

Withania somnifera

Scientific classification

Kingdom : Plantae
Clade : Angiosperms
Order : Solanales
Family : Solanaceae
Genus : *Withania*
Species : *W. somnifera*



Withania somnifera

DESCRIPTION:

This species is a short, tender perennial shrub growing 35–75 cm (14–30 in) tall. Tomentose branches extend radially from a central stem. Leaves are dull green, elliptic, usually up to 10–12 cm (4 to 5 in) long. The flowers are small, green and bell-shaped. The ripe fruit is orange-red.

MEDICINAL USES:

Withania somnifera, commonly called ashwagandha, is a winter cherry tropical to the Solanaceae family that is used in treating a wide variety of illnesses including asthma, diabetes, hypertension, stress, arthritic diseases, and cancer.