



# HERBS

Medicinal and Culinary  
Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Withania**

Species: **somnifera**

Plant Family: **Solanacea**

Common Name: **Ashwagandha, Vedic**

## Garden Care

Evergreen or herbaceous subshrub, Native to Africa, India, Middle East and Orient. Traditional usage (Ayurveda): energy and sexual tonic. Plant prefers full sun, fast-draining, alkaline (pH 7.5 to 8.0) soil and dryish conditions. Sweeten regular garden soil with ground limestone. Light dependent germinator. Sow in early spring indoors or in the greenhouse. Average germ time 15 days. Space 1 foot apart—grows 2 to 3 feet tall, producing eventually the lantern-like pods enclosing the pea-sized fruits, green at first and becoming bright red as the inflated calyx dries and becomes transparent. Pretty little winter cherries.

## Herbal Actions

Action	Detail
Adaptogen	A tonic that helps balance the body by supporting its ability to deal with physical, mental, and emotional stress.
Anti-inflammatory	Alleviates inflammation.
Antioxidant	Inhibits the production of free radicals in the body.
Antirheumatic	Relieves the pain and discomfort of musculoskeletal inflammation through a variety of actions.
Aphrodisiac	Excites, nourishes, sustains or elevates sexual or sensual desire.
Immunomodulator	Regulates and balances the immune system.
Sedative	Promotes calmness or induces sleep
Nervine	An herb that has a positive effect on the nervous system.

## Type of Plant

Herbaceous
Annual

## Parts Used

Root
Leaves

## Contraindications

Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.
In pregnancy use with caution.
May cause heartburn.

## Habitat

Water Medium
PH High>7
Sun

## Preparations

Powder
Tea
Tincture