

## WITHANIA SOMNIFERA – ASHWAGHANDHA



Ashwagandha (*Withania Somnifera*) is a herb that grows in India and has been referred for years as an important and potent medicinal plant. Ashwagandha translates to “**smell of a horse**”.

It is said to give you the strength of a horse.

Ashwagandha belongs to the family of narcotic night shades, similar to the potato, tomato, and egg plant. This small bush is widely spread in India to this day and is still very popular in traditional Ayurveda and other natural healing methods. In India all parts of the plant are used. For example, the seeds are used for making cheese and the twigs to clean teeth.

The **root** however is of special importance, and is seen as a vital **Rasayana** (tonic) in Ayurveda with **harmonizing** and **strengthening** qualities. Traditionally Ashwagandha is recommended for digestive problems, heart disease, arthritis, back pain, to lower fever, for the overall health and strength of children, and helps **recovery processes**.

Ashwagandha has the unique ability to **create a balance between Vata and Kaphadosha**.

This herb is especially important for those people who have **trouble calming down because of a great deal of stress and pressure**.

Ashwagandha is also recommended to **seniors**, who, because of their age, have a heightened Vata, as a **strengthenener and energizer**.



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Ashwaghandha **calms and clears the mind, nourishes both body and mind, and balances the emotions.**

It is also recommended for diarrhea.

Ashwagandha is the best know **aphrodisiac for men** and helps in cases of **impotence** and **premature ejaculation**. Unlike modern impotence drugs like Viagra, Ashwagandha also **benefits the emotional side of sexuality** as well as **increasing feelings of attraction**.

Modern research has shown that Ashwagandha is good for treating tumors and that it has **strong anti-inflammatory** qualities, which support its age old use as a treatment for arthritis.

The use of Ashwagandha has seen successful treatment free of side effects unlike its cortisone counterparts. Ashwagandha can be used as an herb individually but is also used extensively in various herbal mixtures.

## PRODUCTION:

Since 2006 Ashwagandha has been successfully cultivated at OneWorld's own herb farm the "Land of the Medicine Buddha" in Nepal. It has been cultivated using bio-dynamic farming methods, and after careful inspection and finally certification by the IMO Switzerland and Demeter International, our produce carries the **Organic and Demeter logos**. Carefully picked by hand, and gently dried in the shade the plant retains all of its healing properties. The root is selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorld is a German-Nepali cooperation for bio-dynamic agriculture that adheres to **Fair Trade** standards in all its operations and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Ashwagandha root of the highest quality as true a **LOHAS** product.

## OUR PRODUCTS CONTAINING ASHWAGHANDHA ROOT:

Ashwagandha is used in our tea "**Klar & Wach**".

Raw Ashwagandha may be purchased upon request.