shilincheng@gmail.com

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into the tissues) for overall nourishment and rejuvenation.

While combining equal measures similar as 1/2 a tablespoon each is fine, be sure you aren't putting in equal weights of honey and ghee (similar as 1 gram each) as this is considered poisonous.

Taking *Ashwagandha* with raw sugar adds a cooling effect and can indeed be substituted for the honey, particularly in the summer months [5]. It can also be used with ghee and sugar as a supplement to support the womanish reproductive system and joints.

The Ayurveda's Carrier Substances guide is a great resource for determining which anupan is most applicable to use.

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Conflict of Interest

The authors declare that they are no conflict of interest.

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