

ASHWAGANDHA : THE MIGHTY ADAPTOGEN



Adaptogens are regulators which support body's ability to cope with stress. A herb which down regulates or up regulates cellular process to regulate metabolism and bring balance in the body is known as Adaptogen. **Ashwagandha** is one of the best adaptogen and is extensively used all over the globe. It helps to balance the doshas or physiological functions in the body and helps the body to cope with physical and emotional stress. Hence, it is also known as '**Indian Ginseng**'. The botanical name of this herb is **Withania Somnifera** (Somnifera in Latin means '**Sleep Inducing**') belonging to Solanaceae family. Its bioactive is most potent in the roots.

Ashwagandha acts as a **General Tonic**. It increases energy levels, nourishes the tissues and supports the Immune system of the body. It promotes healthy weight gain during the growth phase of the body. It also promotes healthy levels of creatinine kinase, which reduces muscle damage which occur during exercise or physical exertion. Ashwagandha is used as a **Vaccine adjuvant** is patented by USA, to subside the side effects of vaccines in children.

Ashwagandha has calming effect on the body and acts as a **Stress Reliever**. It's a **Neuro-supportive** herb. It supports stable and calm mood, and it helps to regulate the natural cortisol rhythm. Several studies have been conducted and found that Ashwagandha promotes healthy sleep and effectively treats **Insomnia**.

Ashwagandha is one of the most potent **Aphrodisiac** with its popular mention in the Kamasutra. In Ayurveda, it used to treat Male infertility. It increases levels of testosterone and stimulates spermatogenesis which increases the sperm count. It has been used to treat various diseases of reproductive system in both males and females.

Ashwagandha has miraculous results in arthritis. Its **Asthi-poshak** and **Vata-Shaman** property nourishes the bones and reduces pain in **Osteoporosis** and **Osteoarthritis**. Its anti-inflammatory property reduces swelling in **Rheumatoid arthritis**. Studies show that it lowers the levels of C-reactive protein, a systemic marker for the body's inflammatory response.

Dry Ashwagandha extract (dose can vary from 2gm to 8gm) can be consumed regularly along with Cow's ghee, Cow's milk or warm water.