

Ashwagandha



Latin Name - Withania somnifer

Family - Solanaceae

Vernacular names-

Hindi name - Asgandha, Asgandh

Telugu name Penneru Gadda/Dommadolu Gadda

Tamil name - Amukura, Askulang

Malayalam name Amukkura

Marathi name - Asagndh, Doragunj

Gujarathi name - Aasandha, Ghoda Aakun

Bengali Name - Ashwagandha

Kannada Name - Ashvagandhi

Synonyms - Ashwagandha, Balada, Gandhpatri, Vajini

Hayagandhaa, Gandharvagandhaa, Turaga, Turangagandha, Vaajigandhaa, Gokarnaa, Vrishaa, Varaahakarni, Varadaa, Balyaa, Vaajikari.

Classical Categorization-

Charak Samhita

Balya ,Bhrimaneeya,madhurskandha.

Sushrut Samhita

Balya Gana

Morphology -

Ashwagandha is a short woody shrub which can grow up to 35-75 cm in height. From the central stem branches are extended radially.

Leaves are 10-12 cm long and dull green in color. Flowers are small and round in shape. Flowers are greenish- yellow, found in flowering clustered in axils and 4-6mm in diameter.

Fruits are red berries enclosed in a green enlarged calyx. Roots are stout, long tuberous, fleshy, whitish brown and aromatic

Distribution -

Ashwagandha commonly occurs in all parts of India right from the northern tropics to southern India. Cultivated dry places.

Chemical constituents-

steroidal lactones (withanolides like withaferin A), alkaloids, flavonoids, glycosides, phenols, phytosterols, reducing sugars, saponins, tannins, terpenoids, and anthraquinones.

Varieties -

W. somnifera

W. coagulans.

Nagori

Properties -

Rasa : Katu,Tikta,kashaya

Guna : Laghu, snigha

Virya : Usna

Vipaka : Katu

Karma: Kapha-vatahara, Sukrakara, Rasayana, Balya anti-inflammatory, Hepatoprotective, antibacterial , sedative, hypnotic,diuretic, Antibacterial, antitumour, aphrodisiac

Part used-Root, leaves

Dosage-

Leaf juice 10-15 ml

Powder 2-4 g

Decoction 50-100 ml

Indication -

Sopha, Svitra, Ksaya, Jvara, Chardi, Kustha, Kandu, Krmi, Sonitha sukla, Leucoderma, Insomnia, Nerve Disorder, Ulcer, Constipation, Insomnia

Formulation -

Ashwagandhadi churna, Ashwagandha rasayana, Ashwagandharishta, Askandpak, Maharasanadi, Sukumar Ghrita, Saubhagya Sunthi Pak