

Ashwagandha

Withania Somnifera

An Indian Ginseng



According to Indian medicine context it acts as a rejuvenator. It is found useful in neurodegenerative diseases such as Parkinson's, Huntington's and Alzheimer's diseases. It has GABA mimetic effect and was shown to promote formation of dendrites. It has anxiolytic effect and improves energy levels and mitochondrial health. It is an anti-inflammatory and anti-arthritis agent and was found useful in clinical cases of Rheumatoid and Osteoarthritis. Further clinical and pharmacological studies are needed to see efficacy.

We offer ashwagandha extract in water soluble, granular and powder form.

Reference: Afr J Tradit Complement Altern Med. 2011;8(5 Suppl):208-13.

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