Ashwagandha - Plant

The plant part of Ashwagandha is mighty useful plant according to Ayurveda.

Rating: Not Rated Yet
Price
199

Description

With this purchase you will get:
Description for Ashwagandha

**Plant height:** 5 - 9 inches  
**Plant spread:** 3 - 5 inches

Ashwagandha plant is an erect branching growing shrub, with a height up to 1.5 meters. Ashwagandha is a hardy and drought tolerant plant. Ashwagandha leaves are dull green color, an elliptic shape, usually up to 10 to 12 cm in length. Usually, the flowers are small, greenish yellow and bell-shaped. The ripe fruit is berry usually an orange-red color.

**Common name(s):** Asgandh, Nagouri Asgandh, Punir, Winter cherry, poison gooseberry, Indian ginseng  
**Flower colours:** Greenish yellow color  
**Bloom time:** Spring  
**Max reachable height:** Up to 2 m  
**Difficulty to grow:** Easy to grow

Planting and care

Ashwagandha plant propagated by seeds in monsoon season. The seedlings of six weeks old are transplanted in the pot or main field at a spacing of 60 X 60 cm.

**Sunlight:** Full sun to partial shade  
**Soil:** Sandy soil  
**Water:** Moderately  
**Temperature:** 20 to 35 degree C  
**Fertilizer:** Apply any organic fertilizer.

Caring for Ashwagandha
Watering should be done early in the morning when the soil feels to dry. After fertilizer application, water should be given to plant.

**Typical uses of Ashwagandha**

**Special features:** Medicinal use

**Ornamental use:**

**Medicinal use:** Ashwagandha boosts the immune system, helps in lowering cholesterol, reducing swelling & pain, regulating blood Sugar levels, good for the heart, stimulates collagen & promotes wound healing, reduces depression, stress & anxiety, stimulates the underactive thyroid, increases muscle mass & strength, boosts memory and cognitive performance.

Note: Use only after consulting the specialist.

**References**

- http://agritech.tnau.ac.in/horticulture/horti_medicinal%20crops_aswagandha.html
- https://www.agrifarming.in/ashwagandha-cultivation/

**Reviews**

Monday, 30 July 2018

Description is totally wr and giving description for Asoka tree ( Saraca asoca).

Srinivas Kothapalli

Monday, 02 July 2018

Pot seems to be really small. DO I have to shift the plan to the bigger pot as it starts growing in a few months?

Sindhoor a

Monday, 02 July 2018

Nice plant. team is also always ready to help. Go for this if you are interested in buying a online plant. you wont be disappointed.

Sunil Kumar Yadav

Sunday, 01 July 2018

Excellent plant. needs quite a bit of care though

Divya Natur Mädchen

Sunday, 01 July 2018

Good growth and 90% germination

Kamal Knotbreaker

[More reviews]