

ASHWAGANDHA



Walk into any wellness expo, pharmacy, or scroll your phone in 2025, and you'll see **Ashwagandha (Withania somnifera)** everywhere. Whether it's mass sampling drives, national conferences, or influencer posts touting **"stress-less living,"** Ashwagandha is being marketed as **the magic herb!**

Ashwagandha's Ever-Expanding Appeal

From energy-boosting capsules to calming teas, fancy lattes and even chewy gummies, Ashwagandha has reinvented itself for every lifestyle. Skincare brands tout extracts for **"age-defying glow."**

Why Medical Guidance Still Matters

Remember, **Ashwagandha** is a **medicinal herb**, not a food!



This will interact with **thyroid medications and immuno suppressants.** Increase the **effects of sedatives** and **blood pressure medicines.**

So prescription is essential for real, sustained results

The next time Ashwagandha fever catches your eye, remember—true wellness begins with right awareness

For doubts and queries, please reach out:

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