



ASHWAGANDHA

Withania somnifera

ANNUAL | SOLANACEAE FAMILY

ZONES: 4-8

EXPOSURE: FULL SUN

MATURE HEIGHT: 36" | SPREAD 36"

BLOOM: GREEN/RED BERRIES | SUMMER



Medicinal



Pollinators



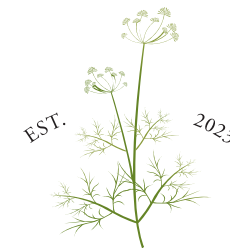
Butterflies



Resistant



Indoor



HERB & VINE

— healing plants —

One of the most widespread adaptogens (stress relief) used in Indian Ayurvedic tradition, where it holds a position of importance similar to ginseng in China; hence the name Indian Ginseng. Can overwinter indoors.

- Culinary: seeds are used to curdle plant milks to make vegetarian cheeses.
- Therapeutic*: The whole plant, especially the leaves and the root bark, are abortifacient, adaptogen, antibiotic, aphrodisiac, diuretic, narcotic, strongly sedative and tonic. May help calm the brain, reduce swelling, lower blood pressure, and alter the immune system.
- The fruit is rich in saponins and can be used as a soap substitute. The leaves are an insect repellent.

Caution: can cause dependence and can decrease the effectiveness of immunosuppressant drugs. Do not use if pregnant or breast feeding.



*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.

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