

Pharmacognostic, Phytochemical and Pharmacological Review of *Withania Somnifera*: A Review

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Abstract: *Withania somnifera* belonging to family solanaceae is commonly known as ashwagandha .its traditional medicine used as to prevention, cure and treat various diseases. Many research literature are available which shows greatness of ashwagandha. It's a immunity booster,wellness medicines, fertility inhancer, aphrodisiac medicine ,anticancer ,antioxidant and many more.In this review an attempt is made to summerized the pharmacognostic, phytochemical and pharmacological aspects related to withania somnifera..

Keywords: Withania Somnifera, Ashwagandha, Immunity Booster, Antioxidant, Winter Cherry.

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