

Withania somnifera

- ❖ **Ashwagandha** is an adaptogenic herb commonly used in Traditional medicine.
- ❖ The active compounds in Ashwagandha are called **withanolides**.

Benefits of Ashwagandha

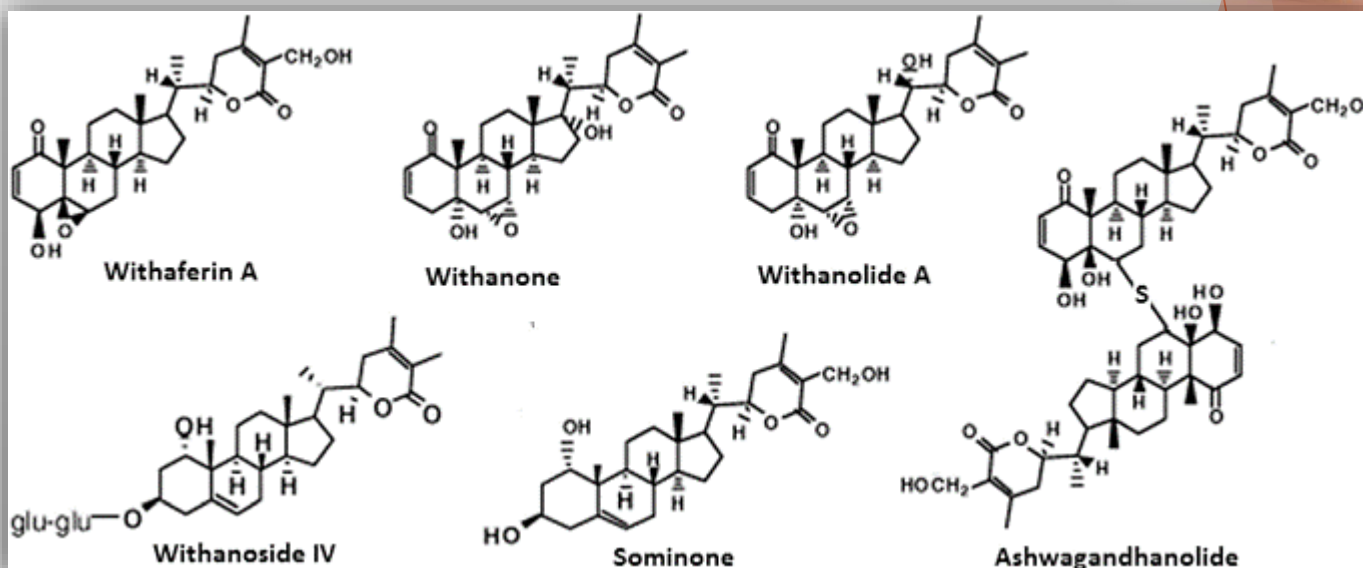


- Helps your body adapt to stress
- Aids in overall wellbeing and vigor
- Supports a calm mind
- Promotes more restful sleep
- May increase stamina and strength
- Improves digestive function
- Lowers inflammation in the body



• Health Benefits of Ashwagandha

Stress and Anxiety Relief, Enhances Physical Performance, Increases strength and endurance, Boosts Immunity, Improves Sleep, Cognitive Function, Hormonal Balance.



❖ Why Konark?

- **Farm to Ingredient (FTI)** approach embodies **Konark Herbals'** dedication to natural, sustainable, and high-quality herbal products, ensuring every step, from farming to final product, is done with integrity and care.
- Ashwahgandha is one such one of our FTI which is grown, harvested, and processed into ingredients.
- It is **planted late in the rainy season** around **August-September** and **harvested in the next May**. The crop is mainly grown on residual fertility. Hence, no manure or fertilizers are recommended.



❖ Konark can provide

Whithanolides	Percentage	Method
Whole plant	0.5 – 15%	HPLC
Root extract	0.5 – 5 %	GV

❖ Dose:

The typical dosage of Ashwagandha varies depending on the form and the specific reason for use.

Powder form:

1 to 2 teaspoons (about 3 to 6 grams) per day.

Capsules/tablets:

300 mg to 500 mg of standardized extract, usually taken once or twice per day.

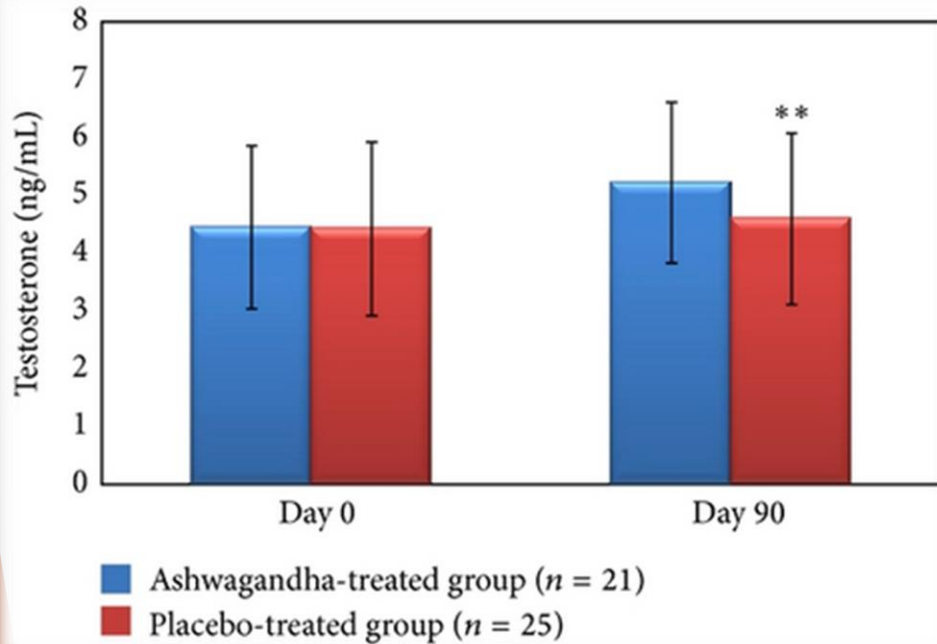
Standardized extract (with withanolides):

250 mg to 600 mg daily.



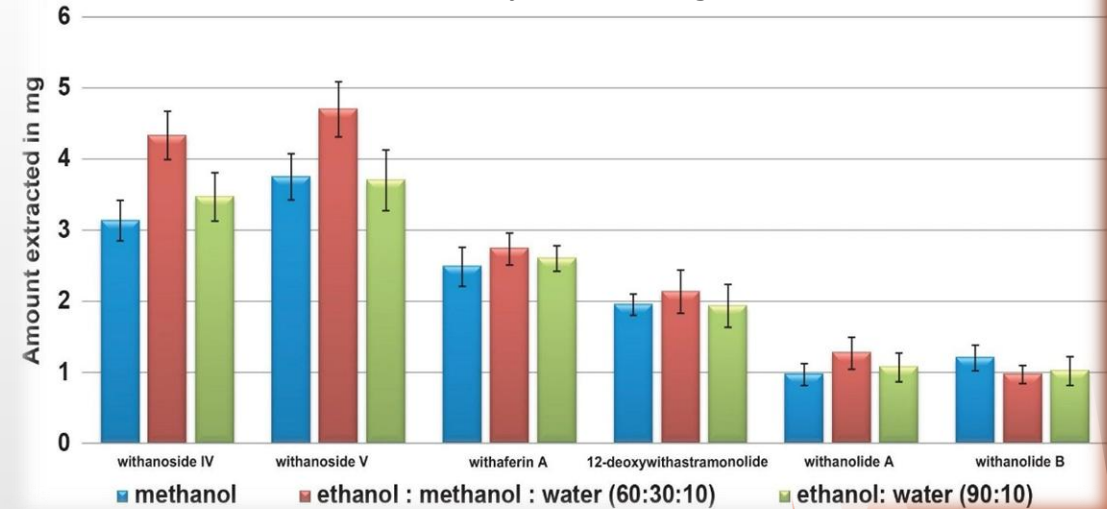
❖ Analysis:

- The most common and reliable method used for analyzing ashwagandha is **HPLC** because of its accuracy, sensitivity, and ability to quantify specific bioactive compounds like **withanolides**.
- Also be analyzed by **GV**.



Groups including oligospermic males. ** $P < 0.0001$ as compared to baseline values on Day 0 of the study duration of 12 weeks.

Effect of different solvent composition on extraction efficiency
HPLC analysis of Ashwagandha



Clinical Evaluation of the Spermatogenic Activity of the Root Extract of Ashwagandha in Oligospermic Males: A Pilot Study

- Pilot study was evaluated the spermatogenic activity of Ashwagandha root extract in oligospermic patients.
- Forty-six male patients with oligospermic were enrolled and randomized either to treatment with a full-spectrum root extract of Ashwagandha or to placebo in the same protocol.
- Semen parameters and serum hormone levels were estimated at the end of 90-day treatment.

❖ Studies on Ashwagandha:

- **Ashwagandha in brain disorders: A review of recent developments**

This review aims to critically assess and summarize the current state and implication of Ashwagandha in brain disorders. The study mainly focused on the reported neuroactive phytoconstituents, available marketed products, pharmacological studies, mechanism of action and recent patents published related to neuroprotective effects of Ashwagandha in brain disorders.

- **Effect of standardized root extract of Ashwagandha on well-being and sexual performance in adult males: A randomized controlled trial**

Randomized, double-blind, placebo-controlled study, investigated the aphrodisiac property of an ashwagandha root extract in adult males. Fifty participants with lower sexual desire were randomly allocated to take 300 mg of ashwagandha root extract or placebo capsules twice daily. Outcomes were measured using the derogatis interview for sexual functioning-male (DISF-M) questionnaire, serum testosterone, serum prolactin, and short-form survey - 36 quality of life questionnaire before and after the intervention.



Reference

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