

About Ashwagandha

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Ashwagandha is a one of the important medicinal plant. In telugu it is called as Penneru Gaddalu. Ashwagandha belongs to the family solanaceae. Ashwagandha is an important drug in ancient Ayurvedic and Unani preparations. Generally, the dry roots of this plant are used for joint pain or inflammatory conditions. It is also support the immune system. It may enhance strength and stamina.

The roots of Ashwagandha contains alkaloids like with anine and somniferine. The alkaloids between 0:13 to 0:31 percent. the fresh leaf juice of Ashwagandha is applied for anthrax pustules.

Ashwagandha is a late rain season (Kharif) crop. It prefers sandy loan (or) light red soils and PH of soil is 7.5 to 8.0. Generally seeds can be sain directly in the field by broadcasting. A seed rate of 5kg per acre is sufficient. The best time for sowing of Ashwagandha July second week. The intercultural operations takes place after 20 – 25 days after sowing.

Generally Ahwagandha grown as a rain fed crop Hand weeding at 25 – 30 days interval. No serious pests and diseases are reported in this crop. Maturity of the crop is judged by drying out of leaves and yellow red berries. The crop harvested at 150 – 170 days after sowing. The yield of Ashwagandha 250 – 300 kg of dry roots per acre.



Ashwagandha Plant



Ashwagandha Roots



Ashwagandha Root Powder