



NANDHA SIDDHA

MEDICAL COLLEGE AND HOSPITAL

Pitchandampalayam Post, Erode – 638 052.

அமுக்கரா

Withania somnifera / Ashwagandha



Family: Solanaceae

Part Used: Root

Siddha Medicinal Uses	Active Compounds/Benefits
Root is a tonic enhance stamina, nervous disorders.	Somniferine, Withaferin.
Amukkara enhance the brain function and improves the immunity, memory power.	Aphrodisiac, Sedative.