



Manipal Natural  
PRIVATE LIMITED



**ASVAMAN**<sup>®</sup>  
Ashwagandha of Life



#### **General Description :**

Botanical Name : *Withania somnifera* (L.) Dunal

Family : Solanaceae

Common Name : Ashwagandha, Indian Ginseng

Part Used : Roots

#### **Introduction :**

*Withania somnifera* in the family of Solanaceae is usually called "Ashwagandha", Indian ginseng, poisonous gooseberry, or winter cherry.

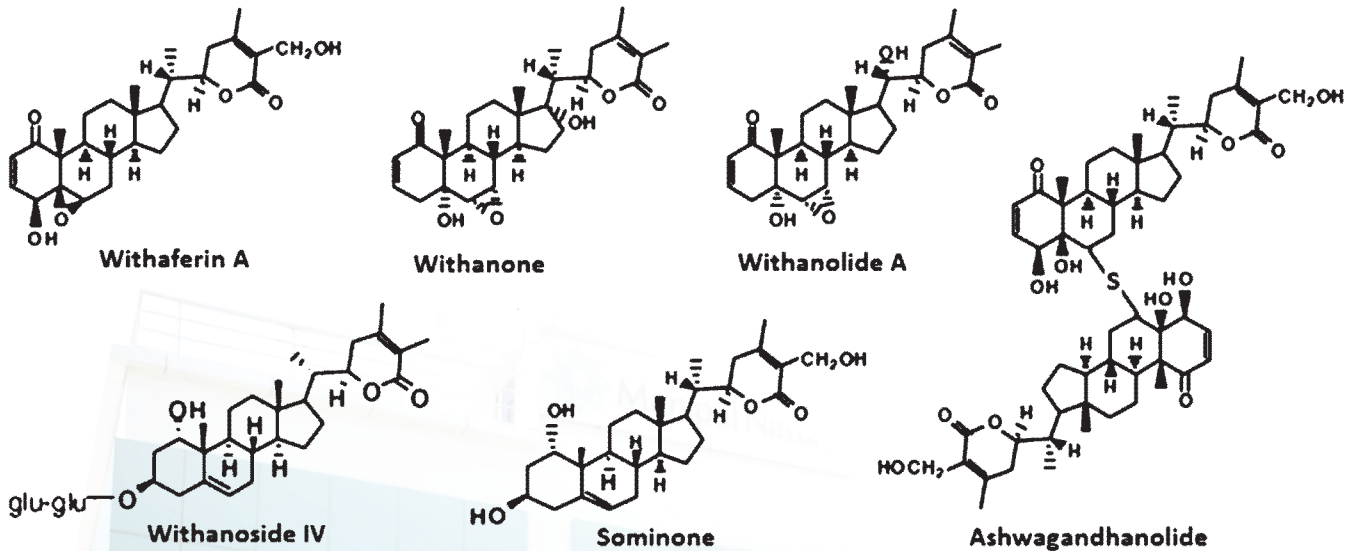
Ashwagandha is a popular herb used in traditional Indian medicine (Ayurveda) for stress relief and to improve general health. Leaves, roots, seeds, fruits, and flowers are used to treat impotence and enhance sexual desire with other conventional plants, either alone or in the polyherbal formulation.

Ashwagandha (*Withania somnifera*) is well-documented herb in Ayurvedic medicine as a “rasayana” and “adaptogen” for promoting youthful energy, longevity, muscle strength and endurance, and overall well-being.

**Phytochemistry:**

Withanolides are present in all plants in the Solanaceae family of plants, of which *Withania Somnifera* (Ashwagandha) is the highest in concentrations (1). The

plants are rich in phytochemicals such as alkaloids, steroids, terpenoids, etc., which are important parts of food and folk medicine. Ashwagandha is a source of withanolide structures, which are either steroidal lactones (the basic four ring steroid structure with the five carbon lactone group on the top right of the structures) or the glycosides thereof and found to be the main and unique components present.



ASVAMAN® is a clinically proven branded extract prepared from Awshwagandha by Manipal Natural Pvt. Ltd., India.

In a randomized, placebo-controlled study healthy male participants who took ASVAMAN® capsules (300 mg) showed improvement in individuals’ stress resistance, physical function, sexual well-being, overall quality of life, energy and endurance during the 42-day study period.

**Applications:**

- Improvement in Muscle Strength & Energy
- Decrease in Cortisol Level
- Improvement in Sexual health

**Recommended Intake:**

300 mg twice a day

**Available grades:**

- *Withania somnifera* root extract - 1.5%, 2.5%, 5%, 8% total withanolides (Gravimetry)
- *Withania somnifera* root extract - 1.5% 2.5%, 5.0% total withanolides (HPLC).

**References:**

1. Chen LX, He H, Qiu FNatural withanolides: an overviewNat Prod Rep.(2011 Apr)



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