



Ashwagandha TINCTURE

REGENERATIVE TONIC

Calming tonic

NPN 80075845

50 ml

Each ml contains

Ashwagandha	fresh root	<i>Withania somnifera</i>	1:3	317 mg	Organic
Alcohol 38% to 43%, certified organic					

DOSAGE

INTERVENTION: 3 to 3.5 ml, 3 times per day, maximum 2 weeks.

TREATMENT: 2.5 ml, 3 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water, 15 to 30 minutes before meals. For long-term treatment, use 6 days out of 7.

MODE OF ACTION

As a calming tonic, ashwagandha promotes the proper functioning of the nervous system. It is appeasing and procures a feeling of calm. It is the ideal tonic for exhaustion and hyperactivity, conditions where Panax ginseng is not recommended due to its stimulating effect. As it mimics the activity of GABA, it has a tranquilizing effect and is used in the treatment of chronic anxiety. It stabilises the mood, relieves symptoms of mild depression and its slightly sedative action helps regulate sleep cycles without causing drowsiness. It is used in Ayurvedic medicine as a regenerative tonic (rasayana) as it improves general health, promotes longevity and stimulates the spirit. It supports the organism when plagued with fatigue, weakness, thinness due to stress and nervous exhaustion. *Withania somnifera* is also used during convalescence, as it helps recover from acute diseases, intense stress or premature aging.

Ashwagandha normalizes the metabolism, stabilises cholesterol levels and promotes cardio-vascular health. It reduces many physiological responses to stress. As an adaptogen, it increases the resistance of the organism and helps it adapt to stress. It acts on the immune system, increasing the production of white blood cells, and promotes a healthy immune response. As an endocrine tonic, ashwagandha stimulates the production and liberation of thyroid hormones and regulates the functioning of the adrenal glands. Athletes and those losing muscle mass will notice an increase in physical performance and endurance when using this herb.

Withania somnifera is also a tonic of the sex organs. In men, it increases the quality of sperm and libido, counters infertility due to stress and helps treat erectile dysfunction. It reduces hair loss due to a testosterone deficiency. It is also a reproductive tonic in women, when used in association with shatavari (*Asparagus racemosus*).

Ashwagandha is an anti-inflammatory and an analgesic that relieves inflammatory conditions such as asthma, psoriasis and joint pain. It protects cartilage, stimulates blood production and has both anti-tumor and anti-proliferation properties. In Ayurvedic medicine, it is considered the best herb to balance Vata.

The main constituents of ashwagandha are alkaloids (isopelletierine, anaferine, ashwagandhinine, withasomnin, withanin), steroidal lactones (withanolide, withaferin), saponins (sitoindoside VII-X), withaferin A, phytosterols and minerals (iron).

HELPFUL ASSOCIATIONS

NETTLE infusion for fatigue and during convalescence.

GREEN OATSTRAW infusion for exhaustion and nervous system troubles.

SKULLCAP tincture for anxiety.

RHODIOLA to increase memory and concentration.

DREAMTOP for sleep disorders.

CAYENNE tincture applied externally for joint pain.

ETHNOBOTANY

Nervous system: fatigue, exhaustion, convalescence, high stress, anxiety, insomnia, cognitive troubles.

Bones and joints: arthritis, joint pain, rheumatoid arthritis.

Reproductive system: infertility in men, erectile dysfunction.

Endocrine system: reproductive tonic, hypothyroidism.

Integumentary system: psoriasis.

HISTORY

Originally from the dry regions of India, Pakistan and Sri Lanka, ashwagandha is a major herb of the Ayurvedic pharmacopoeia. Its Hindi name, asgandh, is a reference to the odor of the roots which resembles that of horse urine. It is said that it gives the endurance and the strength of a stallion, alluding to its virtues as a sexual tonic. In India, it is used traditionally for indigestion, cardio-vascular troubles, arthritis and during convalescence.

CONTRA-INDICATIONS

Consult a health care practitioner if pregnant or breastfeeding.

INTERACTIONS

This product should not be used in combination with alcoholic beverages or any drug or natural health product that has a sedative effect.

REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Bhattacharyya S.K., Muruganandam A.V. Adaptogenic activity of *Withania somnifera*: an experimental study using a rat model of chronic stress. *Pharmacology, Biochemistry and Behavior* 75 (2003) 547 – 555; 2003.
- Biswal B.M., Sulaiman S.A., Ismail H.C., Zakaria H., Musa K.I., Effect of *Withania somnifera* (Ashwagandha) on the Development of Chemotherapy-Induced Fatigue and Quality of Life in Breast Cancer Patients. *Integrative Cancer Therapies* 12(4) 312–322 DOI: 10.1177/1534735412464551; 2012.
- Bone Kerry. A clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- Bove Mary. Exploring Botanicals Impacting Thyroid Function and Female Endocrine Health. Southwest Conference on Botanical Medicine; 2016.
- Buhner Stephen H. Herbal Antibiotics, 2nd Edition. North Adams: Storey Publishing; 2012.
- Caldecott Todd. The benefits of Ashwagandha; 2018.
- Chandrasekhar K., Kapoor J., Anishetty S. A Prospective, Randomized Double-Blind, Placebo-Controlled Study of Safety and Efficacy of a High-Concentration Full-Spectrum Extract of Ashwagandha Root in Reducing Stress and Anxiety in Adults. *Indian J Psychol Med.* 2012 Jul-Sep; 34(3): 255–262. doi: 10.4103/0253-7176.106022; 2012.
- Dogra P., Thanoch M., Singh N.P. Ashwagandha (*Withania Somnifera*) A Rasayna in Ayurveda and Benefits of Its Use than Other Performance Enhancing Substances in Sports Medicine – A Review Article. *International Journal of Physical Education and Sports*, Volume: 2, Issue: 12, Pages: 16-24; 2017.
- Duke James A. The Green Pharmacy. Pennsylvania: Rodale Press; 1997.
- Durga S., Dhaddea S.B., Vandalb R., Shivakumara B.S., Charan S.C. *Withania somnifera* (Ashwagandha) in neurobehavioural disorders induced by brain oxidative stress in rodents: a systematic review and meta-analysis. *Journal of Pharmacy and Pharmacology*; 2015.
- Fetrow, C. W., Avila, Juan R. Professional's Handbook of Complementary and Alternative Medicines. Springhouse: Lippincott Williams and Wilkins; 2004.
- Foster S., Johnson L. R. Desk Reference to Nature's Medicine. Washington: National Geographic Society, 2006.
- Frawley D., Lad V. The Yoga of Herbs. Twin Lakes: Lotus Press; 2001.
- Hawkins Ernest B. From Tradition to Modernity. *HerbalGram* 2001; 53:64-69, American Botanical Council; 2001.
- Hobbs Christopher. East West Article: Herbal Adaptogens ver. 1.1; 2014.
- Jellin J.M., Gregory P.J., Batz F. Hitchens k. et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database, 5th Edition. Stockton: Therapeutic Research Faculty; 2003.
- Krutika J., Tavhare S., Panara K., Kumar P., Karra N. Studies of Ashwagandha (*Withania somnifera* Dunal). *International Journal of Pharmaceutical & Biological Archives* 2016; 7 (1): 1- 11; 2016.
- Kuboyama T., Tohda C., Komatsu K. Effects of Ashwagandha (Roots of *Withania somnifera*) on Neurodegenerative Diseases. *Biol. Pharm. Bull.* 37(6) 892–897 (2014) Vol. 37, No. 6; 2014.
- Mahdi A.A., Shukla K.K., Ahmad M.K., Rajender S., Shankhwar S.N., Singh V., Dalela D. *Withania somnifera* Improves Semen Quality in Stress-Related Male Fertility. Evidence-Based Complementary and Alternative Medicine Volume 2011, Article ID 576962. Doi:10.1093/ecam/nep138; 2011.
- McIntyre Anne. Herbal Treatment of Children. London: Elsevier; 2005.
- Mikolai J., Erlandsen A., Murison A., Brown K.A., Gregory W.L., Raman-Caplan P., Zwickey H.L. In Vivo Effects of Ashwagandha (*Withania somnifera*) Extract on the Activation of Lymphocytes. *Jour Alt Comp Med* Vol. 15, Number 4, 2009. doi: 10.1089=acm.2008.0215
- Mills S., Bone K. Principles and Practice of Phytotherapy. St. Louis: Elsevier; 2000.
- Mills S., Bone K. The essential Guide to Herbal Safety. St. Louis: Elsevier; 2005.
- Mills E., Duguo J.-J., Perri D., Koren G. Herbal Medicines in Pregnancy & Lactation. Abingdon: Taylor&Francis; 2006.
- Mishra L.-C., Singh B.B., Dagenais S. Scientific Basis for the Therapeutic Use of *Withania somnifera* (Ashwagandha): A Review. *Altern Med Rev* 2000; 5(4) 334-346; 2000.
- Peirce Andrea. Practical Guide to Natural Medicines. New York: American Pharmaceutical Association; 1999.
- Pratte M.A., Nanavati K.B., Young V., Morley C.P. An Alternative Treatment for Anxiety: A Systematic Review of Human Trial Results Reported for the Ayurvedic Herb Ashwagandha (*Withania somnifera*). *The Journal of Alternative and Complementary Medicine*. Volume 20, Number 12, 2014, doi: 10.1089/acm.2014.0177; 2014.
- Premila M.S. Ayurvedic Herbs. Binghamton: Haworth Press; 2006.
- Ramakanth G.S.H., Uday Kumar c., Kishan P.V., Usharani P. A randomized, double blind placebo controlled study of efficacy and tolerability of *Withania somnifera* extracts in knee joint pain. *J Ayurveda Integr Med.* 2016 Jul-Sep; 7(3): 151–157. doi: 10.1016/j.jaim.2016.05.003; 2016.
- Romm Aviva. Botanical medicine for women's health. St. Louis; Churchill Livingstone; 2010.
- Romm Aviva. The Adrenal Thyroid Revolution. New York: Harper Collins Publisher; 2017.
- Sanchez J., Jayavelu S. Three Ayurvedic Wonders: Ashwagandha, Brahmi and Holy Basil. Southwest Conference on Botanical medicine; 2016.
- Saroya Amritpal Singh. Contemporary Phytomedicines. Boca Raton: CRC Press; 2017.
- Schulz, Hänsel, Blumenthal, Tyler. Rational Phytotherapy, 5th Edition. Berlin: Springer; 2004.
- Singh Khalsa K.P., Tierra M. The Way of Ayurvedic Herbs. Twin Lakes: Lotus Press; 2008.
- Singh N., Bhalla M., de Jager P. Gilca M. An Overview on Ashwagandha: a Rasayana (rejuvenator) of Ayurveda. *Afr J Tradit Complement Altern Med.* (2011) 8(S):208-213; 2011.
- Tilgner Marie S. Herbal Medicine From the Heart of the Earth, 2nd Edition. Pleasant Hill: 2009.
- Wankhede S., Langade D., Joshi K., Sinha S.R., Bhattacharyya S. Examining the effect of *Withania somnifera* supplementation on muscle strength and recovery: a randomized controlled trial. *Journal of the International Society of Sports Nutrition* (2015) 12:43 doi:10.1186/s12970-015-0104-9; 2015.
- Williamson E., Driver S., Baxter K. Stockley's Herbal Medicines Interactions. Grayslake: Pharmaceutical Press; 2009.
- Winston D., Maimes S. Adaptogens. Rochester: Healing Arts Press; 2007.

Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

