

# Pharmacological Profile of *Withaniasomnifera* (Ashwagandha): A Review

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**Abstract:** *Withaniasomnifera* (Ashwagandha) is a plant used in medicine from the time of Ayurveda, the ancient system of Indian medicine. The dried roots of the plant are used in the treatment of nervous and sexual disorders. This review article is presented to compile all the updated information on its phytochemical and pharmacological activities, which were performed by widely different methods. Studies indicate ashwagandha possesses antioxidant, anxiolytic, adaptogen, memory enhancing, antiparkinsonian, antivenom, anti-inflammatory, antitumor properties. Various other effects like immunomodulation, hypolipidemic, antibacterial, cardiovascular protection, sexual behavior, tolerance, and dependence have also been studied. These results are very encouraging and indicate this herb should be studied more extensively to confirm these results and reveals other potential therapeutic effects. Clinical trials using ashwagandha for a variety of conditions should also be conducted..

**Keywords:** Ashwagandha, WithaniaSomnifera, Withanolide

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