

ASHWAGANDHA

Created for Philly
Herb Hub

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ASHWAGANDHA

(*Withania somnifera*)

Ashwagandha, a plant native to Africa and India, has been used and revered by these ancient cultures for centuries. References to its use and benefits have been traced back to texts written as far back as 6000 B.C. The whole plant has been traditionally used as a remedy for various ailments throughout history. However, the roots of Ashwagandha are most commonly mentioned and utilized in western herbalism today. It is considered one of the best herbs for rejuvenating the body and mind.

Symptoms or indications where Ashwagandha can be potentially beneficial

Anxiety	Insomnia
Chronic stress	Adrenal fatigue
Tiredness	Hormone imbalances
Lack of concentration	Impotence
Brain fog	Sexual dysfunction
Headache	Infertility
Anemia	Drug burnout

Medicinal properties or actions

Adaptogenic
Reproductive/Sexual Tonic
Sedative
Astringent
Nervine
Rejuvenative
Aphrodisiac
Anti-inflammatory
Antiseptic
Antispasmodic
Antitussive



How to Use Ashwagandha and Safety

Always use herbs under the guidance of an herbalist or medical professional

Dosage

Powder/Capsule: 3-6 grams daily

Decoction: 1 Tbsp per 1 cup of water

or 3-12 grams of powder added to 1 cup heated milk -water is ok!

Tincture: 2 Tbsp or 10-60 drops 2-4 times daily

Safety

Not for use with barbiturates

Works Cited

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