

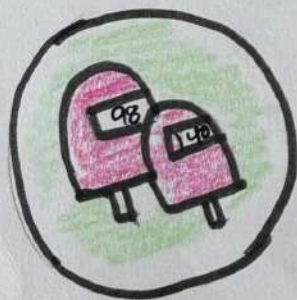
ASHWAGANHA



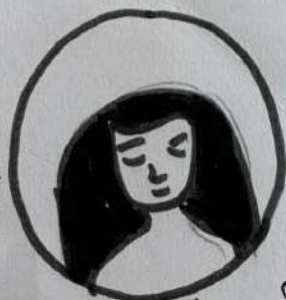
- PRODUCE NATURAL SKIN OILS
- MOISTURISES SKIN
- ACT AS ASTRINGENT



REDUCES INFLAMMATION



MAINTAINS BLOOD SUGAR LEVELS



- Stimulate scalp
- Fight dandruff
- Improve blood circulation



IMPROVES BONE HEALTH

HELPS TO FIGHT



WITH CANCER

IMPROVES HEALTH OF HAIR AND SKIN

REDUCE STRESS

IMPROVES HEART HEALTH

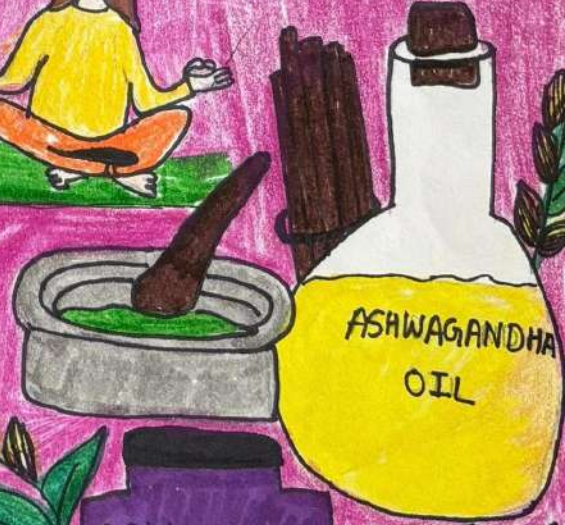
REDUCE SUGAR LEVEL

MAKE BONE STRONGER

BOOST IMMUNITY



ASHWAGANDHA
"Need for the Hour"

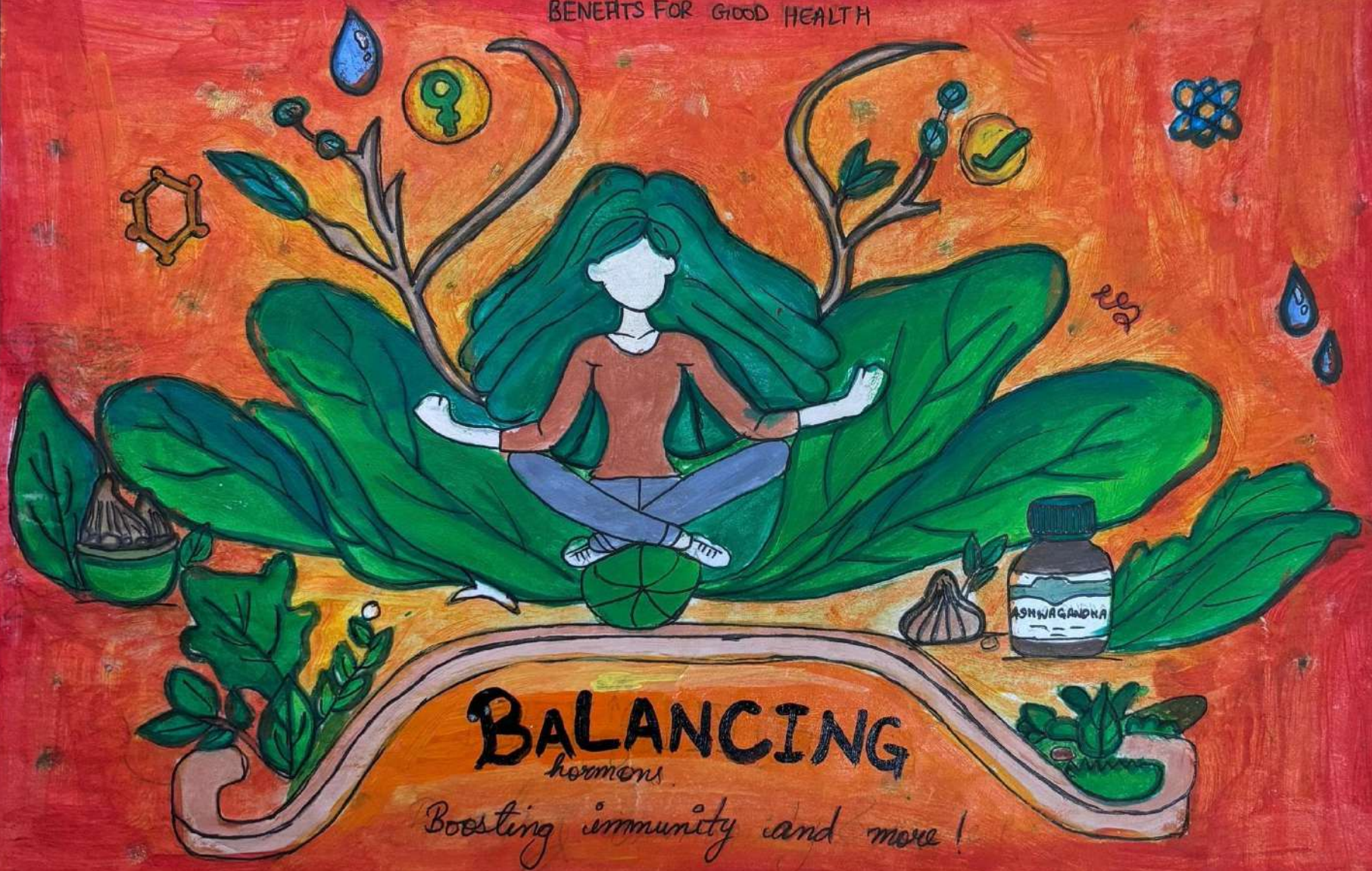


ANAHITA
T-A GUPTA
GURU NANAK PUBLIC SCHOOL

ASHWAGANDHA
TABLETS

ASHWAGANDHA

BENEFITS FOR GOOD HEALTH



BALANCING
hormons

Boosting immunity and more!

Ashwagandha

Improve Sleep

Stress Relief

Immune Support

Enhance Focus

Anti-diabetic

Mood Balance



Ashwagandha... Benefits

Boost our Immunity



Reduces Anxiety



Reduces Anxiety



Helps in Diabetes



Boots Viably

Improves our Athletic Performance



Nature's Sedative



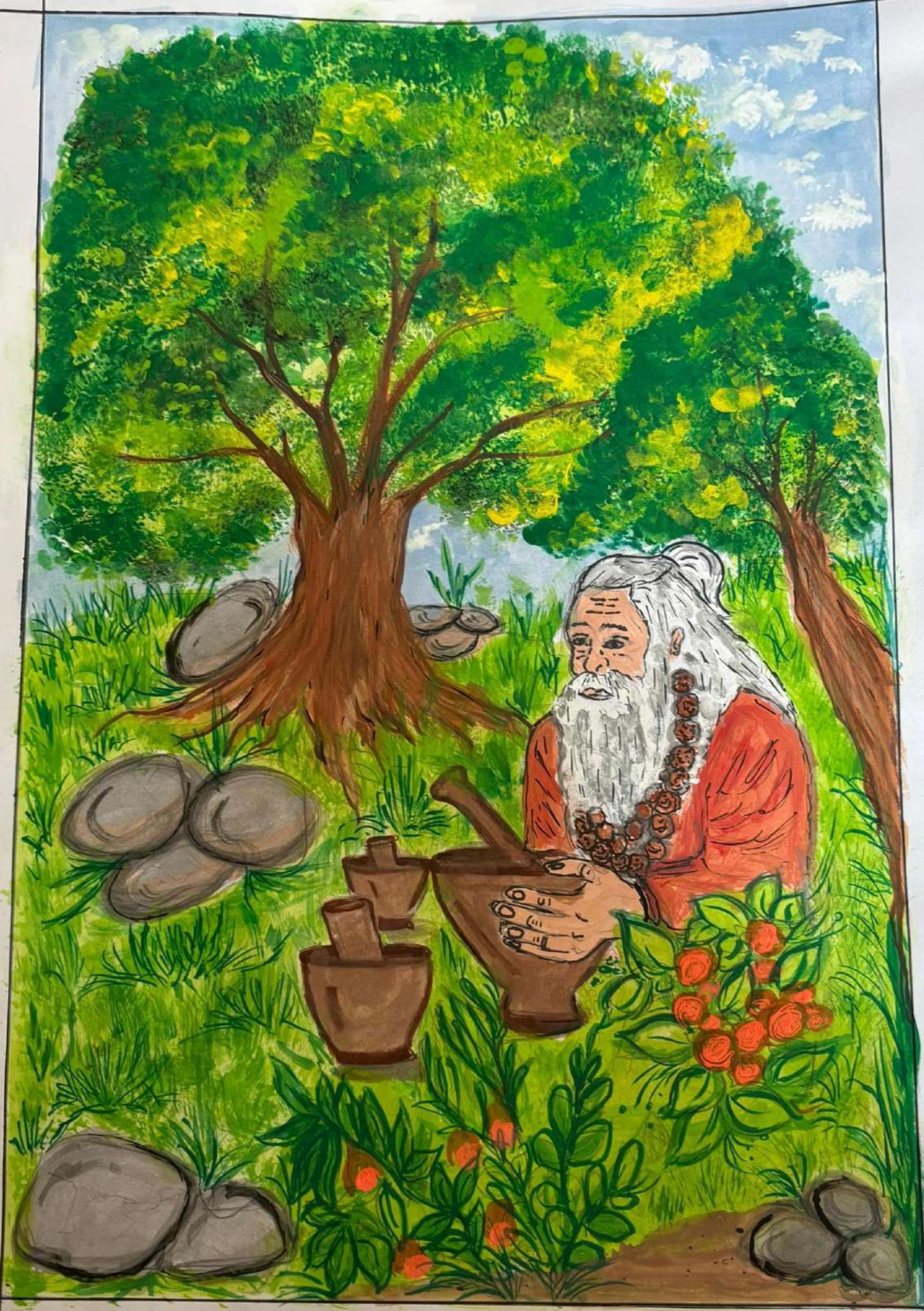
Reduces Depression



Good Health and good Sense are two of life's Greatest Blessings

One man's food is another man's poison.





अश्वगंधा



रक्तचाप
तब मत
सौचो भाय।
सौगंध ईश्वर
की खाइ के तुंरत प्छेड़
दो चाय !

ASHWAGANDHA

- KING OF HERBS

(Withania somnifera)



BERRY

BERRY

- Contains natural antioxidants.
- May support respiratory health.
- Used in traditional remedies.

ROOT

- Promotes better sleep.
- Enhances cognitive function and memory.
- Supports hormonal balance.



ROOTS

ROOT

- Reduces stress and anxiety.
- Improves energy level and stamina.
- Boosts immunity.

LEAF

- Rich in antioxidants.
- Support skin health and wound healing.
- May help lower blood sugar levels.

BENEFITS OF ASHWAGANDHA



ASHWAGANDHA THE MIRACLE HERB



Stress & Anxiety



Cognitive Function



Energy & Endurance



Sleep & Relaxation



Libido & Fertility



Heart Health



Hormonal Balance



Youthful Skin

Nourish your body,

Nurture your Soul with Ashwagandha

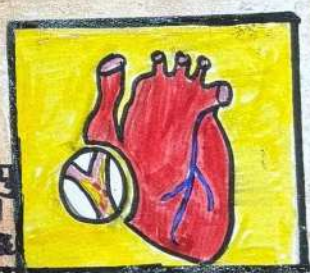


ASHWAGANDHA

BENEFITS FOR FEMALE HEALTH



BLANCING HORMONES
BOOSTING IMMUNITY



अश्वगंधादिव्यआषाधि... प्राचीनकालसे आयु
 शरीरको बलवान और... किते प्राप्त करने किया जाता है।
 अश्वगंधाकी अव्वकी गंध... जो जोड़ा गया है क्योंकि यह
 इसका प्रकृति स्थल भारतीय... यह वनस्पतिको नामसजा जाता है।
 अन्य उष्णकटिबंधीय... हिमालयकी तराड्यो, मध्यभारत
 यह शरीरकी दोष... फूलपीले औरफल लाल होते हैं।
 स्मृति और स्मृ... कफको संतुलित करता है तथा
 प्रमुख हैं। पा... कड़ा और रक्त
 कौषधीय मू... जाता है जिसे
 कभीथसवत... इनमे विकल्प
 का हरता है। इ... रका अशक्ति
 अश्वगंधाको... नाडा कदर में
 मानसिक शक्ति... जका वर्धन
 रक्तचापको संतु... के स्वाभ्यपन युद्ध करने गमित है। यह
 ताको मजबूत कर... रंगभी परिणामो सरो ग प्रतिरोधक रूप
 है तथा शारीरिक ऊर्जाको बढ़ाता... नित प्रयोगन सो की कमजोरी को हरता
 बना कर अवसाद और अभि... था स्मरणशक्ति को प्रभावशाली
 प्राकृतिक उपहारके रूपमें देखा... दूर करता है। अश्वगंधाका एक
 ज्ञानको जोड़ता है। गर्भवती महिला... जाता है, जोकि विज्ञानके साथ पारंप
 सेवन आयुर्वेदचार्याकी सलाह से ही करे।

Ashwagandha

... AND ITS BENEFITS ...



... PROTECTS KIDNEY ...

STIMULATES BRAIN ... POWER ...



... BUILDS IMMUNITY ...



PROMOTES ... BONE HEALTH



COMBATS ANXIETY & ... STRESS ...



NORMALIZES BLOOD SUGAR ... LEVEL ...



... UNLOCK THE POWER OF HERBS





ASHWAGANDHA
"NEED OF THE HOUR"

75 Azadi Ka
Amrit
Mahotsav

G20

AWARENESS
PROGRAMS FOR
ASHWAGANDHA

ASHWAGANDHA IS THE OZONE OF MANKIND, CURES & HEALS



COVID-19



ASHWAGANDHA
"CARRIES ON"



Ashwagandha



- Supports a calm mind

- Aids in overall well being and vigor

- Promotes most restful sleep

- Improves digestive functions

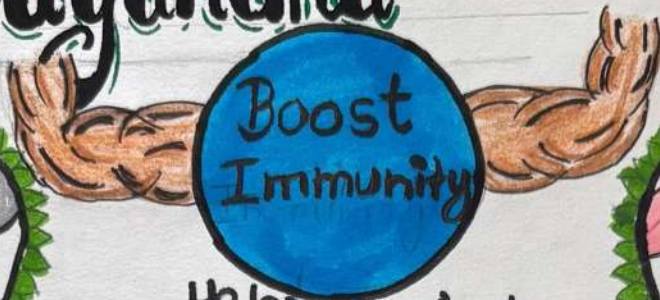
- May increase stamina and strength

- Lowers inflammation in the body

Ashwagandha



Improves Sleep



Boost Immunity

Helps in Physical Health



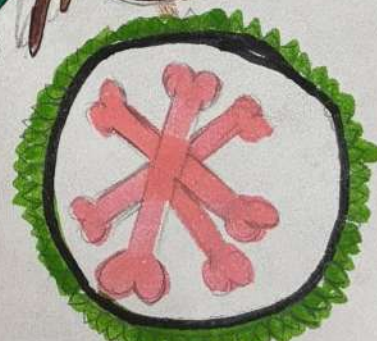
Helps in Digestion



Reduces Inflammation
Produces Natural Skin



Maintain Blood Sugar Pressure



Improves Bone Health



THE POWER OF ASHWAGANDHA

IMPROVES
BONE HEALTH

REDUCES
BLOOD SUGAR
LEVELS



INCREASES
MUSCLE STRENGTH

IMPROVES
NIGHT
SLEEP

REDUCES
STRESS AND
ANXIETY

By: GUNTAJ KAUR
CLASS: VIII
School: GURU NANAK
PUBLIC SCHOOL

- Supports a calm mind.
- Promotes more restful sleep.
- Helps your body adapt to stress.

Ashwagandha



Ashwagandha

Adouble-blind, placebo-controlled trial found that adults with self-reported sleep problems (insomnia or lack of restful sleep).

It improves osteoarthritis symptoms also.

It also improves muscle strength.

Boosting exercise performance.

It enhances memory also.

Boosting testosterone.

It helps to boost immunity.

Boost Thyroid function

May help in reduce inflammation

Boost fertility

Used in cancer treatment.

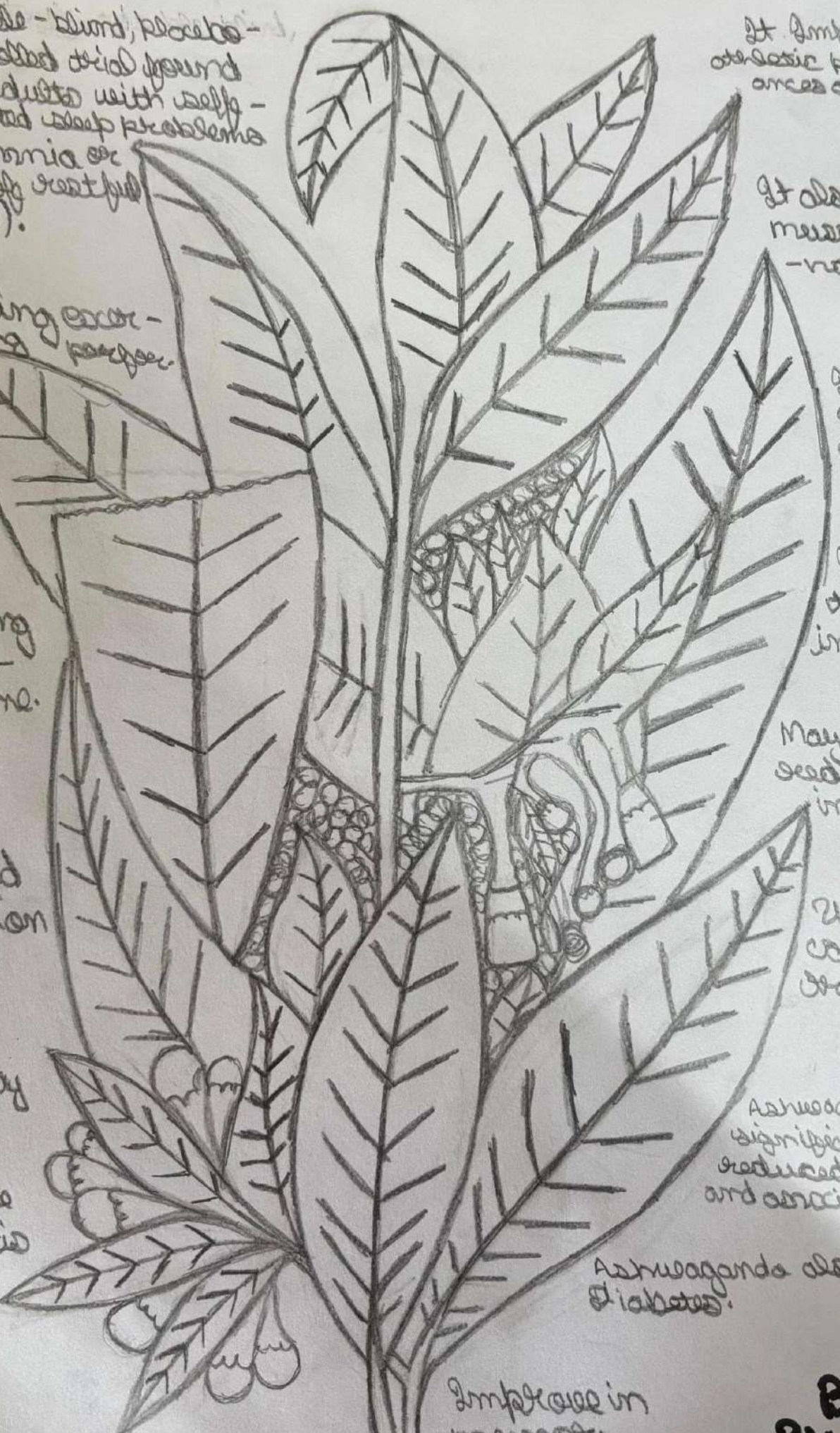
Improve arthritis symptoms.

Ashwagandha significantly reduced stress and anxiety levels.

Ashwagandha also controls diabetes.

Improve in memory.

By: BHANU, K-



ASHWAGANDHA



Benefits:-

Helps in Boost Immunity

Increase muscle mass

Increases Stamina Endurance

Helps to Manage Stress

Boosts Testosterone level

Increase Energy

Benefits

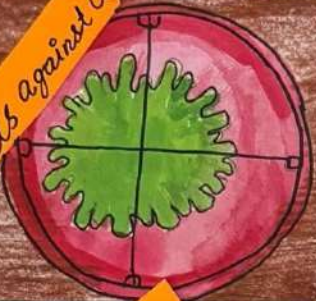
- Improves Tissue Nutrition.
- Helps to Keep the Heart Healthy.
- Reduces Diabetes.
- Healthy Thyroid.
- Helps to Good Sleep.

- Improves Brainfunction
- Help in Reducing Stress & Anxiety



ASWAGANDHA

Protects against



Stimulates Brain Power



Increase Height



Fight Depression



Relieves Stress



Ashwagandha Benefits

Lowers stress hormones and can help with anxiety!

Helps with muscle building which provides strength!

Improve brain function, including in Alzheimer's patients



May kill cancer cells

Works as natural sedative, promotes restful sleep and alleviates insomnia

Reduces Cholesterol which provides cardiovascular health by lowering harmful lipids.

Enhances physical endurance and combats fatigue

Helps with blood loss and is Anti-inflammatory

Benefits of Ashwagandha

1. It boosts
Testosterone
level.

2. It
Increase
muscle
Mass.



3. It boosts
Immunity.

4. It boosts
stamina
and
Endurance.

AMITH
2010 2

HELPS WITH
CANCER



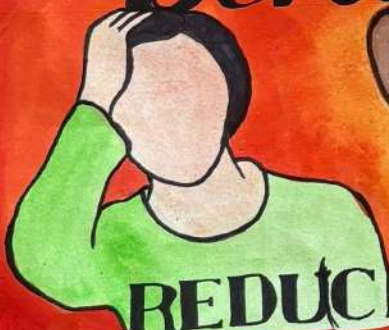
INCREASE
FERTILITY
IN MEN

IMMUNITY



BOOSTER

Ashwagandha and its benefits



REDUCES
ANXIETY

MUSCLE
STRENGTH

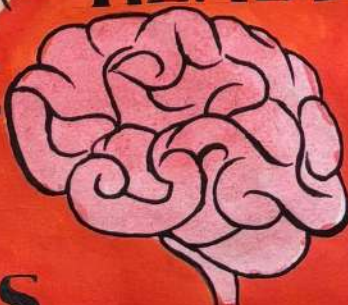
HELPS WITH
ARTHRITIS



HEART
HEALTH



ENHANCE
MEMORY

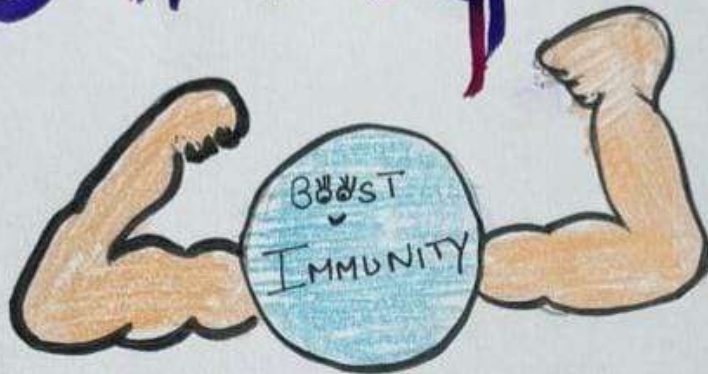


MANAGE DIABETES

ASHWAGANDHA



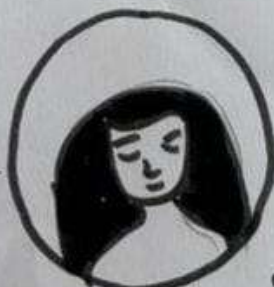
- PRODUCE NATURAL SKIN OILS
- MOISTURISES SKIN
- ACT AS ASTRINGENT



REDUCES
INFLAMMATION



MAINTAINS
BLOOD
SUGAR
LEVELS



- Stimulate scalp
- Fight dandruff
- Improve blood circulation

IMPROVES
BONE
HEALTH

A MAGICAL
AYURVEDIC
HERB !!



IT'S A SUPERFOOD!

ANTI
INFLAMMATORY
REDUCES DIABETES

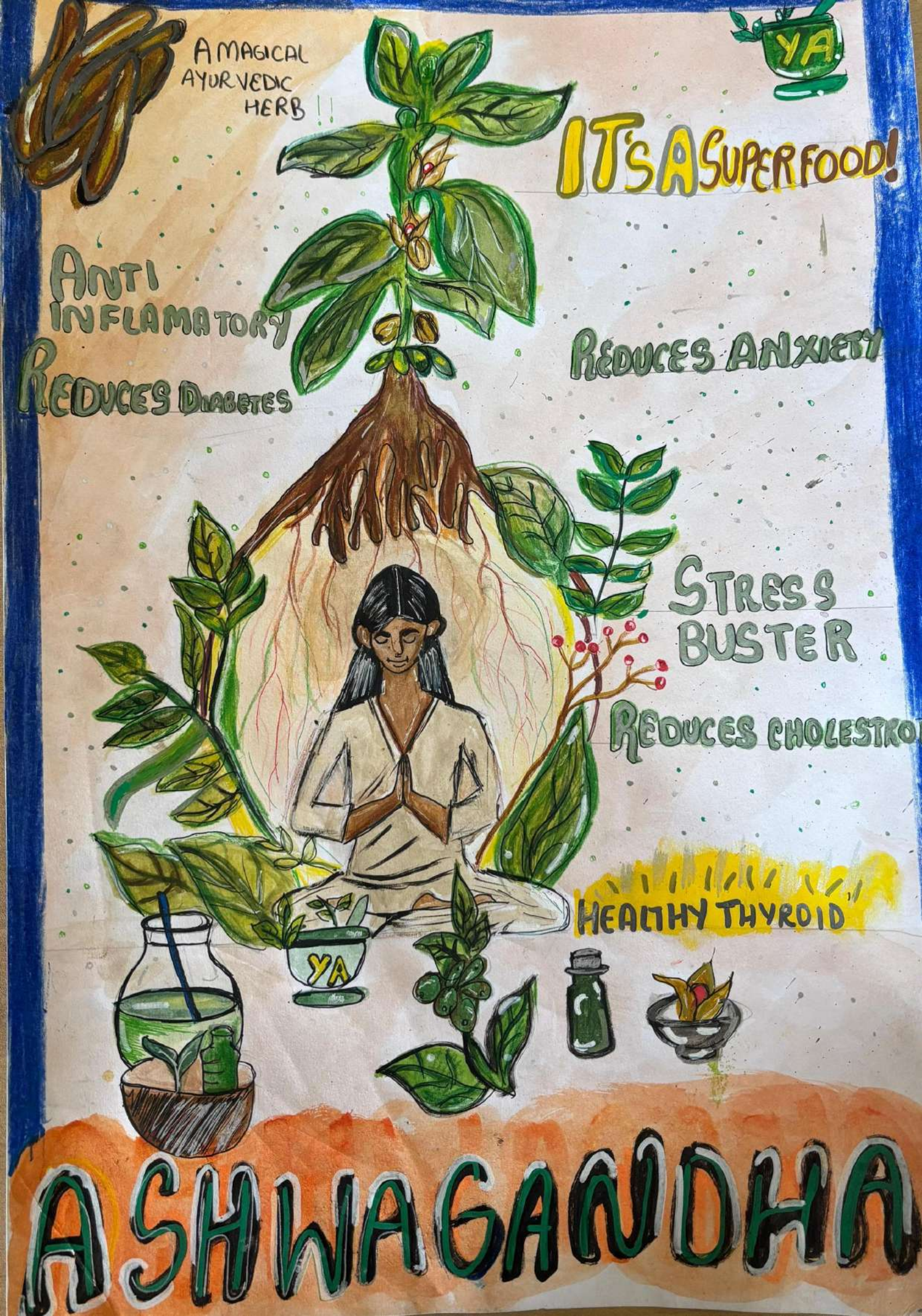
REDUCES ANXIETY

STRESS
BUSTER

REDUCES CHOLESTROL

HEALTHY THYROID

ASHWAGANDHA



खेती का समय-

- जुलाई से अगस्त के बीच.

★ अश्वगंधा ★

★ अश्वगंधा के फायदे-

- तनाव को कम करना
- स्मृति में मदद
- ब्लड शुगर कंट्रोल
- मांसपेशियां मजबूत
- सीढ़ापा कम
- मैनल हेल्थ में सुधार
- हार्ट हेल्थ इम्प्रूव

★ अश्वगंधा की खेती करने वाले राज्य~

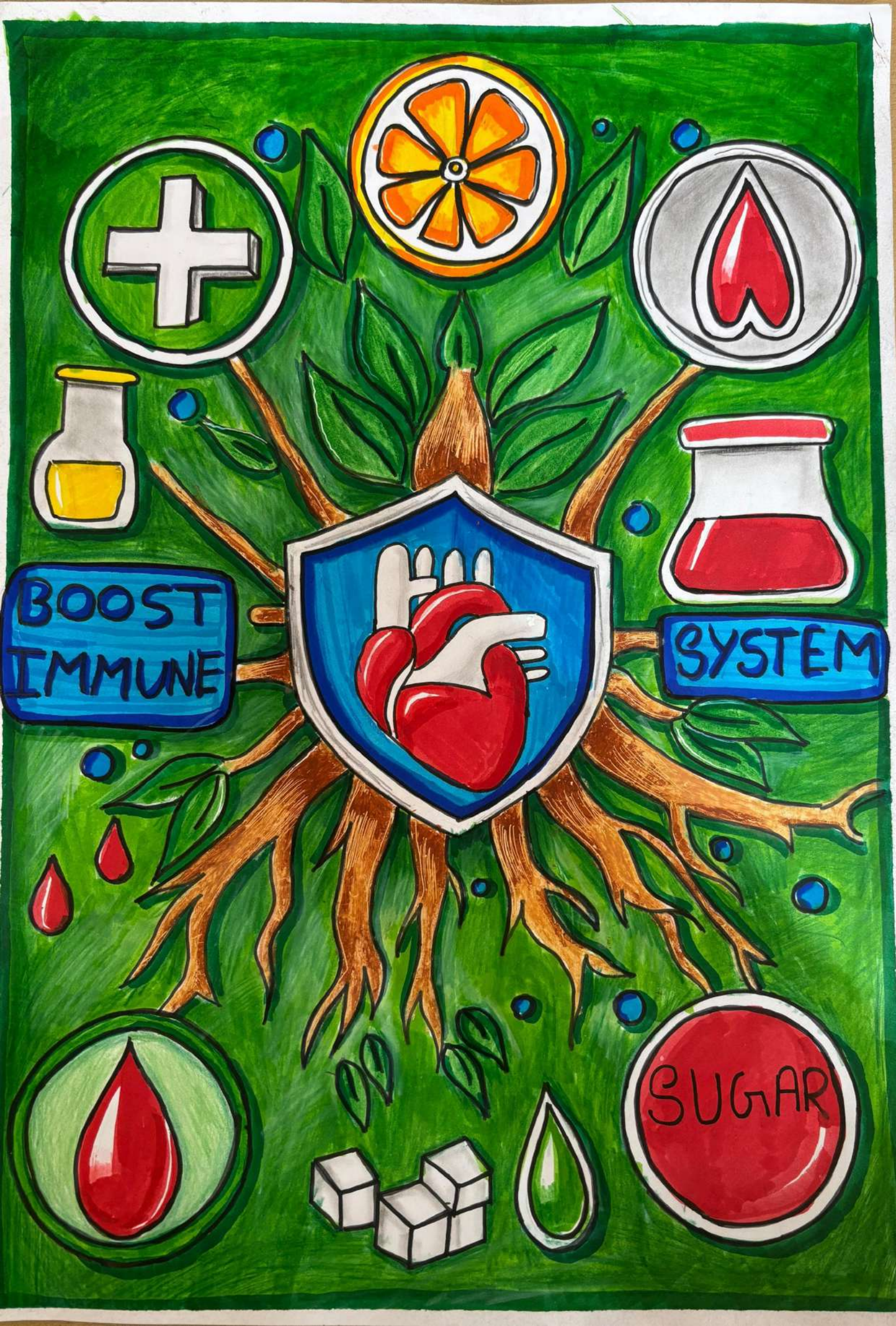
- राजस्थान, गुजरात, उत्तर प्रदेश, महाराष्ट्र, पंजाब
- कर्नाटक

आदि -





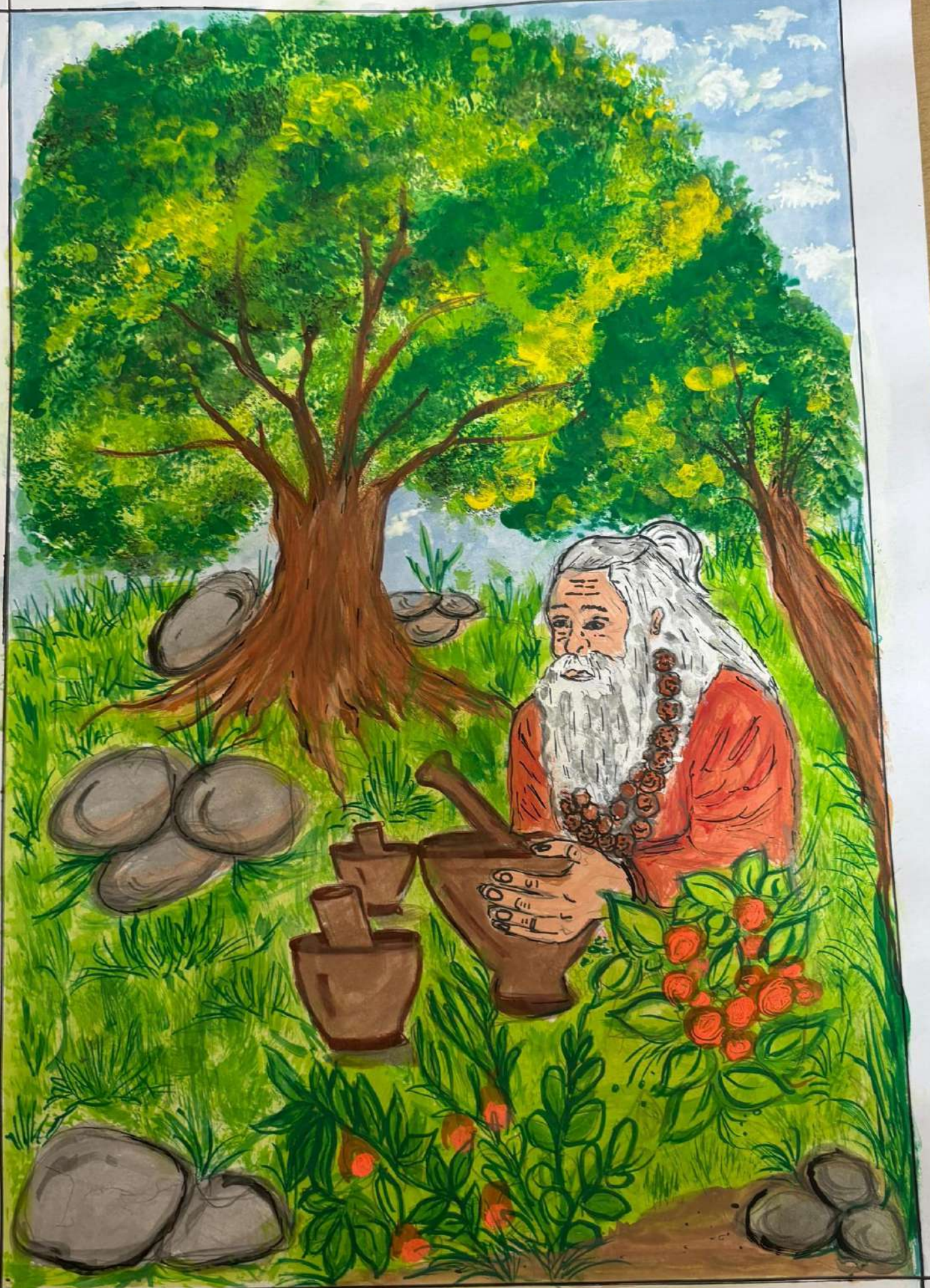
ASHWAGANDHA



BOOST
IMMUNE

SYSTEM





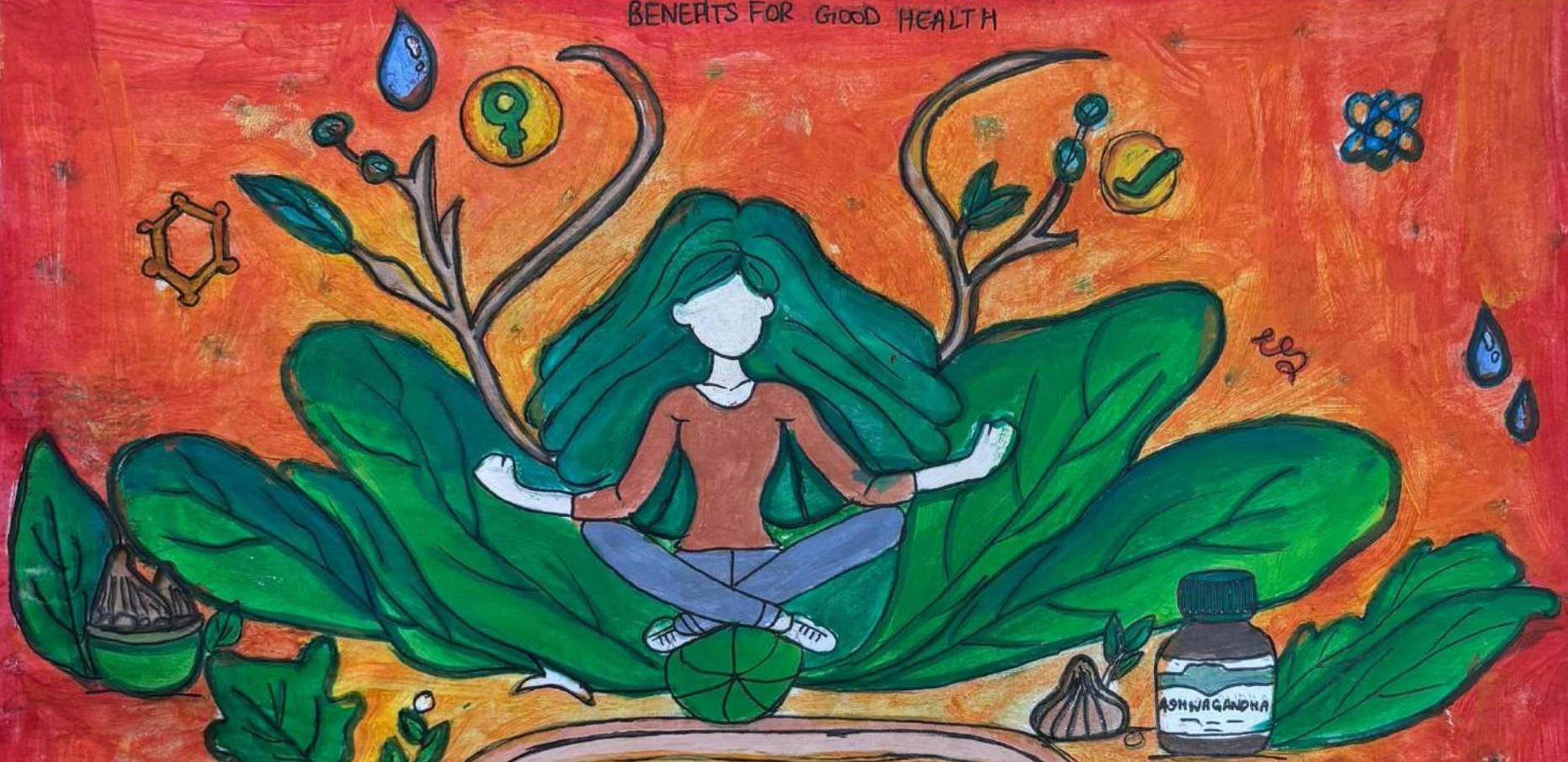
अश्वगंधा



रक्तचाप
तब मत
सोचो भाय!
सौगंध ईश्वर
की खाइ के तुंरत छेड़
दो चाय!

ASHWAGANDHA

BENEFITS FOR GOOD HEALTH



BALANCING
hormons

Boosting immunity and more!



ashwagandha

1. Reduces Stress
2. Muscle Strength
3. Lower Blood Pressure
4. Calms the brain
5. Reduces Anxiety

Ashwagandha
TABLETS!

MAGICAL PROPERTIES. INCLUDES FEELING GOOD, PEACEFUL MIND, CALM, LIGHT HEARTED AND MANY MORE. ASHWAGANDHA IS NOT YOUR AVERAGE AYURVED HERB. KEEP IN MIND. ASHWAGANDHA IS A HERB HAVING ITS ROOTS IN INDIA. THIS HERB IS RECOGNISED WORLDWIDE, THE BEST OF ALL.

MAGICAL PROPERTIES. INCLUDES FEELING GOOD, PEACEFUL MIND, CALM, LIGHT HEARTED AND MANY MORE. ASHWAGANDHA IS NOT YOUR AVERAGE AYURVED HERB. KEEP IN MIND. ASHWAGANDHA IS A HERB HAVING ITS ROOTS IN INDIA. THIS HERB IS RECOGNISED WORLDWIDE, THE BEST OF ALL.

ASHWAGANDHA: AYURVEDIC HERB. HELPFUL IN MANY WAYS. USED IN MANY TABLETS AS A STRESS RELIEVER, MOREOVER IT HAS

Ashwagandha:

NATURE'S REMEDY FOR
STRENGTH &
BALANCE





BENEFITS OF ASHWAGANDHA IN HEALTH

- STRESS RELIEF
- ENHANCED FOCUSED
- ENERGY BOOST
- IMPROVED SLEEP
- MOOD BALANCE
- PHYSICAL PERFORMANCE
- IMMUNE SUPPORT
- DIGESTIVE HEALTH
- HARMONIAL HARMONY
- SKIN CARE



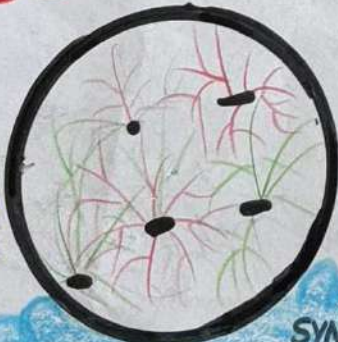
WEIGHT
MANAGEMENT



DIGESTIVE HEALTH



IMPROVED LOCOMOTORS
COORDINATION



CELL SURVIVAL &
SYNAPTC
PLASTICITY



IMPROVED VIGILANCE
& MEMORY

“ASHWAGANDHA
CAN REDUCE INFLAMMATION
AND HELP THE BRAIN TO
HEAL AND RECOVER FROM
INTURY OR ILLNESS.....”

HELPS TO FIGHT



WITH CANCER

IMPROVES HEALTH OF HAIR AND SKIN

REDUCE STRESS

IMPROVES HEART HEALTH

REDUCE SUGAR LEVEL

MAKE BONE STRONGER

BOOST IMMUNITY

ASHWAGANDHA
"Need for the Hour"



ANAHITA GUPTA
7-A
GURU NANAK PUBLIC SCHOOL

Ashwagandha



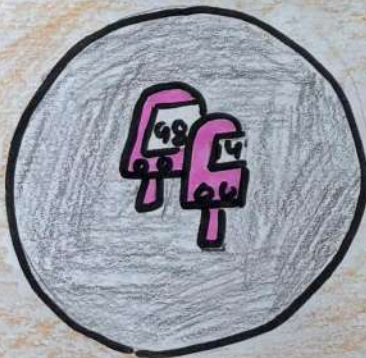
- PRODUCE NATURAL SKIN OIL
- ACT AS ASTRINGENT



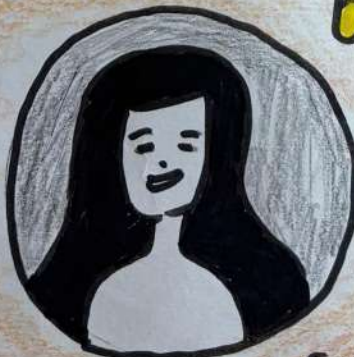
- REDUCES INFLAMMATION



- IMPROVES BONES HEALTH



- MAINTAINS BLOOD SUGAR LEVELS



- STIMULATE SCALP
- IMPROVE BLOOD CIRCULATION



Benefits of Ashwagandha



Increases
Muscle Mass



Improves
Heart Health

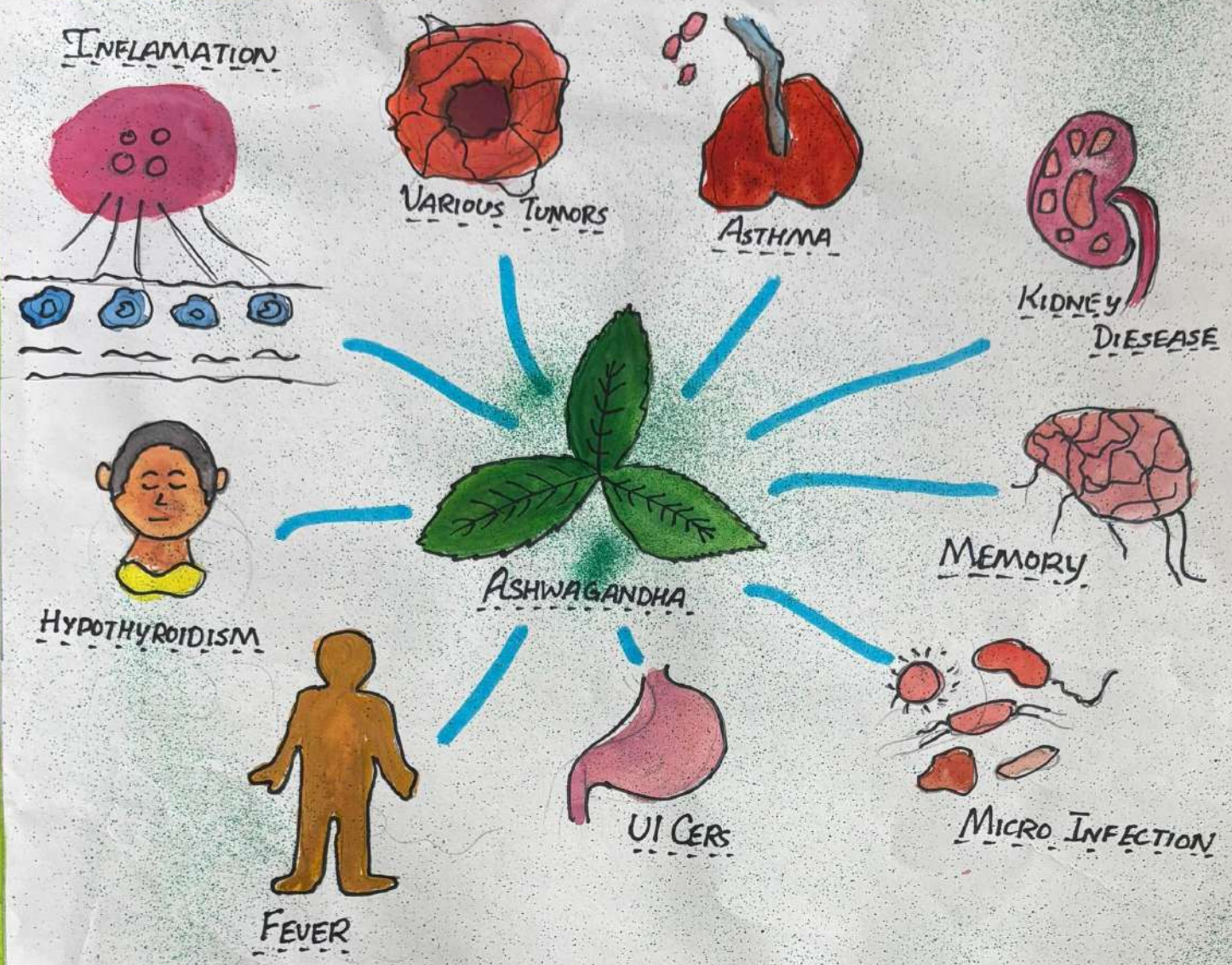
Ashwagandha...



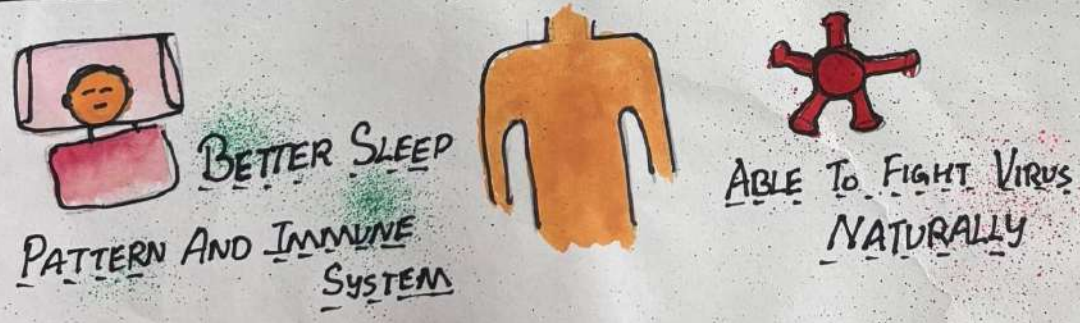
Improves
Sleep
Quality

Combats
Anxiety and
Stress





HEALTH BENEFITS




CONSUME

- TEA
- COFFEE
- SHAKES
- SMOOTIES
- MILK

HEALTH SUPPLEMENT




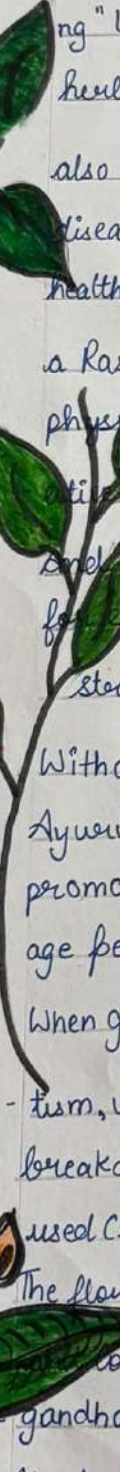
Ashwagandha



For hundreds of years, people have used the roots and orange-red fruit of ashwagandha for medicinal purposes. The herb is also known as Indian ginseng or winter cherry. The name "Ashwagandha" describes the smell of its roots, meaning "like a horse." By definition, ashwa means horse. Practitioners use this herb as a general tonic to boost energy and reduce stress and anxiety. Some also claim that the herb may be beneficial for certain cancers, Alzheimer's disease and anxiety. However, more research is necessary to confirm the potential health benefits of this herb. In Ayurvedic medicine, ashwagandha is considered a Rasayana. This means that it helps maintain youth, both mentally and physically. There is some evidence to suggest that the herb can have neuroprotective and anti-inflammatory effects. Inflammation underpins many health conditions and reducing inflammation can protect the body against a variety of conditions. For example, proponents may use ashwagandha to help treat the following:

- stress, anxiety, fatigue, pain, skin conditions, diabetes, arthritis, epilepsy.

Withania Somnifera (Ashwagandha) is very revered herb of the Indian Ayurvedic system of medicine as a Rasayana (tonic). It has a cognition promoting effect and was useful in children with memory deficit and in old age people loss of memory. It is commonly used in emaciation of children (when given with milk, it is the best tonic for children), debility from old age, rheumatism, vitiated conditions of Vata, leucoderma, constipation, insomnia, nervous breakdown, goiter etc. Maximum benefit appears when fresh Ashwagandha powder is used (Singh, 1983). The leaves are bitter and are recommended in fever, painful swellings. The flowers are astringent, depurative, diuretic and aphrodisiac. The seeds are anthelmintic. Combined with astringent and rock salt remove white spots from the cornea. Ashwagandharishta prepared from it is used in hysteria, anxiety, memory loss, syncope, etc. It also acts as a stimulant and increases the sperm count (Sharma, 1938). Ashwagandha is well-tolerated, safe and clinically effective. The data obtained from various studies did not demonstrate any serious adverse events of concern.....



Ashwagandha

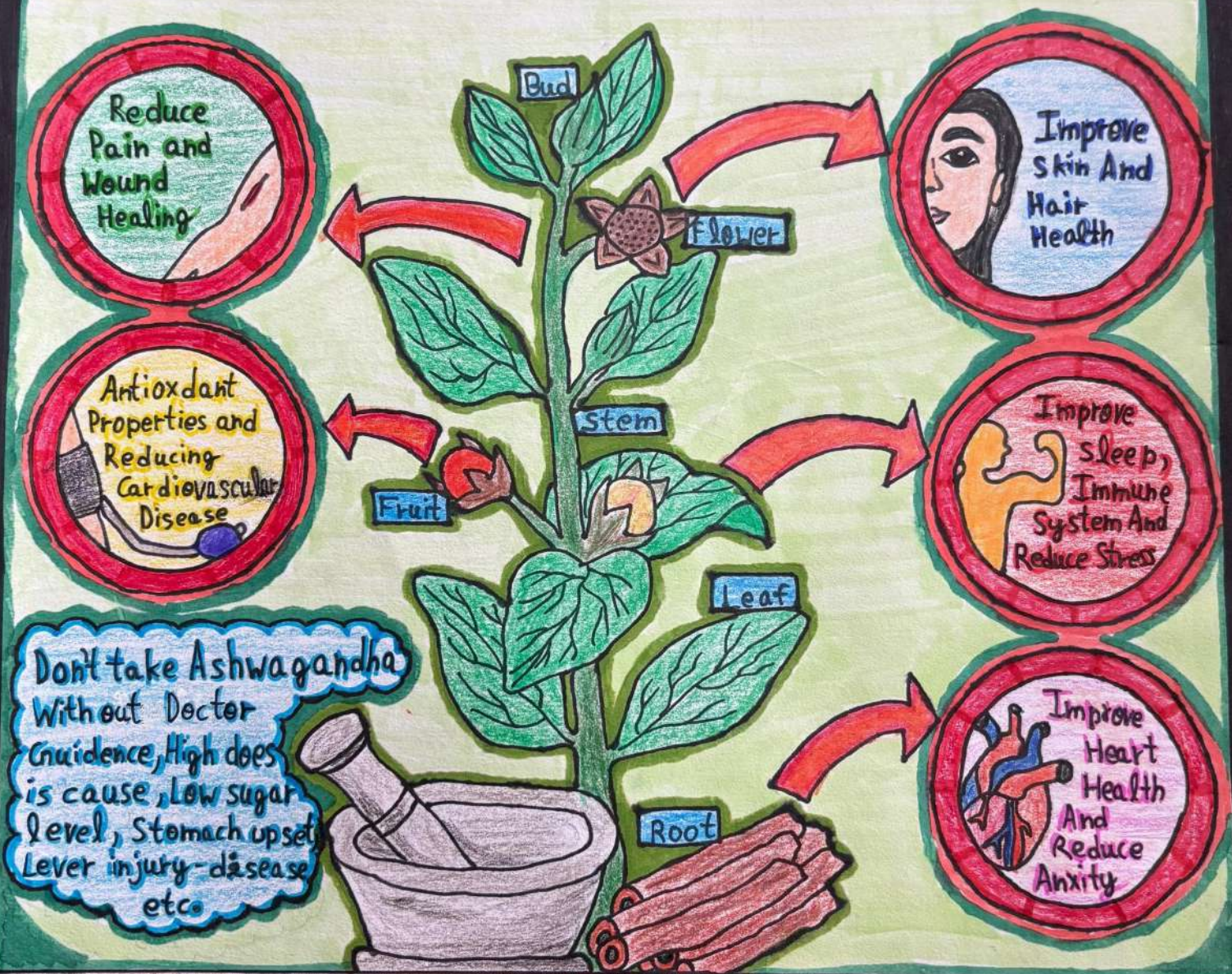


Taranveer Singh

6-10

No. 14

Ashwagandha Is Key Of Good Health, Immune System And Mind.



ASHWAGANDHA

Reduces
Anxiety

Improves
sleep

Improves
Memory

Reduce risk
of Diabetes

Decreases
Inflammation



BENIFITS OF ASHWAGANDHA

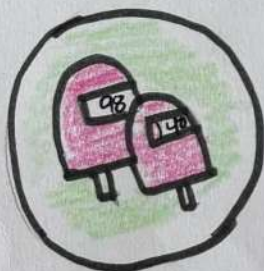
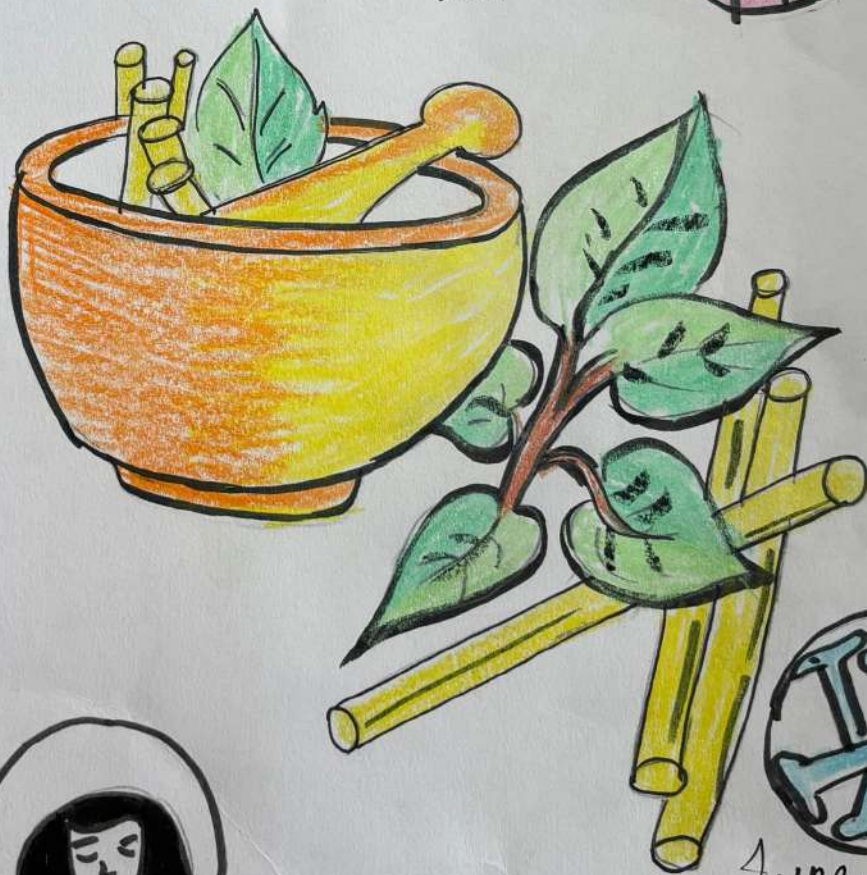
ASHWAGANHA



- PRODUCE NATURAL SKIN OILS
- MOISTURISES SKIN
- ACT AS ASTRINGENT



REDUCES INFLAMMATION



MAINTAINS BLOOD SUGAR LEVELS



- Stimulate scalp
- Fight dandruff
- Improve blood circulation



IMPROVES BONE HEALTH

THE POWER OF ASHWAGANDHA



Improve
Sleep



Improve
Fertility



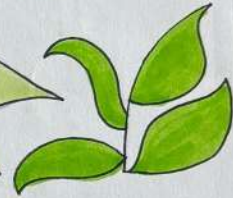
Menstrual
Health



Hormonal
Balance



Testosterone
Level



Cardiovascular



Boost
Immune
System



Weight
Management



Improve
Bed time



Anti
Inflammatory



Mental
Health

"Boost Immunity"

"helps to reduce
Anxiety"

"Improve Bone
Health"

"Improve
Digestion"

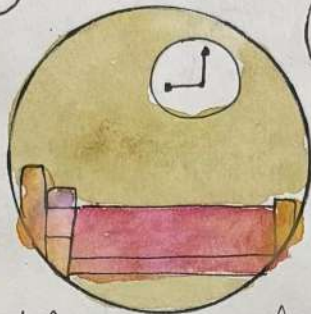
"Moisturizes
Skin"



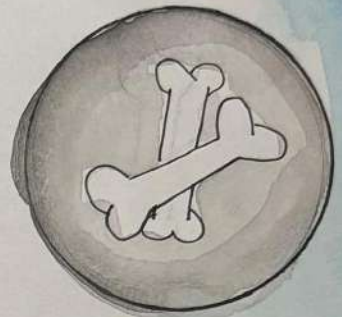
Ashwagandha



* Boosts Immunity



* Improves sleep schedule



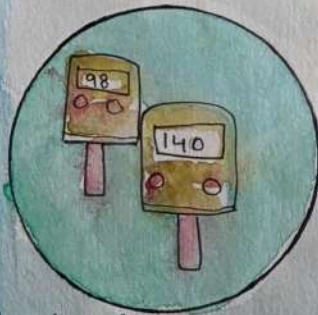
* Improves Bone Health



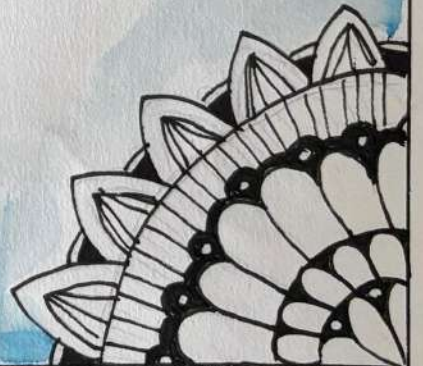
* Produces Natural Skin oils
* Moisturises Skin



* Stimulate Scalp
* Fight Dandruff
* Improves Blood Circulation



* Maintains Blood Sugar Levels



THE POWER OF ASHWAGANDHA

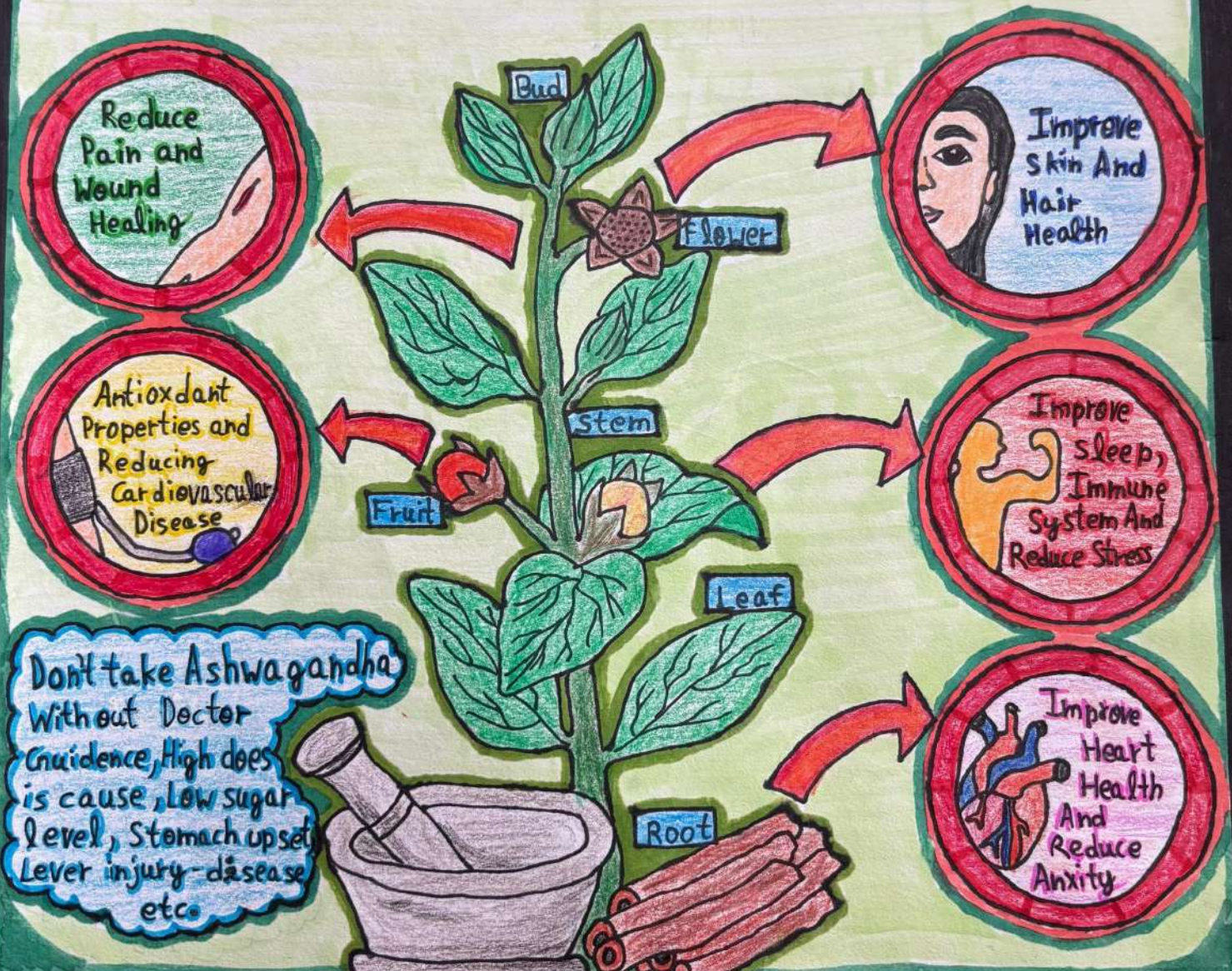


- Stress Removal
- Boost Immunity
- Increases sleep quality
- Enhances memory
- Reduces Inflammation rate

ASHWAGANDHA REDUCES STRESS



Ashwagandha Is Key Of Good Health, Immune System And Mind.



ASHWAGANDHA

ASHWAGANDHA



ENHANCES IMMUNITY



IMPROVES SLEEP



INCREASE STRENGTH



AIDS WEIGHT LOSS



BOOSTS ENERGY LEVELS



SHARPENS FOCUS AND MEMORY



HELPS CALM DOWN



IMPROVES ATHLETIC PERFORMANCE

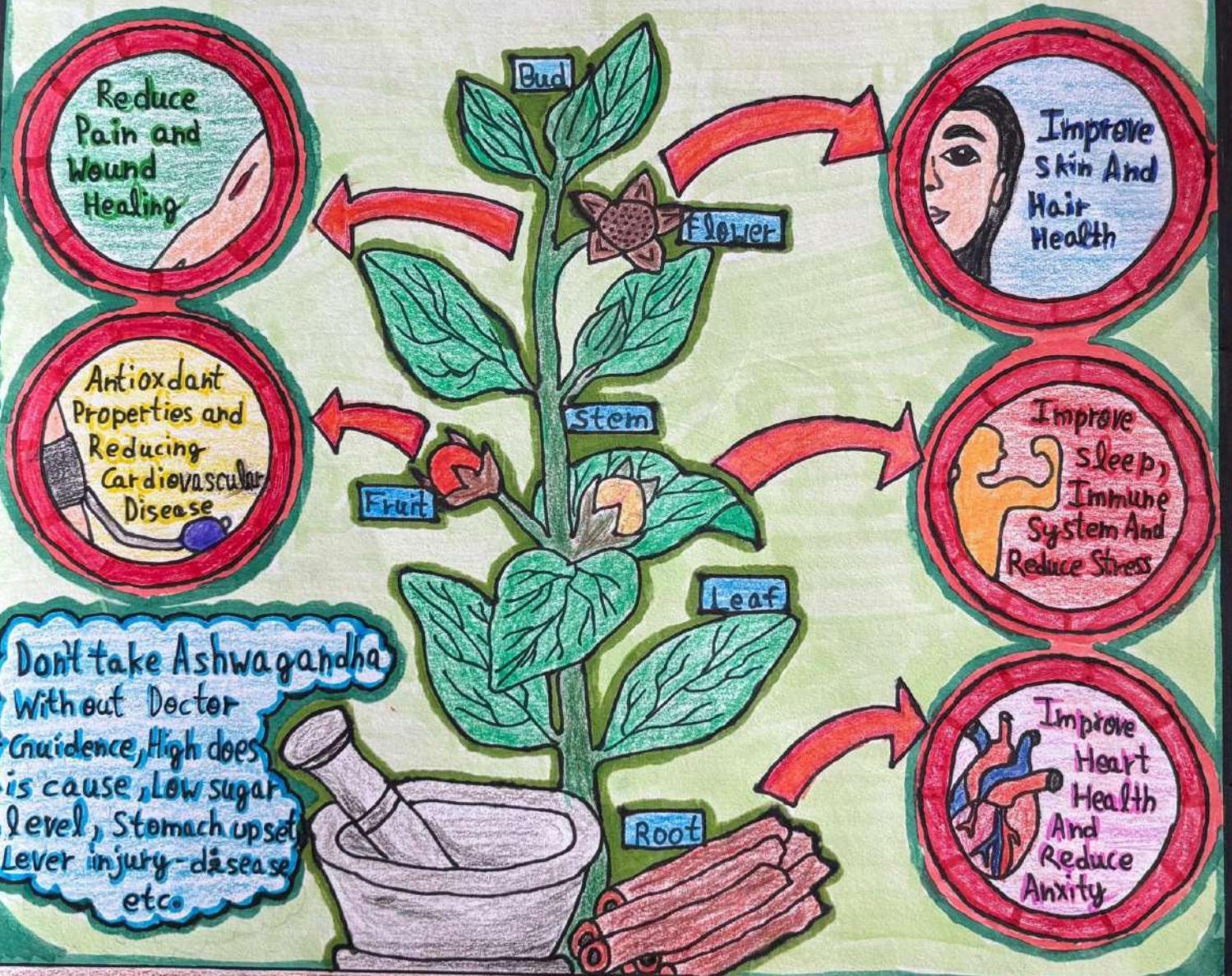


BY: KASHVI THUKRAL
8-C
14205
MARS

Ashwagandha, Superhero
plant of Stress-busting. You're
chill, Zen friend who shows up
with snacks and a deep understanding
of your naps! From calming mind to
boosting energy, this little root is
here to remind you that
life doesn't have to be a
panicky race, sometimes
it's just about kicking
back, sipping coffee and
pretending you're a sloth ♡



Ashwagandha Is Key Of Good Health, Immune System And Mind.



ASHWAGANDHA

Ashwagandha

Campaign



- Boost Immunity
- Reduces Stress
- Improves Sleep



ASHWAGANDHA

[IS ALSO KNOWN AS "INDIAN WINTER CHERRY" AND "INDIAN GINSENG"]

HEALTH BENEFITS

STRESS AND ANXIETY

- ◆ ASHWAGANDHA MAY REDUCE STRESS AND ANXIETY LEVEL
- ◆ IT MAY HELP WITH OBSSIVE-COMPULSIVE DISORDER
- ◆ IT MAY HELP WITH DEPRESSION AND IRRITABILITY

SLEEP

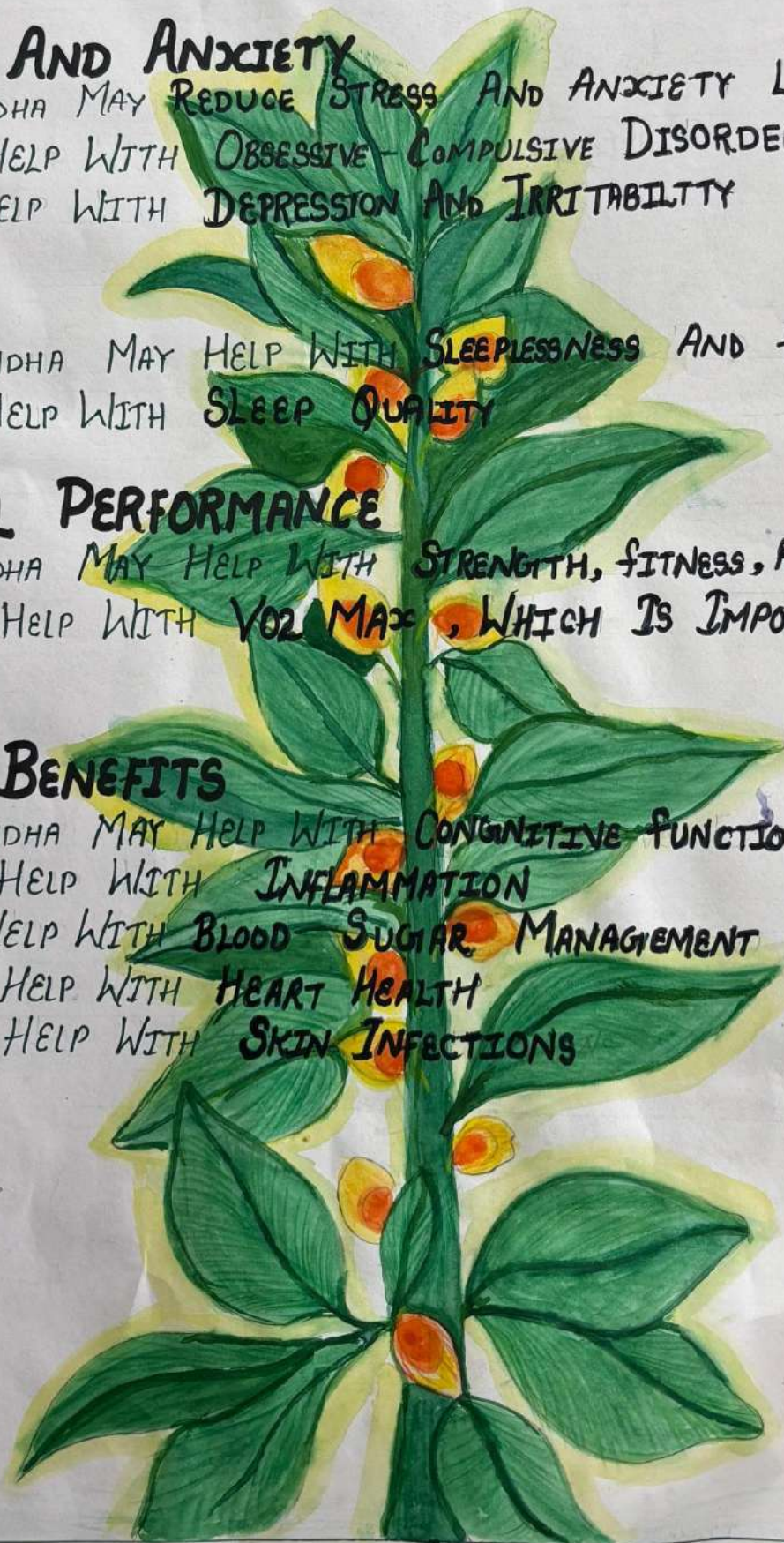
- ◆ ASHWAGANDHA MAY HELP WITH SLEEPLESSNESS AND FATIGUE
- ◆ IT MAY HELP WITH SLEEP QUALITY

PHYSICAL PERFORMANCE

- ◆ ASHWAGANDHA MAY HELP WITH STRENGTH, FITNESS, AND RECOVERY
- ◆ IT MAY HELP WITH VO₂ MAX, WHICH IS IMPORTANT FOR ENDURANCE

OTHER BENEFITS

- ◆ ASHWAGANDHA MAY HELP WITH COGNITIVE FUNCTION AND MEMORY
- ◆ IT MAY HELP WITH INFLAMMATION
- ◆ IT MAY HELP WITH BLOOD SUGAR MANAGEMENT
- ◆ IT MAY HELP WITH HEART HEALTH
- ◆ IT MAY HELP WITH SKIN INFECTIONS



Ashwagandha and it's Benefits

> Ashwagandha Root relieves stress by reducing the level of stress hormones called cortisol.

> Ashwagandha Root treats stress & improves the metabolic activities of the body.

> Ashwagandha Root nourishes the nervous and immune system.

> Acts as powerful revitalizer.



BOOSTS MEMORY

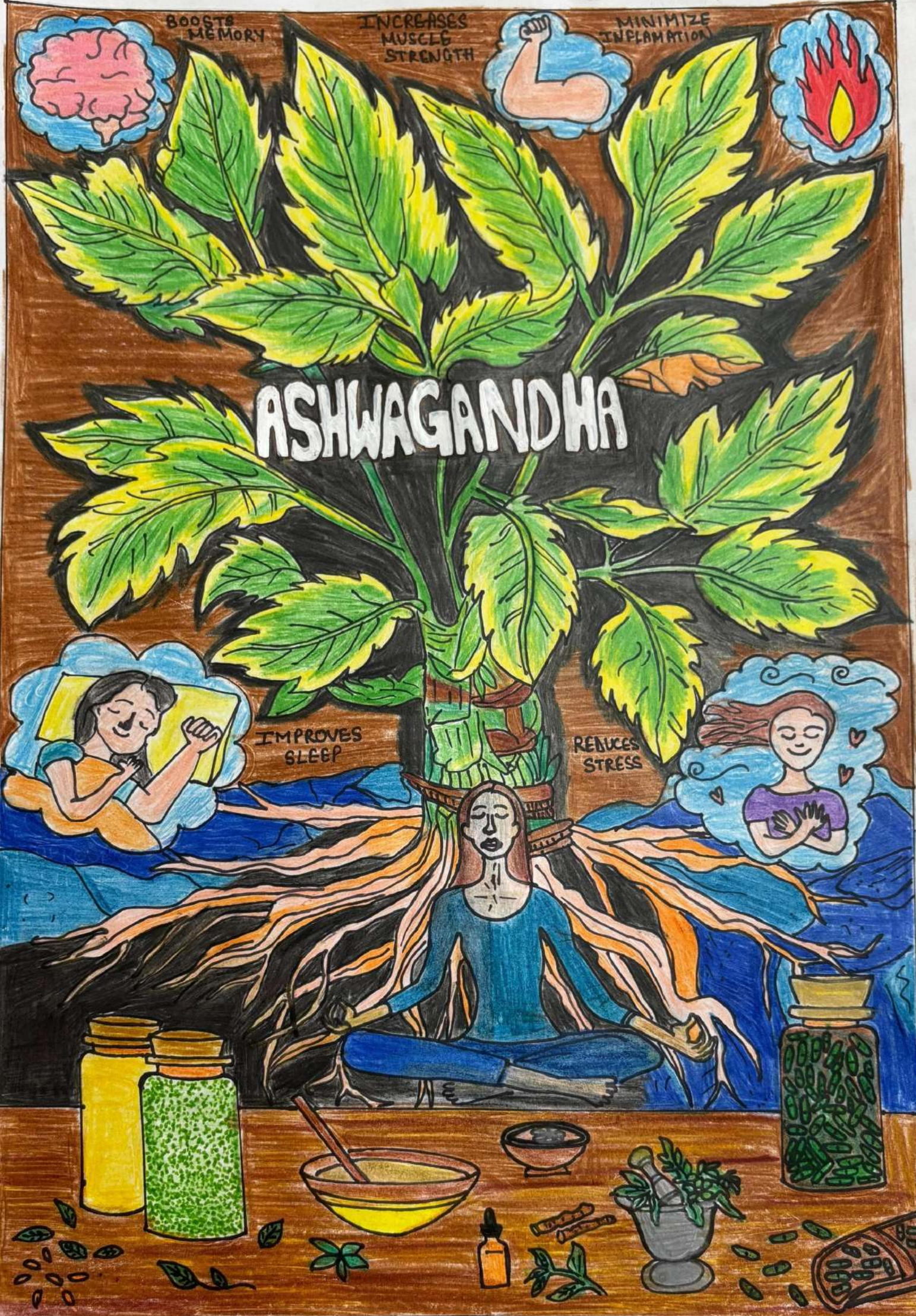
INCREASES MUSCLE STRENGTH

MINIMIZE INFLAMMATION

ASHWAGANDHA

IMPROVES SLEEP

REDUCES STRESS



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