

Formulation and Evaluation of Ashwagandha Gel for Skin and Health Applications

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Abstract: *Ashwagandha (Withania somnifera), also known as Indian ginseng or winter cherry, is an important herb in traditional Ayurvedic medicine. It grows mainly in India and parts of Africa, and is widely used for its many health benefits. The roots and leaves of Ashwagandha are the main parts used, and it is available in different forms like powders, capsules, or in herbal mixes.*

Ashwagandha is most famous for helping to reduce stress and anxiety, and it is also used to improve energy levels and physical performance. Studies have shown that it can help with memory, concentration, and endurance in physical activities. Additionally, Ashwagandha has anti-inflammatory effects and is often used to improve overall health and boost the immune system. It also supports hormonal balance, especially in cases of low thyroid function and low testosterone levels in men.

While many studies show positive results, more research with larger sample sizes is needed to confirm Ashwagandha's effectiveness for other conditions, such as depression, neurodegenerative diseases, and chronic inflammation. Many current studies are small, which makes it difficult to draw strong conclusions. In conclusion, while Ashwagandha shows great promise in traditional medicine and in some modern studies, more well-designed clinical trials are needed to fully understand its benefits.

Keywords: Ashwagandha, Stress Relief, Energy, Memory, Immune System, Clinical Research..

