

## 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:**

API 2001: The Ayurvedic Pharmacopoeia of India, Part I, Volume I, 1<sup>st</sup> edition. New Delhi (India): Government of India, Ministry of Health and Family Welfare, Department of Indian Systems of Medicine & Homoeopathy; 2001.

Berardi RR, DeSimone EM, Newton GD, Oszko MA, Popovich NG, Rollins CJ, Shimp LA and Tietze KJ, editors. Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care, 13<sup>th</sup> edition. Washington (DC): American Pharmaceutical Association; 2002.

Gennaro AR, editor. Remington: The Science and Practice of Pharmacy, 20<sup>th</sup> edition. Baltimore (MD): Lippincott Williams and Wilkins; 2000.

Kapoor LD. Handbook of Ayurvedic Medicinal Plants: Herbal Reference Library. Boca Raton (FL): CRC Press; 2001.

Khare CP. Indian Herbal Remedies: Rational Western Therapy, Ayurvedic and Other Traditional Usage, Botany. New York (NY): Springer; 2004.

Khory RN, Katrak NN. Materia Medica of India and Their Therapeutics. Delhi (India): Komal Prakashan; 1999.

McGuffin M, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press, LLC; 1997.

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2<sup>nd</sup> edition. Silver Spring (MD): American Herbal Products Association; 2000.

Nadkarni AK, Nadkarni KM. India Materia Medica with Ayurvedic, Unani-Tibbi, Siddha, Allopathic, Homeopathic, Naturopathic & Home Remedies, Volume 1, 3<sup>rd</sup> edition. Bombay (India): Popular Book Depot; 1954.

Sukh Dev. Prime Ayurvedic Plant Drugs. Tunbridge Wells (UK): Anshan; 2005.

Upton R, editor. American Herbal Pharmacopoeia and Therapeutic Compendium: Ashwagandha Root (*Withania somnifera*) – Standards of Analysis, Quality Control, and Therapeutics. Santa Cruz (CA): American Herbal Pharmacopoeia; 2000.

USDA 2007: ARS, National Genetic Resources Program. Germplasm Resources Information Network (GRIN), *Withania somnifera*. National Germplasm Resources Laboratory, Beltsville, Maryland (MD). [Accessed 2007-04-11]. Available at: [http://www.ars-grin.gov/cgi-bin/npgs/html/tax\\_search.pl](http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl)

Williamson EM, editor. Major Herbs of Ayurveda. London (UK): Churchill Livingstone; 2002.