



## ASHWAGANDHA ROOT

**Botanical Name:** Withania somnifera

**Common Name:** Indian ginseng, poison gooseberry, winter

**Medicinal part:** Roots, berries, leaves

**Description:** Ashwagandha has been long praised as a longevity and vitality tonic by those who practice Ayurveda. It grows in the sunny, dry regions of India but can also be found growing in Nepal. In Sanskrit, Ashwagandha means "horse's smell", it is believed that this is in reference to the plant's roots.



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