***ASHWAGANDHA***

Name: Withania somnifera, winter cherry, Indian ginseng (although unrelated botanically)

Plant Family: Solanaceae (Nightshade family)

Parts used: root

Uses: Ashwagandha is revered in Ayurveda. Considered a rejuvenative herb. The name means “strong as a horse”. Hence, it is used for conditions of weakness and tissue deficiency: muscle weakness, arthritic inflammation, general debility, exhaustion, fatigue, anxiety, insomnia, overwork, anemia. Great for all conditions associated with aging such as dementia and rheumatism, multiple sclerosis. Used for gynecological conditions and sexual debility. Strengthens the semen. Boosts libido. Used for spermatorrhea. Helps with functional female and male infertility. Good for weak pregnant women, helps to balance the hormonal system. Also good for respiratory conditions such as asthma, coughs, difficulty breathing, bronchitis, emphysema. It inhibits aging. It is nurturing, calming and clarifying for the mind. It helps promote deep sleep. Boosts immune system. Can be used during cancer treatments as a restorative and/or protector of body tissues.

Actions: Adaptogenic properties. Rejuvenative, nervine, stress protector, bone mineralizing, neuroprotective, anti-inflammatory, sedative, cardioprotective, antioxidant, liver protective, aphrodisiac.

Constituents: alkaloids, steroidal lactones, saponins and iron.

Ashwagandha can be used in tinctures, capsules, decoctions, medicated ghee, medicated oil and teas. For people with insomnia, a cup of warm milk with a teaspoon of powdered ashwagandha is said to aid good sleep.

Capsules: 500mg-1,000mg twice daily

Teas: 2-4 cups daily

Harvest:

Taste: bitter, astringent, sweet

Energy heating