

## Ashwagandha - Plant



Ashwagandha, which is also called "Indian ginseng" is native to India. It is a mighty useful plant according to Ayurveda, ashwagandha roots has medicinal properties and is used to cure debility, anemia and impotency. Its regular use improves vigor and immune power.

Rating: Not Rated Yet

### Price

Sales price R 309

Discount

[Ask a question about this product](#)

Description

### Description for Ashwagandha

Ashwagandha is best known for stress Reduction, Neural Protection, and a Lot More from an Ancient Herb Ashwagandha or Withania somnifera or Winter Cherry or Indian ginseng or poison gooseberry is an ayurvedic herb that has been used for centuries in India as an adaptogenic herbal remedy to improve overall health, vitality and longevity. It has remarkable stress-relieving properties comparable to those of powerful drugs used to treat depression and anxiety. Scientific studies support ashwagandha's ability not only to relieve stress, but also to protect brain cells against the deleterious effects of our modern lifestyles. The benefits of ashwagandha are many; in addition to promoting fertility, aiding in wound care, and boosting the immune system, some other benefits are: Diuretic, Sleep aid, Galactagogue, Anti-epileptic, Anti-tumour, Pain relief, Eye health, Heart tonic, Lowers cholesterol, Regulates, blood sugar, Reduces depression and anxiety, Combats stress, Fights cognitive decline due to brain cell degeneration.

Common name	Flower colours	Bloom time	Height	Difficulty
Ashwagandha	Yellow color	-	3 to 30 feet	Moderately easy

### Planting and care

Native to India, Ashwagandha bushes will grow to heights of 3 feet or more and produce light green flowers from midsummer onwards which will develop into orange or deep red berries by fall.

Ashwagandha can be direct sown outdoors following the last frost, approximately 3/8" below the surface of the soil and kept evenly moist. Otherwise, you can sow indoors in early spring to give your starts additional time to develop before going outside. Sow seeds slightly closer to the surface (1/4") if using flats or other small containers indoors.

Sunlight	Soil	Water	Temperature	Fertilizer
----------	------	-------	-------------	------------

Full sunshine ,	It needs sandy and well-draining soil in a way that water will drain out quickly, pH level should be around 7.5 to 8, neutral to slightly alkaline. Growing Ashwagandha is not possible in soil that retains moisture and remains waterlogged.	Keep soil moist throughout the growing season	20 to 30 degrees C	Use any organic fertilizer
-----------------	--	---	--------------------	----------------------------

### Caring for Ashwagandha

Ashwagandha is normally quite a low maintenance plant and is normally very easy to grow - great for beginner gardeners!

### Typical uses of Ashwagandha

#### Special features:

**Medicinal use:** yurvedic properties of Ashwagandha

Vajikara- Increases sexual desire

Rasayani- Rejuvenates the body

Balya- Increases strength

Ati shukrala- Improves quality and quantity of semen

Shwitrpaha- Useful in management of white discoloration of the skin

Shothahara- Useful in management of edematous conditions.it helps clear impurities (Ama) from the various channels of the body.

Kshayapaha- Useful in treating emaciation and under nutritive conditions

Bio energetics: Rasa (Taste)- Tikta (Bitter); Katu (Pungent); Madhura (Sweet)

Guna (Characteristics)- Laghu (Light); Snigdha (Unctuous)

Veerya (Potency)- Ushna (Warm)

~~Mipaka (Reds digestion effect) Madhura (Sweet)~~  
Mipaka (Reds digestion effect) Madhura (Sweet) lines. Be sure to ask your healthcare provider for guidelines.

### References

<http://balconygardenweb.com/how-to-grow-ashwagandha-cultivation-and-growing-ashwagandha/>