

Ashwagandha - Plant



The Ashwagandha plant itself is a hardy small woody shrub with small flowers and distinctive red seeds. The shrub can grow from 150 to 200 cm tall. The plant can thrive in moderate drought conditions and is often found where other plants cannot survive

Rating: Not Rated Yet

Price

Sales price R 309

Discount

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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	-	-	Up to 2 metre	Easy to grow

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
-	It needs sandy and well-draining soil in a way that water will drain out quickly, pH level should be around 7.5 - 8, neutral to slightly alkaline. Growing Ashwagandha is not possible in soil that retains moisture and remains waterlogged.	Watering should be economical and only when plant seems thirsty. Indian ginseng is a drought resistant herb and doesn't like wet feet.	Ashwagandha grows best when the temperature ranges between 70 F - 95 F (20 - 35 C), below or above this it grows much slower.	Similar to ginseng, Ashwagandha plant is not fertilized usually due to medicinal uses of its roots. However, organic fertilizers are used. You can apply aged manure or compost near the base of plant.

Caring for Ashwagandha

Typical uses of Ashwagandha

Special features:

Culinary use: The berries can be used as a substitute for rennet in cheesemaking

Medicinal use: Ayurvedic properties of Ashwagandha

Vajikara- Increases sexual desire

Rasayani- Rejuvenates the body

Balya- Increases strength

Ati shukrala- Improves quality and quantity of semen

Shwitrupaha- 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)

Vipaka (Post digestion effect)- Madhura (Sweet)

References

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

Reviews

Friday, 01 September 2017

?Is it real plant or artificial ???

Rekha Joshi

Wednesday, 30 August 2017

I had ordered this plant...I m very much satisfied with Nurserylive.... :)

Sowjanya Ayyankala

Wednesday, 30 August 2017

This plants collection is awesome!!! I would recommend it to everyone.

shivika

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