

## Ashwagandha

Botanical name: *Withania somnifera*

Energetics/Actions: Sweet, bitter, astringent, hot, adaptogen

### Description

Horse power! The name Ashwagandha translates to “smell of a horse” in Sanskrit. This is a reference to the smell of the fresh fruit, but the dried root that is used as herbal medicine has a mild aroma and sweet flavor. Ashwagandha is an Ayurvedic herb that supports many different body systems and is used for a variety of conditions. There is early scientific evidence that it may be useful to balance blood sugar, support memory, lower cholesterol and possibly even slow the growth of cancer cells. As an adaptogen it improves endurance and protects bones and joints. Ashwagandha is also rich in iron and helpful for people who have anemia.



### Use

Anxiety: Both effective and gentle enough to use for people who are feeling exhausted.  
Joint health: Decreases pain and improves function of joints. Osteoarthritis was specifically studied.  
Thyroid: Increases production of thyroid hormones.

### Dose

Tea: As a decoction, drink up to 3 cups a day.  
Capsule of dried herb: 300-2000 gm up to 3 times a day  
Tincture: 2-4 ml up to 3 times a day  
Extract: 500 mg 2-3 times a day

### Safety information

Not for use in pregnancy. Consult with health care provider if you are being treated for thyroid disease, diabetes, peptic ulcer disease or high blood pressure.