

## Herb of the Month – Ashwagandha

Ashwagandha, our February herb of the month, is one of our very favorite adaptogens – plants that help the body resist stressors of all kinds, whether physical, chemical or biological.\*



### About

- This plant is a member of the Solanaceae family and has over 4,000 years of traditional use in its native India, Pakistan and Sri Lanka.
- It is a Medharasayan which is the Ayurvedic category of foods and nutrients that promote learning and memory retrieval.
- It is sometimes referred to as “Indian Ginseng” as it is traditionally used in conditions of debility, emaciation, impotence and premature aging. It is also sometimes referred to as Winter Cherry.
- The translation of Ashwagandha is roughly, “the smell and strength of a horse”, alluding to its aphrodisiac properties.
- This plant is a Tonic and an Adaptogen. In the Middle East it is used to help promote normal sleep patterns and encourage a healthy inflammatory response.\*

### Function

Adaptogens support the ability of an organism to cope with stress and thereby conserve energy. Ashwagandha rejuvenates and tonifies the entire system, especially the endocrine and immune systems.\*

The root and leaf contain the highest amount of Steroidal compounds which include the lactones Withaferin A, and carbon-27-glycowithanolides, known collectively as Withanolides. It also contains a fair amount of alkaloids; tropine, pseudotropine isopelletrine, and anaferine, and saponins.

### Uses

- Brain Function\*
- Endocrine Function – Adrenal\*
- Energy\*
- Immune System\*
- Nervous System\*
- Sleep\*
- Stress\*

**Gaia Herbs Professional Solutions Products with Ashwagandha (click product name for more information)**

- [HPA Axis: Daytime Maintenance\\* Liquid Phyto-Caps®](#)
- [HPA Axis: Sleep Cycle\\* Liquid Phyto-Caps®](#)
- [Ashwagandha Liquid Phyto-Caps®](#)

- [Sleep Maintenance\\* Liquid Phyto-Caps®](#)
- [Thyroid Support\\* Liquid Phyto-Caps®](#)
- [Adaptogen Performance Mushroom & Herbs\\*](#)
- [Energy Thrive™](#)
- [Golden Milk](#)