

# Ashwagandha

**Botanical Name:** *Withania somnifera*

**Family:** Solanaceae

**Energetics:** Warming, grounding

**Taste:** Bitter, astringent, slightly sweet

**Actions:** Adaptogen, nervine, immunomodulant, anti-inflammatory, stress modulator

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## Overview

Ashwagandha, often called “Indian Ginseng” or the “Strength of the Stallion,” is a cornerstone of Ayurvedic herbalism. It is renowned for its ability to strengthen the body, reduce stress, support adrenal function, and improve overall vitality.

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## Uses

### Internal Uses

- Adaptogenic support for stress & anxiety
- Nervous system tonification
- Sleep support & insomnia relief
- Immune system modulation
- Hormonal balance & reproductive support
- Anti-inflammatory & antioxidant support
- Enhances stamina & endurance

### External Uses

- Rarely used topically, sometimes in oils for muscle fatigue or arthritis

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## Medication Interactions

Use caution if taking: - Thyroid medications (may alter levels) - Sedatives or sleep aids (enhances effects) - Immunosuppressive drugs - Blood pressure medications - Blood sugar-lowering medications

Consult a qualified practitioner if on prescription medications.

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## Contraindications

Avoid if you: - Are pregnant (may induce contractions) - Are breastfeeding (insufficient safety data) - Have autoimmune disorders unless supervised - Have hyperthyroidism (may increase thyroid activity)

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## Caution & Safety

- Start with low doses to assess tolerance
- Generally safe for most adults in recommended dosages
- Use in cycles (e.g., 6–8 weeks on, 1–2 weeks off) for long-term use

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## Herbal Pairings

### Blends Well With

- Holy Basil (Tulsi) for stress & immune support
- Licorice root for adrenal support
- Ginger or Turmeric for inflammation
- Ashwagandha + Shatavari for hormonal balance

### Avoid Combining With

- Potent sedative herbs in high doses without supervision
- Thyroid-active herbs if hyperthyroid

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## Possible Side Effects

- Mild gastrointestinal upset
- Drowsiness at high doses
- Headache or nausea in sensitive individuals

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## Forms & Dosage

### Powder / Root

- ½–1 tsp daily (mixed with warm milk, water, or honey)
- Start with lower doses and gradually increase

### Capsules / Tablets

- 300–600 mg, 1–2 times daily

## **Tincture (1:5)**

- 2–4 mL, 1–3 times daily

## **Topical (Oil Infusion)**

- Apply to sore muscles or joints as needed

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### **Notes**

Ashwagandha is a gentle yet powerful adaptogen that helps restore balance to body and mind, supporting vitality, resilience, and overall well-being.

*This information is for educational purposes only and is not intended to diagnose, treat, or cure any condition.*