

# A Review on Ashwagandha [Withania Somnifera]

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**Abstract:** *Ashwagandha [Withania somnifera] is a highly revered herb in the Indian Ayurvedic system of medicine. Ashwagandha is an Ayurvedic herb commonly used in world-renowned traditional Indian medicine.*

*Ashwagandha roots are traditionally known to possess a variety of therapeutic properties, and potential health promoters not adequately supported by laboratory studies. However, most, if not all, of its preventative and therapeutic potentials have been attributed to its bioactive components, steroid alkaloids and lactones. In contrast to the traditional use of the roots, we examined the bioactivities in Ashwagandha leaves. It is an anti-inflammatory and anti-arthritis agent and has been shown to be useful in clinical cases of rheumatoid arthritis and osteoarthritis. Large-scale studies are needed to demonstrate its clinical efficacy in stress-related disorders, neuronal disorders and cancer.*

**Keywords:** *Withania Somnifera, Immune Function, Anti-Stress Activity, Anti-Inflammatory Activity*