

ASHWAGANDHARISHTA: A REMEDY**¹Dr. Pravin Kumar and ²Dr. Geeta D. Parulkar**¹M.D. 2nd Year (Kayachikitsa) R.A. Podar Medical College Worli, Mumbai-18.²M.D. PhD. (Chikitsa) Mumbai Professor (Chikitsa) R.A. Podar Medical College Worli,
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09 Aug. 2016,Revised on 29 Aug. 2016,
Accepted on 19 Sept. 2016

DOI: 10.20959/wjpr201610-6837

Ashwagandharishta is an Ayurvedic Liquid Preparation used in many ailments and general debility. It is also a health tonic, which helps for restoring strength after a long standing disease and improves overall health.

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Generally, Ashwagandharishta is beneficial in all 'Vata Predominance Diseases' according to Ayurvedic Science. It is a good remedy for men's health problems including Infertility and Impotency.

It helps people suffering with Depression, Mental Disorders and Dementia etc.

Ingredients – The contents of Ashwagandharishta and its description as follows:

Withania Somnifera – Ashwagandha

Chlorophytum Tuberosum – Mushali

Rubia Cordifolia – Manjistha

Terminalia Chebula – Haritaki

Curcuma Longa – Haldi

Berberis Aristata – Daruhaldi

Glycyrrhiza Glabra – Mulethi

Pluchea Lanceolata – Rasna

Purraria Tuberosa – Vidarikand

Lerminalia Arfuna – Arjuna

Cyperus Rotundus – Mustak

Ipomoea Turpethum – Trivrit

Hemidesmus Indicus – Sariva
Crybtolepis Buchanani – Kali Sariva
Santalum Album – Chandan
Acorus Calamus – Vacha
Plumbago Zeylanica – Chitrak

Other ingredients

Water
Honey

Medical properties of this yog**Primary Actions: as**

General tonic
Adaptogen
Aphrodisiac
Antiinflammatory
Immunomodulator
Uterine tonic
Antidepressant
Anti stress
Anti anxiety (Anxiolytic)
Antioxidant

Secondary Actions: as

Heart tonic
Energy booster
Athlete or sports supplement
Digestive stimulant
Mild sedative
Mild analgesic

Therapeutic indications

Physical weakness
Fatigue
Loss of Weight

In Psychological Problems: like

Anxiety

Depression

Stress

Sadness and drowsiness

Anorexia nervosa

Sleeplessness or Insomnia

In Neurological Disorders: like

Chronic headache, Migraine

Dementia, Memory loss

Vertigo due to Brain atrophy

Dosage – 20 to 30 ml[with equal quantity of water immediately after meals, twice a day, for 2 to 3 weeks].

Side effects

Acidity

Heartburn

Gastritis

Mouth ulcers

Sore throat

Ref – Bhaishajya Ratnawali.