

Ashwagandha is also known as Winter Cherry.

Parts used: Roots and Leaves

Tissues: Acts upon all tissues

Systems: Reproductive, tonic, aphrodisiac, nervine, sedative, analgesic, anabolic, astringent, alterative, anti-inflammatory, immunomodulator, adaptogen.

Ashwagandha name has been derived from Sanskrit word that means “the smell of a horse.” (*Ashwa* means Horse and *Gandha* means Smell)



Ashwagandha is widely available in the drier regions of India

Thanks to the strong odor of the fresh root, which has a similar smell to that of horse urine.

It's likewise considered to present the sexual vitality of a horse and is often used for infertility.

It's regarded as one of the best nutritive tonics for *vata*, but may increase *pitta* and *ama* in excess.

It improves the tone and quality of the muscles and feeds the bone, marrow, and sensory tissue.



Ashwagandha helps improve your sexual life.

Ashwagandha is a decent herb for expanding the amount and nature of the regenerative tissue, and in addition the blood supply and tone of the reproductive organs.

It adjusts hormone levels and is viewed as extraordinary compared to other male reproductive tonics, since it eases conditions such as, spermatorrhea, impotence, premature ejaculation, and nocturnal emission.

For enlarged prostate, it combines well with herbs like saw palmetto, *gokshura*, and *shilajit*.

It adjusts and directs the immune system and recharges vitality from general anxiety, exhaust, maturity, or weakening and squandering illnesses, such as cancer and tuberculosis.



It helps relieve from the weakness of all sorts.

Here, in the [post from NCBI](#), it's scientifically proven that Ashwagandha has therapeutic benefits.

It quiets and supports the psyche and sensory system, so it is very valuable for treating a sleeping disorder and anxious pressure, particularly when taken as a hot tea or milk decoction just before resting.

It promotes clarity, concentration, memory in the young and old alike.

In view of its vata pacifying effect on the muscles and sensory system, it is utilized as a part of the treatment of rheumatism, neurosis, parkinson's disease, muscular dystrophy, paralysis, multiple sclerosis, and so forth.

In neurological diseases, it often combines well with *atmagupta*, *vacha*, *bala*, and saraswata churna.

It is a good tonic for weakness during pregnancy in mild doses of 1/2 tsp, twice daily, as larger doses may cause uterine contractions.



But it should be taken with utmost care during pregnancy. Experts consultation is necessary here.

After labor, it can be utilized to stimulate the flow of breast milk and can be joined with equal parts of shatavari, fennel, and licorice. And then, taken as a milk decoction or in high temp water.

Due to its *sattwic* quality, ashwagandha has long been used by yogis to help increase and transform shukra/arthava tissue into ojas, thus promoting spiritual energy and enhancing meditative power.

If there is no regular, active yogic practices, then it may just increase the sexual energy and desire.



Yoga keeps your unnecessary sexual desires due to Ashwagandha in check.

Topically, a paste of the green root or crisp leaves can give alleviation to scrofula, bubbles, and glandular or rheumatic swellings.

Other uses of Ashwagandha include *vata* types of asthma characterized by wheezing and bronchial spasm, and hypertension, associated with anxiety, nervousness, and fear.

Furthermore, it is valuable in treating autoimmune diseases, cardiac weakness, anemia, and skin diseases such as eczema and psoriasis.