

**Ashwagandha** – Withania somnifera – Indian Ginseng

Parts Used – Organic Root

Origin – India | Spagyrics Made in Colorado

Planetary Influence - Sun

Day of the Week - Sunday



Ashwagandha is one of the most important herbs in Ayurvedic Medicine. It has been used for thousands of years and is known for its adaptogen (anti-stress) properties and as an herb that assists memory and promotes longevity.

Properties: Aphrodisiac, immunomodulator and rejuvenator.

#### Uses

- Rejuvenating tonic: antioxidant, promotes long life, youthful vigor, chronic fatigue, memory, and brain function.
- Anemia, builds muscles, increases energy & improves endurance
- Reduces insomnia and anxiety
- Ulcers & tumors: May heal ulcers, shrink tumors, and reduce blood clots in legs
- Fevers and coughs
- Asthma & dyspnea: Helps relieve shortness of breath.
- Inflammation, lumbago, and rheumatoid arthritis
- Vitiligo (loss of skin color)
- Candida and Psoriasis
- Tuberculosis and cancer

#### Ayurvedic Uses for Ashwagandha

- Circulatory System: Blood purifier, anti-inflammatory, edema, hypertension.
- Gastrointestinal Tract: Anthelmintic (toxic to Helminths, worm-like parasites), antispasmodic, for abdominal pain, and constipation.
- External: Analgesic, antispasmodic, muscle tonic, good for degenerative diseases.
- Musculoskeletal System: Improves build, tone, strength, muscular pain, arthritis, and atrophy.
- Nervous System: Soothing brain and nerve tonic. Can be used for insomnia, nervousness, depression, and neuralgia.
- Reproductive System: Used for infertility, sterility, impotence, and dysmenorrhea.
- Respiratory system: Mucolytic, antispasmodic. For asthma and tuberculosis.

#### **Side Effects**

***Do not take if pregnant or breastfeeding.***

***If you have a medical emergency, please contact your health care professional.***

***Please confer with your health care professional before taking.***

***Not all of the uses listed above have been subject to modern clinical studies.***