

## *Withania somnifera* L. Dunal –A modern perspectives of an ancient Rasayana from Ayurveda

Pharmacological data review conducted by scientists DBT's Institute of Bioresources and Sustainable Development (IBSD), imphal, revealed that *Withania somnifera* is a potential source for the treatment of a wide range of diseases especially anxiety and other CNS disorders. From its ancient use to its modern application, it has been proven to be non-toxic and effective clinically for human health and wellness. *W. somnifera* based herbal formulation has been marketed in the form of supplement, extract, capsule, powder etc.



Phytochemical studies on *W. somnifera* revealed the presence of important chemical constituents such as flavonoids, phenolic acids, alkaloids, saponins, tannins, and withanolides. The phytochemicals showed various pharmacological activities like anti-cancer, immunomodulatory, cardioprotective, neuroprotective, anti-aging, anti-stress/adaptogenic and anti-diabetic. Various clinical trials show that the plant extract and its bioactive compounds are used in the prevention and treatment of many diseases, such as arthritis, impotence, amnesia, anxiety, cancer, neurodegenerative and cardiovascular diseases, and others.

*W. somnifera* L. Dunal, commonly known as Ashwagandha, is an important medicinal plant that has been used in Ayurvedic and indigenous medicine for more than 3,000 years. According to Charaka Samhita, Susruta Samhita and other ancient texts, Ashwagandha is

known as Balya (increases strength), Brusya (sexual performance enhancer), vajikari (spermatogenic), Kamarupini (libido-enhancing), and Pustida (nourishing).

Traditional uses of Ashwagandha in Ayurveda are very prominent in several texts where formulations with various dosage forms have been mentioned in Charaka Samhita, Susruta Samhita, Astanga Hridaya, different nighantus etc. The drugs were identified based on their composition containing Ashwagandha as one of the major ingredients and their medicinal uses.

**Link:**

[https://www.sciencedirect.com/science/article/abs/pii/S0378874120330397#:~:text=Introduction-,Withania%20somnifera%20\(L.\),belongs%20to%20the%20family%20Solanaceae.&text=Among%20the%20Ayurvedic%20%E2%80%9CRasayana%E2%80%9D%20herbs,adaptogen%20Fanti%20Dstress%20agent.](https://www.sciencedirect.com/science/article/abs/pii/S0378874120330397#:~:text=Introduction-,Withania%20somnifera%20(L.),belongs%20to%20the%20family%20Solanaceae.&text=Among%20the%20Ayurvedic%20%E2%80%9CRasayana%E2%80%9D%20herbs,adaptogen%20Fanti%20Dstress%20agent.)

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