Ashwagandha Laura Clifford

Name: Ashwagandha, Withania Somnifera (Plant Family Lamiaceae), Withania, Indian Ginseng, Winter Cherry, Poison Gooseberry

Family: [Solanaceae](https://en.wikipedia.org/wiki/Solanaceae) (Nightshade family)

Parts used: Leaves, Root, Dried Fruit

Habitat: India, Mediterranean, Middle East

Harvest: Root and Fruit are harvested in the fall. The leaves are harvested in the spring.

Historical Use: Used traditionally in Ayurvedia medicine as a restorative for exhaustion and burn-out. Also used for vitality, to promote sleep, nerve strengthening, and as a tonic.

Uses: Root used as a sedative, to blood pressure, treat fatigue, relaxation, mental clarity/treat brain fog, chronic stress & illness, aid convalescence, improve male fertility, treat rheumatoid arthritis, hyperglycemia & type 2 diabetes, epilepsy. Leaves used for anemia (high in iron). Dried berries are chewed to aid in recovery from exhaustion or chronic illness.

Actions: Adaptogen, Sedative, Nerve Tonic, Anti-inflammatory, Slows growth of cancer cells, Increase red blood cell count

Constituents: Alkaliods, Withanolides, Iron, Saponins

Decoction: 1/2 cup a day over 2 days

Capsules: 1-2 g a day

Combines: Hops, Valerian Root, Vervain, Wood Bentony, St. John’s Wart, Wild Oat, Lavender, Passionflower, Skullcap,

Constitution: Humoral: System Cold & Damp or Cold & Dry. Over wrought nerves, depleted, weak, exhausted

Contradictions: Do not take if pregnant or using sedative medications

Sources

Encyclopedia of Herbal Medicine, Andrew Chevallier, 1996, 2000

<https://www.mskcc.org/cancer-care/integrative-medicine/herbs/ashwagandha>

<https://en.wikipedia.org/wiki/Withania_somnifera>