

Plant Species**Accepted Name:** *Withania somnifera* DUNAL**Family:** SOLANACEAE**Synonyms:**

- *Physalis flexuosa* L.

Used in: Ayurveda, Siddha, Unani, Folk, Homeopathy, Sowa Rigpa**Habit:** Un-shrub**Distribution:** Globally the species is distributed in Africa, Mediterranean to India and Sri Lanka. In India it is distributed in the sub-Himalayan tracts, ascending upto 1000 m. It is found in Himachal Pradesh, Punjab and throughout the drier parts of India. This species is globally distributed from Africa to Sri Lanka. Within India, it is distributed in the sub-Himalayan tracts, ascending upto an altitude of 1000 m. It is found throughout the drier parts of India.**Common Uses**

The root of Asvagandha is used in the form of powder to treat consumption, excessive emaciation, bronchial asthma, rheumatic ailments, insomnia, cardiac diseases, wound due to accident, suppression of urine, and for conception in sterility, Rejuvenative / As Rasayana Mandukaparni, (*Centella asiatica*) sankhapuspi (*convolvulus microphylla*?) , asvagandha and satavari (*asparagus racemosus*) should be used in order to promote intellect, life-span, stability and strength (AH.U.39.61) One may also take powder of sarkara, asvagandha and pippali (*piper longum*) mixed with ghee and honey (SS.U.41.41) Weight loss in children / Balasosa Ghee is cooked with one-fourth paste of asvagandha and ten times milk. It promotes development of body and is useful in emaciated children (VM.67.9)

Languages (No. of Names) :	Vernacular Names
Arabic (4) :	ain-ul-ghurab, fuqqaysh, kaknaje-hindi, tukhme hayat
English (1) :	ashwagandha
Hindi (10) :	asgand, asgandh, asgandhi, ashgandh, ashgandha, ashwagandha, aswagandha, chirpotan, punir, rashbhari
Kannada (35) :	amakire, amangara gida, amangura, amikkira-gadday, ammagura, amukkire, angara gadde gida, angara, angara baeru, angura gedde, anukeere, ashvagandha, ashvagandhi, ashwagandhi, asvagandha, asvagandhi, aswagandha, baiseyabara gida, hiremaddina, hiremaddina baeru, hiremaddina gida, hiremaddu, hirimaddina, hirimaddina-gadday, hirregadday, kiremallinagida, kirimaddana, kudure, manmatha shakthi, mohini gida, rathi gida, shakti gida, sogade-beru, sogadeberu, viremaddinagaddi
Malayalam (4) :	amukkiram, amukkuram, pevett, pevetti
Marathi (6) :	asagandha, askand, askandha, domdalaki, kanchuki, tilli
Persian (2) :	asgandh-e-nagori, kaknaje-hindi
Sanskrit (39) :	amukkura, ashvagandha, ashvakandika, ashvaroha, ashvavarshaka, ashwagandha, asvagandha, aswagandha, balada, balaja, gandhapatri, haya, hayagandha, hayapriya, kala, kambuka, kamrupini, kushthagandha, kushthagandhini, palashaparni, priyakari, punya, pushtida, pushtipavira, rajgandha, shyamala, turagagandha, turagi, turangagandha, vajigandha, vajigandhika, vajikari, vajini, varada, varahakarni, varahapatri, vataghni, ushuvaghendi, wajie ganaha

Tamil (117) : acaiyu, achuvagandi, acupam, acurakenti, acuvacceti, acuvakantai, acuvakantam, acuvakanti, acuvakanti 1, acuvakanti 2, acuvakenti, acuvakkilanku, acuvam, acuvam 1, acuvam 2, acuvapalam, akavu, akavu 1, akavu 2, allivatali, amkkura kilangu, amkulang, amkulang-kalang, amukkanankilanku, amukkara, amukkarankilanku, amukkilacceti, amukkinankilanku, amukkira, amukkira ver, amukkira-kilzhangu, amukkirak kilanku, amukkirakkilangu, amukkiran kilanku, amukkirankilanku, amukkiri, amukkknravi, amukkura, amukkura kizhangu, amukkura-virai, amukkurak kizhangu, amukkurak-kizhangu, amukkuravi, amukkuravu, amukran-kizhangu, amuttaraci, ankulan, ankulang, asubam, asuvagandi, aswaganthi, atitarikam, atittikam, avarokam, ceravilankam, cevvilankam, irulicceti, iruliccevi, kampukastam, kantapattiram 1, karappantalai, kenta, kenta 3, kiravarokacam, kiriccevi, kiticcevi, kolanakutaver, kolari, makanti, makanti 2, matalinkam, matanalinkacceti, matanalinkam, matappurakkanniram, matappurallamniram, matarika, matarikacceti, muttaci, muttarati, muttati, muttati 1, nakutam, nattuamukkirakkilanku, palapali, paricata, parikikanti 1, parikkanti, parikkanti 2, parikkantikkilanku, peyvetti, piratakam, pivari, pivari 1, pivari 2, tanuka, tanupara, tanupari, turki, uni, uni 1, uni 2, unikkilanku, vacikantam, vacikenta, valliayai, valliayai, varakakarni, varakarakkilanku, varucu, vippuruti nayakan, vippurutinayakam, vippurutinayakan, virpurtinayakam, virpuruti nayakacceti, virpurutinayakacceti, virpurutinayakam, amkoolang-kalung

Telugu (16) : ashvagandhi, asvagandhi, dommadolu, pannirugada, penneroo, penneroo-gadda, penneru, penneru gaddi, pennerugedda, pillivattitige, pillivendram, pillivendramu, piniru, pulivendramu, vaajigandha, vajigandha

Tibetan (3) : a sa ga ndhi (d), a swa ga ndhi (d), ba-dzi-ga-ndha

Urdu (6) : asgand, asgand nagori, asgandh, asgandh-e-nagori, asgund, isgand nagori

Parts Used (No. of Names) :	Trade Name
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Not recorded (21) : AMUKKURAM, ASGANDH (ANGUTHA), ASGANDH (MEDIUM), ASGANDH (SPECIAL) (BADHIYA), ASGANDH CHURI TUKADI, ASGANDH NO. 1, ASGANDH NO. 2, ASGANDH SPECIAL, ASHGANDH, ASHGANDH NO.1, ASHGANDH SPL., ASHGANDH THIN, ASHVAGANDHA BOLD, ASHVAGANDHA MEDIUM, ASHWAGANDHA, ASHWAGANDHA GHANVATI, ASHWAGANDHA No. 1, ASHWAGANDHA NO.1, ASHWAGANDHA POWDER, ASHWAGANDHA SPECIAL, ASHWAGANDHA, ASAN

POWDER (1) : ASHWAGANDHA

ROOT (5) : AMUKKARA, ASGANDH, ASGANDH(NAGORI), ASHWAGANDHA, ASHWAGANDHI BERU

ROOTS (4) : ASGANDH, ASGANDH, ASHWAGANDHA, ASHWAGANDHI BERU, WITHANIA SOMNIFERA

TUBERS (1) : AMUKKARA KIZHANGU



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