



## ASGAND

### Root

The drug *Asgand* consists of dried mature roots of *Withania somnifera* (L.) Dunal (Solanaceae); drug yielding plant is perennial shrub, found in waste land, cultivated in fields and open grounds throughout India; widely cultivated in certain areas of Madhya Pradesh and Rajasthan; roots collected in winter, washed and cut into short pieces.

- **Temperament:** Hot & Dry 3?
- **Action(s):** Resolvent of swelling/Anti-inflammatory (Mohallil-e-Waram), General tonic (Muqawwi-e-Aam), Stomachic (Muqawwi-e-Meda), Spermatogenic (Muwallid-e-Mani), Adipogenous (Musammin-e-Badan), Nerves calming agent (Musakkin-e-Asab), Hypnotic (Munawwim).
- **Therapeutic Use(s):** Leucorrhoea (Sailan-ur-Rahem), Spermatorrhoea (Jiryan), Thin consistency of semen (Riqqat-e-Mani), Low Backache (Waja-ul-Qatan), Polyarthrititis (Waja-ul-Mafasil), Sexual debility (Zof-e-Bah)
- **Dose:** 5 to 10 g.
- **Important Formulation(s):** Majoon-e-Sohag, Sonth, Majoon-e-Salab, Zimad-e-Mohallil, Kushta-e-Gaodanti