



Ashwagandha



Kingdom : Plantae
Order : Solanales
Family : Solanaceae



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Medicinal Uses



- The benefits of Ashwagandha are perfect for those battling stress, as it inhibits high levels of cortisol, 'the stress hormone'. It is in fact used in tranquilizers and antidepressants drugs, since it helps relieve physical and mental stress and overcome depression.
- Ashwagandha has a rich history in Ayurveda for its wound healing abilities. Traditionally, fresh leaves were used topically to heal joint_pains, skin sores and to reduce swelling.
- The results, published in the Indian Journal of Psychological Medicine show that Ashwagandha helps promote relaxation as it is a natural adaptogen.
- In Ayurveda, Ashwagandha is referred to as *balya*, which means giving strength in conditions like general debility. It is known to improve energy, increase stamina and endurance.

Medicinal Uses



- The exotic herb is a promising alternative treatment for a variety of mental degenerative diseases because it has demonstrated an ability to promote the growth of nerve cells, and protect the brain cells from the harmful effects of the environment.
- Ashwagandha is used as an aphrodisiac as well, since it supports sexual health.
- It has been used for centuries as a general body tonic, as it makes you feel stronger and healthier. It is also present in *Chyawanprash*, the delicious and famous concoction stocked up in every Indian household.
- In addition to boosting your overall immunity, Ashwagandha also has the potential to be a serious anti-cancer agent as it slows the growth of cancerous tumors.
- "Ashwagandha also acts on the endocrine system by encouraging hormone balance", says Dr Ashutosh Gautam, Clinical Operations and Coordination Manager at Baidyanath. Studies suggest reduction in symptoms such as hot flashes and mood swings during menopause.

Medicinal Uses



- **Skincare:** Ashwagandha stimulates DHEA, which is a precursor to both testosterone and oestrogen and stimulates the production of natural skin oils. It also promotes the production of vital compounds and proteins for healthy skin such as hyaluronic for skin hydration, elastin to keep the skin supple and collagen for skin strength. For glowing_skin, you can also use Ashwagandha as a toner with dried ginger and lemon.
- **Healthy Hair:** Used in shampoos, Ashwagandha is believed to help improve scalp circulation and strengthen the hair, as well as help get_rid_of_dandruff. It also appears to stimulate production of melanin, the pigment responsible for the colour of your hair. So, it may actually reverse greying of hair. And if that wasn't enough, it also helps deal with hair loss.