


<p><i>Withania somnifera</i> (L) <i>Dunal</i></p>	
<p>Synonym</p>	<p>ashwagandha</p>
<p>Family</p>	<p>Solanaceae</p>
<p>Distribution</p>	<p>India, the Middle East, and parts of Africa.</p>
<p>Chemical constituents</p>	<p>steroids, saponins, phenolics, flavonoids, phytophenols, and glycosides</p>
<p>Plant part used</p>	<p>leaves, roots, flowers, bark, and stem</p>
<p>Uses</p>	<p>arthritis, impotence, amnesia, anxiety, cancer, neurodegenerative and cardiovascular diseases</p>