ASHWAGANDHA

Date: 
April 18, 2007

Proper name(s): 
Withania somnifera (L.) Dunal (Solanaceae) (USDA 2007)

Common name(s): 
Ashwagandha, Asvagandha, Asgandh (API 2001), Winter cherry (McGuffin et al. 2000)

Source material(s): 
Root (API 2001)

Route(s) of administration: 
Oral (API 2001)

Dosage form(s): 
Those suited to the allowable route of administration.

Use(s) or Purpose(s): 
Statement(s) to the effect of:

• Traditionally used in Ayurveda as Rasayana (rejuvenative tonic) (Sukh Dev 2006; API 2001; Upton 2000).
• Traditionally used in Ayurveda to relieve general debility, especially during convalescence or old age (API 2001; Kapoor 2001).
• Traditionally used in Ayurveda as a sleep aid (Khare 2004; Upton 2000).
• Traditionally used in Ayurveda to balance aggravated Vata (nervine tonic, sedative) (Kapoor 2001; Khory and Katrak 1999; Nadkarni 1954).
• Traditionally used in Ayurveda for memory enhancement (Sukh Dev 2006; Upton 2000; Nadkarni 1954).

Dose(s): 
Dried root 2-6 g per day (Williamson 2002; API 2001; Kapoor 2001; Nadkarni 1954).

Duration of use: 
No statement is required.
Risk information: Statement(s) to the effect of:

Caution(s) and warning(s):
- Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended (Berardi et al. 2002; Gennaro et al. 2000; McGuffin et al. 1997).
- Consult a healthcare practitioner prior to use if you are pregnant (McGuffin et al. 1997) or breastfeeding (Upton 2000).

Contraindication(s): No reports known.

Known adverse reaction(s): No reports known.

Non-medicinal ingredients: Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

Specifications: Must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.

References:


