

Aswagandha

Tonic for stamina building & anti ageing.

Debility & nervous exhaustion

Convalescence after acute & chronic illness or stress.



ASHWAGANDHA

(INDIAN ginseng) drug strength 1:10

Description: Aswagandha (WITHIANA SOMNIFERA) belongs to Solanaceae family which is a wild and important herb used for the treatment of debility, emaciation, impotence and premature ageing. Modern research on Aswagandha has stressed its antitumour and adaptogenic actions reinforcing its comparison with Panax Ginseng, but it lacks the stimulating effects of the later. It is therefore ideally suited to the treatment of overactive but debilitated patients.

Effects: Adaptogen (helping to conserve adaptation energy), tonic (helping to boost levels of adaptation energy), modulates the immune system; glucocorticoids like, antiinflammatory and antiproliferative activity; potentially cytotoxic and radiosensitizing. Increases haemoglobin level.

Actions: Tonic, adaptogen, mild sedative, antiinflammatory, immuno-modulator, antianaemic, anti tumour (in high doses).

Indications: Growth promotion in children and antianaemic activity, improvement in conditions associated with ageing, improvement in stamina of athletes.

Asthma, bronchitis, psoriasis, arthritis, rheumatic pains, insomnia, senile dementia, promotion of conception, improves sexual performance. Debility and nervous exhaustion especially due to stress. Convalescence after acute illness or extreme stress, impotence due to devitalization; chronic diseases, especially those marked by inflammation (e.g. connective tissue diseases); as a general tonic for disease prevention, may be used for depressed white blood cells count, especially if caused by cytotoxic drugs; possibly as a prophylactic against cancer. Due to high iron contents makes it useful for anemia.

Key Constituents

- Steroidal compounds, including lactones, withaferin A. Sitarinolides IX, X (Carbon 27 glycowithanolides) and acylsteryl glucosides (sitarinolides VII, VIII).
- Alkaloids: tropane-type (tropine, pseudotropine), other alkaloids (including isopelletierine anaferine).
- Withania is also said to be rich in iron.

Toxicology: None yet to be known.

Contraindication: None known.

Special Warnings and Precautions: None required.

Interaction: None Known.

Use in pregnancy and Lactation: No adverse effects expected.

Effects on ability to drive and use machines: No negative influence is expected at the recommended dosage.

Side Effects: No side effects have been reported during and after use with long term.

Over Dose: Not known due to Aswagandha.

Dosage: Drops 20 to 30 drops in half cup of water before meals.

Tablets: One tablet thrice daily.

Presentation: 20 ml liquid.

20 Tablets in blisters.



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