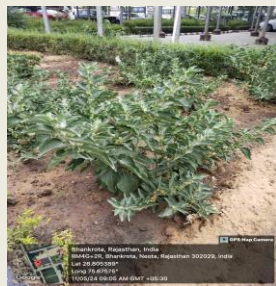
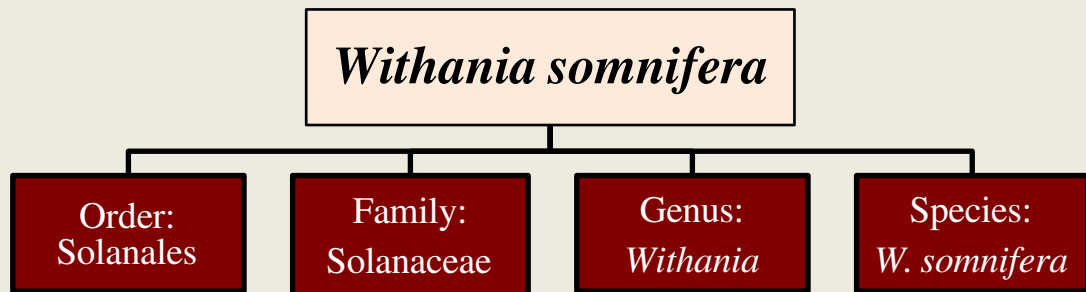


Ashwagandha



MORPHOLOGY

- Short shrub.
- Elliptic leaves.
- Small, green, bell- shaped flower.
- Orange red ripe fruit.

USES

Use in Tradition System of Medicine:

- Reduce anxiety and stress.
- Support restful sleep.
- Improve cognitive functioning in certain populations.

CHEMICAL COMPOSITION

- Triterpene lactone withanolide

MEDICINAL PROPERTIES

- Antiinflammatory
- Antibacterial

ACTIVE PHYTOCHEMICALS

- Withanolide
- Withaferin A

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- Owais, M., Sharad, K. S., Shehbaz, A., & Saleemuddin, M. (2005). Antibacterial efficacy of *Withania somnifera* (ashwagandha) an indigenous medicinal plant against experimental murine salmonellosis. *Phytomedicine*, 12(3), 229-235.