

Withania somnifera, A Superstar Wonder Plant with More Than 200 Studies

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It's commonly known fact that prevention is better than cure. It is because of these reasons that nowadays plenty of research are happening in traditional medicines to give the people new way of life and weapons to deal with diseases which are making the lives less enjoyable and full of stress. Stress has become second nature for all of us and is now no more secret and has become main stream of living for each of us. In light of this, one of the herbal drug which is *Withania somnifera*, or also known as Ashwagandha is the wonder super star drug over which more than 200 scientific studies have been done. Understanding the importance of this wonder drug the present paper is written to draw attention towards research to be carried out to find cure for ailments for which still medical science has no answers.

Global herbal drugs markets are more than billion dollars and now it has become a multibillion dollar industry. Traditional medicines have been known to mankind since ages. However in present research based and scientific based life, till now more emphasis was on to find one single blockbuster drug which will cure the targeted disease. However, due to rigorous procedures to pass drug through different litmus tests, the launch of such blockbuster drugs has become highly tough aspect.

In light of this fact, herbal drugs which existed since ages, have gained interest in the scientific community and researchers to find scientific proof of drugs healing us since years. The global herbal drug market is now, valued more than 70 billion USD, in fact 71.19 billion USD. These figures are really interesting since herbal remedies have no side effects, compared to the conventional drugs or the allopathy drugs which do have side effects associated with them.

One such wonder or super star herb is Ashwagandha or botanically known as *Withania somnifera*. Till now more than 200 studies have been carried out on the plant and most of the results from the scientific and research studies, have come out really fascinating, looking at the all round qualities this wonder plant has, if its medicinal value is taken into consideration. Plenty of research has proved that *Withania somnifera* can cure cancers and can rejuvenate our health through its tonic effects and as wonder stress buster.

During research, it was found that the plant has high potential of curing, Cancers, Chronic stress, Skin cancers, helpful in preventing liver toxicity, effective in reducing dementia, can cure Alzheimer's disease, helpful in bringing up respiratory capacity, increasing metabolic capacity and

efficiency, effective in Leshmaniasis, reducing oxidative stress in type II diabetes, having Nootropic activity, memory enhancing activity, preventing tooth decay, highly effective in reducing symptoms in tuberculosis, effective in Parkinson's disease, increasing glucose tolerance, effective in treating depression, reducing oxidative stress in the body, effective in renal cancers, breast cancers, highly effective on obsessive compulsive disorders. [1]

The phyto constituents in the plant are highly beneficial in wide range of disease and disease conditions. As the phyto constituents have activity to destroy free radicals, it can be highly effective in diabetic nephropathy, Ulcers - both Gastric ulcers and ulcers due to stress.

Since the tonic from the plant can help in elevating the mood of the person, it can very well be used in treating addictions in the people. People who are addicted to alcohol and smoking, can very well be cured using tonics from this herbal plants and thus can help in preventing liver damages and cancers, which occur due to consumption of alcohol and smoking.

Withania somnifera extracts can be used as tonics and can be included in daily intake regimens, so than plenty of diseases can be prevented rather than curing them through different drugs and treatment modalities.

This letter, highly recommends, that plant extracts from *Withania somnifera* shall be used as a preventive medication, which can help in reducing the numbers of morbidity and mortality rates due to wide range of dominating diseases which have reduced the joy of life for many people across the world.

REFERENCE

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