Official Name		**अश्वगंधा**	
English Name		**Winter cherry**	
Botanical Name		**Withania somnifera**	
Family		**Solanaceae**	
Taxonomical classification		**Kingdom- Plantae** **SubKingdom- Tracheobionta** **Superdivision- Angiosperms** **Division- Magnoliophyta** **Class- Magnoliopsida** **Subclass- Asteridae** **Order- Solanales** **Family- Solanaceae** **Genus- Withania** **Species- somnifera**	
Synonyms		**गन्धपत्री ,वराहकर्णी, अश्वकन्द, कञ्चुका,कामरुपिणी,बलदा,मारुतघ्न,**	
Habitat		Found throughout the dry parts of In-dia, in waste places, on bunds in areas of upper ge-netic plain, West Bengal, Bihar, Orissa, Gujarat, Konkan, Deccan and Karnataka	
Botanical Identification	**Habitat**	It grows in semitropical areas receiving 500-750 mm rain fall. Crop requires relatively dry season during its growing period.	
	Root	Cylindrical, straight or slightly tortuous, mostly unbranched roots, 5 to 8 mm in diameter, occurring whole or in pieces of varying length; upper portion of the roots are more often topped with stem bases. **Tap-root branched**	

	Stem/Bark		Aerial, erect, cylindrical, branched, herbaceous above, woody below, densely covered with fine stellate hairs.	
	Leaves	**Phyllotaxy**	Alternate	
		Simple/Compound	Simple	
		Lamina	Elliptic-ovate	
		Texture	Hairy , Gray sheen	
		Tip	Acute - mucronate	
		Base	Basic cuneate	
		Margins	Serrate	
		Venation	Pinnate	
		Petiole	Present (5-20mm long)	
	Inflorescence		Sub-sessile, axillary umbellate,5-flowered cyme.	
	Flower		Greenish yellow, subsessile, pedicellates, complete, bisexual, pentamerous, actinomorphic and hypogynous,superior ovary	
	Floral formula/ Diagram		$\oplus \text{⚥} K_{(5)} \overset{\frown}{C_{(5)} A_{5}} \underline{G}_{(2)}$	
	Fruit		Small berry, globose,yellow or red when ripe.	

Types	• **Nagori: The local variety of ashwagandha .** • **CIMAP-Pratap: A high-yielding variety of ashwagandha** • **Jawahar Ashwagandha-20: A short variety of ashwagandha that produces a higher yield in less humid soil.**

Raspanchaka	• **रस- तिक्त , कषाय** • **गुण- लघु, स्निग्ध** • **वीर्य- उष्ण** • **विपाक- मधुर** • **दोषकर्म- कफहर,वातहर**

Chemical Constituents in Ashwgandha	**Class of Constituents**	**Compounds present in class**
	Alkaloids	anaferine, anahygrine, pseudotropine, somniferine, isopelletierine, and cuseohygrine.
	Withanolides	Withaferin A, Withanolides A-Y, Withanone, Withadomniferin A, and Withasomniferols.
	Flavonoids	3-O-rutinoside, 6,8-dihydroxycemferol, Quercetin, and 3-O-rutinoside-7-O-glucoside.
	Other constituents	• Steroidal lactones • Saponins • Sitoindoside VII, VIII, IX and X • Phenolic compounds.

Market Information	The ashwagandha extract market is projected to grow at a CAGR of 10.7% from 2024 to 2031, reaching USD 1,878.74 million.
Adulteration/Substitution	Ashwagandha is a substitute for : **Kakoli** (Lillium polyphyllum) and **Kshirakakoli** (Fritillaria roylei)
Cultivation	The crop requires dry season during the growing period Late winter rains help the roots develop.
Flowering season	July – September or April - July
Harvesting	January to March
Present status- Not concerned/Endangered/Extinct	Endangered
Conservation method	organic cultivation, hydroponic cultivation, and biotechnological strategies.
Main uses	**स्मृतिवर्धक, बल्य, बृंहण, शुक्रल तथा रसायन है।**

Part used	**मूल**		
Dose	Medicinal	**क्षार 1-2 ग्राम, चूर्ण 3-6 ग्राम।**	
	Toxic Dose	Nil	
	Fatal Dose	Nil	
Antidote or Treatment		NIl	
Purification (if any)		NIl	
Formulations : **अश्वगंधारिष्ट, अश्वगंधावलेह।**	**Rogadhikara:** **मनोविकार,अनिद्रा,क्लान्ति**		**Reference:** **भा.प्र.उ.७३/१३**

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