



PPPL Standards

Herbarium sheet

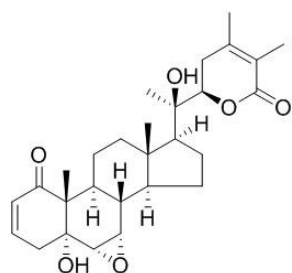
Ashwagandha (*Withania somnifera*)

Common name: Ashwagandha, Indian ginseng, **English:** Winter cherry **Marathi:** Ghoda, Tilli,

Sanskrit: Ashwagandha, Balda **Gujarati:** Ghodaasun, **Hindi:** Ashwagandha

Part used: Root- root of Ashwagandha are fleshy when dry, they are straight, cylindrical, tapering down, gradually unbranched of about 10-17.5cm long and 6-12milimeter diameter in thick. The main roots are brownish outer and creamy interior and bear fibre similar secondary roots having acrid taste and biter. Whitish brown in colour.

Active Chemical constituents: Withanolide A



Withanolide A

Organoleptic characters:

Colour-buff to gray-yellow

Odour- Characteristic.

Taste- Bitter and acrid

Pharmacological applications: *Neuropharmacological Activity, Musculotropic Activity, Morphine Tolerance and Dependence-Inhibiting Effect, Hepatoprotective Activity, Anti-inflammatory Activity, Antibiotic Activity, Immunomodulatory Activity*

Granthokta Ayurvedic application: Sukhandi, Balshosh, Vardhakya, Kshay, Shothhar, Katishool, Shwetpradar

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