



Ashwagandha And Its Pharmacological Activity Against Immunity

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As pandemic hit the globe, stress in people increased drastically. Some people were losing their jobs while others were restricted to their homes due to precautionary measures against COVID-19 infection. Some were stressed about their living while others concerned about their families being affected. Many lost their dear ones. But one thing we learnt in this phase was fighting immunity and how immunity plays a vital role in prevention of disease.

Ashwagandha (roots of *Withania somnifera*, fam. Solanaceae) is named generally as "Indian Winter cherry" or "Indian Ginseng" has been in use for medicinal purposes since more than 3000 years [1]. This herb is one of the main spices of Ayurveda (the customary arrangement of medication in India) consumed since centuries as a Rasayana (rejuvenator) for its larger spectrum of medical advantages. By increasing cell-mediated immunity, Ashwagandha boosts the body's resistance against disease. It also has powerful antioxidant properties, which help to protect cells from free radical damage.

The bitter leaves are used to treat fevers and uncomfortable swellings. Aphrodisiac, astringent, depurative, diuretic and aphrodisiac are all properties of the flowers. It can also help eliminate white spots from the cornea when combined with rock salt and an astringent. Hysteria, anxiety, memory loss, syncope, and other conditions are treated with Ashwagandharishta, which is made from it. It is also consumed for nervous exhaustion, insomnia, neurodegenerative diseases, memory loss [2]. It is also used as anti-inflammation, anti-cancerous, general weakness, impotency and respiratory disorders [3]. A randomized controlled trial has suggested its role in the treatment of anxiety and depression in schizophrenia [4]. Its role in health and healing has also been observed [5]. As studies show its role on immunity so we should consume it in our daily lives for variety of benefits.

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