

ASHWAGANDHA (*Withania somnifera*)



Ashwagandha is an Ayurvedic herb similar to Indian ginseng. It is also called Winter Cherry and qualifies as an adaptogen as it helps the body to adapt particularly to PHYSICAL stress.

Ashwagandha has traditionally been used for libido, fatigue, mental problems, concentration, memory, general debility, nervous and sexual debility, headaches, drug burnout, rejuvenation and recovery from prolonged illness.

Ashwagandha is a safe and gentle herb and has been used for thousands of years in Ayurvedic medicine.

It is used to promote the healing of broken bones. It has a calming effect on the body. Western medicine is just beginning to learn about its amazing benefits.