ASHWAGANDHARISHTA: A REMEDY

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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.

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 Tuberum – Mushali
Rubia Cordifolia – Manjistha
Terminalia Chebula – Haritaki
Curcuma Longa – Haldi
Berberis Aristata – Daruhaldi
Glycyrrhiga Glabra – Mulethi
Pluchea Lanceolata – Rasna
Purraria Tuberosa – Vidarikand
Lerminalia Arfuna – Arjuna
Cyperus Rotundup – Mustak
Ipomoea Turpethum – Trivit
Hemidesmus Indicus – Sariva  
Crypolutepis 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
Sour throat

Ref – Bhaishajya Ratnawali.