

# Withania/Ashwagandha

## *Withania somnifera*

1:1 Liquid Extract (Internal use only)  
Part used: Root

### Main Actions

Adaptogenic, anticancer, anti-inflammatory, antitumour, hypotensive, anxiolytic, nervine tonic, sedative tonic, antiarrhythmic, mild sedative, immune modulating, antianaemic.

### Indications

Debility/Convalescence  
Insomnia  
Anxiety  
Hypothyroidism  
Nervous exhaustion/General conditions exacerbated by stress  
Anaemia  
Promotes learning and memory  
Emaciation  
Athletes (improves stamina)  
Chronic inflammation/Arthritis  
Senile dementia/Conditions associated with aging  
Connective tissue disorders  
Male sexual inadequacy/Impotence  
A general tonic for disease prevention  
Enhances immune function/Depressed white blood cell count

### Active Constituents

Alkaloid: Withanine, Isopelletierine, Anaferine.  
Lipid: Sesquiterpenes (Withanolides, Sitoindosides I – X, Withanolides A/  
Withaferin A) Steroid Lactones: (Withaferin A).  
Quinone: Naphthoquinone (Plumbagin).

### Dosage

3-7mL/daily  
20-50mL/weekly

### Contradictions

None known.

### Special Warnings and Precautions

None required if used within the recommended dose range.

### Herb/Drug Interactions

Antidiabetics, antihypertensives (additive effect), benzodiazepines, CNS depressants, thyroid hormones: Withania increases T3 and T4, while lowering TSH.

### Pregnancy and Lactation

Withania has traditionally been used in Ayurvedic medicine for pregnant women, so long as it doesn't exceed ½ to 1tsp of the root. Large doses have been found to be abortifacient. However, there is insufficient evidence to support its safety. Use with caution or avoid.

### Side Effects/Adverse Reactions

No adverse effects are expected within the recommended dose range.