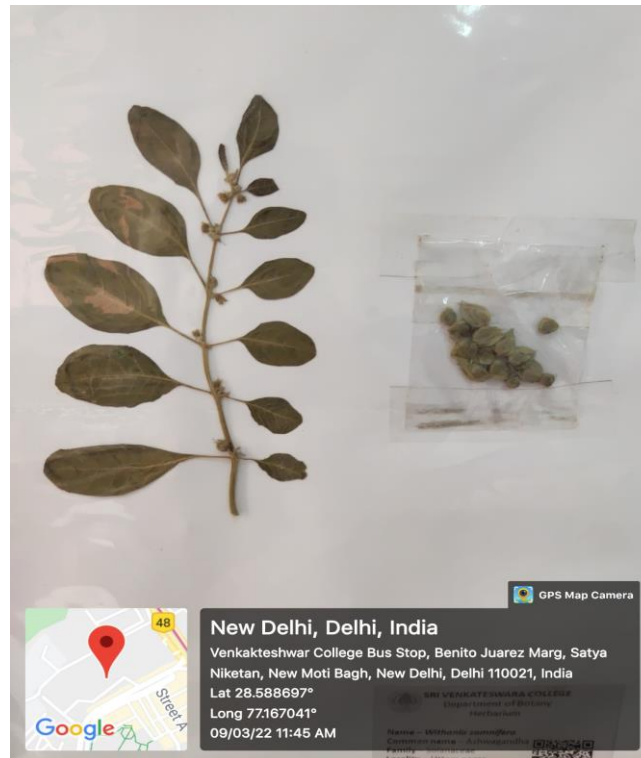


# *Withania somnifera*



**Common Name:** Ashwagandha

**Scientific Name:** *Withania somnifera*

**Family:** Solanaceae

It is an annual evergreen shrub that grows in India, the Middle East and parts of Africa. The species is a short, tender, perennial shrub. Tomentose branches extend radially from a central stem. Leaves are dull green and elliptic. The flowers are small, green and bell-shaped. The ripe fruit is orange-red.

**Economically Important Part:** Leaves, Roots

**Economic Importance:** It is an important medicinal plant largely used in reducing stress and anxiety. It helps in treating neurological disorders. It improves blood sugar level, cures inflammation, enhances mood etc.