

## WITHANIA

<b>BOTANICAL NAME</b>	<b>:-</b>	<b>WITHANIA SOMNIFERA</b>
<b>FAMILY</b>	<b>:-</b>	<b>SOLANACEAE</b>
<b>LOCAL NAME</b>	<b>:-</b>	<b>ASHWAGANDHA</b>
<b>HINDI NAME</b>	<b>:-</b>	<b>ASHWAGANDHA</b>



### HABITS AND HABITATS :-

Hardy to temperatures in the mid 30's (F), but can be grown pretty much anywhere as an annual. It can be found growing in Africa, the Mediterranean, and India. As a result of this wide growing range, there are considerable morphological and chemotypical variations in terms of local species.

### PLANTS DESCRIPTION :-

A low lying plant, often reaching only 1-2ft, but occasionally 6ft. It is a perennial, but can be grown as an annual. Plant and fruits resemble its relatives the ground cherry and Chinese lantern.. Ashwagandha is a small, woody shrub in the Solanaceae family that grows about two feet in height.. However, the primary alkaloids of both the wild and the cultivated species appear to be the same. The roots are the main portion of the plant used therapeutically.

### PARTS USED:-

Roots

### MEDICINAL PROPERTIES AND USES :-

A very important medicinal herb. All plant parts contain alkaloids used to treat memory problems, nervous disorders, leprosy, and various infections. Ashwagandha has been used for strengthening the body and for helping to prevent disease. Some herbal/diet supplement products have been found to contain possibly harmful impurities/additives.

### CHEMICAL COMPOSITION:-

Roots constituents are steroidal alkaloids and steroidal lactones in a class of constituents called withanolides which consist of two main varieties, withaferin A and withanolide D..At present, 12 alkaloids, 35 withanolides, and several sitoindosides from this plant have been isolated and studied.. Much of ashwaganda's pharmacological activity has been attributed to

### PRODUCTION TECHNOLOGY :-

*Withania somnifera* need full sun to partial shade with a well-drained slightly alkaline soil mix. Plants do best when the soil pH is 7.5-8.0. We use a soil mix consisting of 2 parts sandy loam to 1 parts sand. The plants are allowed to dry thoroughly in between watering. In containers, too much water causes root rot. Plants are fertilized once during the year with a balanced fertilizer diluted to ½ the strength recommended on the label