

Ashwagandha

Botanical Name: *Withania somnifera*

Family: Solanaceae

Energetics: Warming, grounding

Taste: Bitter, astringent, slightly sweet

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

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.

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
-

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.

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)

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
-

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
-

Possible Side Effects

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

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
-

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.