

Indian Winter Cherry - Ashwagandha

Ashwagandha, also known as "**Winter Cherry**," improves the body's ability to maintain physical effort and helps the body adapt to various types of stress. Perhaps the most famous Ayurvedic rejuvenative botanical used in many tonics and formulas, Ashwagandha is a rejuvenative that helps maintain proper nourishment of the tissues, particularly muscle and bone, while supporting the proper function of the adrenals and reproductive system.



Used by both men and women, it acts to calm the mind and promote sound, restful sleep. Ashwagandha works as an adaptogen, promoting the body's ability to maintain homeostasis and resist stress. It prevents or minimizes imbalances that may lead to disease, whether from poor diet, lack of sleep, mental or physical strain, or chemical toxins in the environment. It is especially beneficial in stress related disorders such as arthritis, hypertension, diabetes, general debility, etc. It has also shown impressive results when used as stimulants for the immune system. Ashwagandha is a unique herb with anti-stress adaptogenic action that leads to better physical fitness and helps cope with life's daily stress.

Ashwagandha can be helpful in reducing stress, general debility, depression & moodiness, aging, fatigue (temporary and chronic), anxiety, depressed immunity, sexual debility in men, infertility, memory loss, and hormonal imbalances. It is recommended for stress induced disorders, rheumatic disorder, anxiety neurosis, wounds and ulcers, and weakness due to prolonged illness. Ashwagandha can be useful for patients with cancer who are being treated with standard chemotherapy .

Herbal Actions:

Tonic, nervine, sedative, nerve restorative, adaptogen, aphrodisiac, anti-inflammatory, rejuvenative, hypotensive, antispasmodic, antiarthritic. Ashwagandha is called Rasayana, which means powerful rejuvenator in Ayurvedic terminology. It increases hemoglobin (red blood count) and hair melanin.

Traditional Uses:

In Ayurvedic theory Ashwagandha balances both nervous system and musculoskeletal system. Therefore, it is helpful with fatigue and nervous exhaustion and increases digestive heat in chronic conditions. In arthritis, which involves joints that are painful, dry, swollen and inflamed, Ashwagandha would be the herb of choice.

Ashwagandha is effective for insomnia but does not act as a sedative. Its rejuvenative and nervine properties produce energy which in turn helps the body to settle and sleep. Thus it helps the body address a stress related condition rather than masking it with sedatives. A herb that rejuvenates the nervous system erases insomnia and eases stress.

Contraindications:

To date, no side effects have been reported with Ashwagandha.

Comments:

Ashwagandha is sometimes referred to as the Indian Ginseng. It is widely used in Ayurveda and is known to help relieve stress, restore muscle and body tissue, relieve chronic fatigue and aid in

rheumatism. It is commonly used as an aphrodisiac and helps prevent male sterility. Ashwagandha helps the body adapt to stress, but it also rebuilds the nervous system without stimulating it. Recent research points out that Ashwagandha may be the best herb to take for the support of adrenal exhaustion. Many people suffer from adrenal exhaustion and are misdiagnosed with Chronic Fatigue Syndrome or simply walk out of the doctors office without any clear idea as to why they feel so fatigued and stressed all of the time. Caffeine, nicotine, processed foods and processed sugar take their toll on the Adrenal glands and leave the victim fatigued, depressed and often bewildered as to what to do with themselves. Ashwagandha helps the Adrenals recover quickly to a balanced state assuming the offending bad habits are stopped.

Ashwagandha is specifically used for a wide range of conditions including arthritic inflammation, anxiety, insomnia, respiratory disorders including emphysema, asthma bronchitis and coughs, nervous disorders, gynecological disorders, especially female and male infertility and impotence. Ashwagandha is one of the main herbs for promoting ojas and rejuvenating the body. In Ayurvedic medicine, Ashwagandha is known to protect the body from illness by maintaining the healthy balance of physical energies.

Ingredients:

Standardized extract of: Ashwagandha (*Withania Somneriferum*) 1.5% Withanoloids, 1% Alkaloids

Suggested use:

One capsule two times daily or as directed by your physician
60 vegetarian capsules 500 mg each

Winter Cherry General Information

Winter Cherry is a perennial plant with upright, branched stems growing to about 2 feet tall. It has oval, pointed leaves and whitish petals of Winter Cherry that drop off as the calyx expands. When mature, the calyx contains a red fruit resembling a cherry. This plant is also known as bladder cherry because the pod resembles a bladder, but also physalis, is the Greek word for bladder. Because of its looks, ancient herbalists used Winter Cherry as a remedy for kidney and bladder stones. In the 16th and 17th centuries, the fruit was used as a diuretic for expelling bladder stones and promoting urine flow.

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Winter Cherry Uses & Scientific Evidence For

Winter Cherry is useful as a diuretic and works well with a variety of urinary problems such as kidney and bladder stones, fluid retention, and gout. This plant is also used for treating arthritic problems and reducing fever. The leaves and stems can be used as a tonic for the malaise that follows malaria and for weak or anemic persons. It has also been used to eliminate colic and diarrhea.

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Winter Cherry Dosage Information

Winter Cherry comes in various forms and is an ingredient in other products. For best results, read and follow product label directions.

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Winter Cherry Safety & Interaction Information

Winter Cherry is generally regarded as safe when taken in the recommended doses. If you are taking any medications (prescription or over-the-counter) it is best to seek the advice of your physician before using Winter Cherry for the treatment of your condition.

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Ashwaghanda is an Ayurvedic herb similar to Indian ginseng that has been traditionally used for libido, fatigue, mental problems, concentration, memory, general debility, nervous and sexual debility, headaches, drug burnout, rejuvenation and recovery from prolonged illness.

Official Latin Name: *Withania somnifera*



Historical Uses:

The historical information presented here is for educational purposes only. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Ashwaghanda is also known by the names Ashwagandha, Winter Cherry, Indian Ginseng, and Withania. Ashwaghanda, which belongs to the pepper family, is found in India, Pakistan, Sri Lanka, and Africa. The medicinal part of this herb is the root. The shoots and seeds are also used as food, and to thicken milk. Ashwaghanda is an important herb used in Ayurveda. The name comes from the peculiar odor of this herb, a smell akin to that of a sweaty horse. Ashwaghanda in India is akin to [Ginseng](#) in other parts of the Orient. Both herbs are touted for their longevity enhancing and sexually stimulating properties, however Ashwaghanda is considered to be milder and less stimulating than Ginseng. Ashwaghanda has been used for 4000 years in traditional Indian medicine - it was used for tumors, inflammation (*including arthritis*), and a wide range of infectious diseases. Traditional uses of Ashwaghanda among tribal peoples in Africa included fevers and inflammatory conditions. Modern herbalists classify Ashwaghanda as an adaptogen, a

substance said to increase the body's ability to withstand stress of all types. Like other adaptogens, Ashwaghandha is supposed to improve physical energy, exercise capacity, and overall health. It also strengthens immunity (*against colds, flu, and other infections*), increases sexual capacity, improves fertility, and normalizes cholesterol levels. As its name "*somnifera*" suggests, it is also sometimes said to produce mild sedation (*an effect potentially useful for those troubled by insomnia or anxiety*). However, as yet the evidence for these and other potential benefits is limited to highly preliminary studies at best. The primary chemical constituents of this herb include alkaloids, steroidal lactones, and iron. Studies with rats and human volunteers have shown that Ashwaghandha is helpful in putting cancer tumors into regression (*used as an alcoholic root extract*) and in reducing inflammation in rheumatoid arthritis. The plant's high steroid content was found to be more potent than hydrocortisone in animal and human arthritis. Compounds known as withanolides are believed to account for the multiple medicinal applications of this herb. Ashwaghandha has also been shown to relieve pain by lowering serotonin levels, which contribute to the sensitivity of pain receptors in the body. It is considered a good tonic for the mind and useful for those who have overindulged in work, drugs, or alcohol.

Available Product Form: Capsules - 570 mg. each (*Standard Gelatin, Pure Vegetable, –and- Certified Kosher capsules are available*)

Available Purchase Sizes: Sealed Bottles of 30, 60 or 350 capsules.

Herbal Ingredients: 100% Ashwaghandha 4:1
(*This product does NOT contain fillers, grains, soy, yeast, sugars, binders, excipients, starches, or synthetic materials.*)

Recommended Dosage: Take two (2) capsules, two (2) times each day with water at mealtimes.

Product Warnings: This product has no known warnings or contraindications.

Pricing / Ordering:

ASHWAGANDA

Winter cherry is becoming a favorite adaptogen of many western herbalists because of Ashwaganda's unique properties. Translated it means "the sweat of 10 horses" which clinically translates into the "strength of 10 horses". But unlike ephedra or ginseng, Ashwaganda is not a stimulant. In the long run, a stimulant will leave the body depleted. Ashwaganda helps the body adapt to stress, but it also rebuilds the nervous system without stimulating it. The proof that Ashwaganda is not a stimulant is that it is a wonderful sleep tonic. It helps give the body the energy it needs to sedate itself and put itself to sleep. In the morning it helps build the immune system and musculo-skeletal systems, both of which are negatively impacted by stress. By both calming and rebuilding the nervous system this herb exhibits qualities which are perfect for helping those under stress.

