



# Ashwagandha

*Through the Reflections of Children*





# Ashwagandha

*Through the Reflections of Children*





# प्राक्कथन

**भ**ारत की प्राचीनतम चिकित्सा प्रणाली, आयुर्वेद ने सदैव ही मानव जीवन को प्राकृतिक स्वास्थ्य के सूत्रों से समृद्ध किया है। इसी परंपरा को जीवंत बनाते हुए, क्षेत्रीय एवं सुगमता केंद्र, उत्तर भारत-1 (RCFC NR-1) राष्ट्रीय औषधीय पादप बोर्ड (NMPB), आयुष मंत्रालय, भारत सरकार के मार्गदर्शन में "राष्ट्रीय अश्वगंधा अभियान" का सफल आयोजन कर रहा है। यह अभियान ट्राइसिटी (चंडीगढ़, पंचकूला, मोहाली) में जनस्वास्थ्य के उन्नयन और औषधीय पौधों के संरक्षण के व्यापक उद्देश्य के साथ संचालित है।

इस अभियान के अंतर्गत चंडीगढ़ के विभिन्न विद्यालयों में आयोजित गतिविधियों को छात्र-छात्राओं के उत्साहपूर्ण सहभागिता और उनकी रचनात्मक प्रतिभा ने अभूतपूर्व सफलता प्रदान की है। विशेष रूप से उल्लेखनीय हैं छात्रों द्वारा बनाए गए अभिनव चित्र तथा उनके द्वारा लिखे गए सृजनात्मक निबंध, जिनमें अश्वगंधा के औषधीय महत्व, इसके स्वास्थ्य लाभ और इसके संरक्षण के प्रति जागरूकता की सुंदर अभिव्यक्ति हुई है। छात्रों की यह कल्पनाशीलता और अभिव्यक्ति की मौलिकता न केवल अभियान की सफलता को रेखांकित करती है, बल्कि औषधीय पौधों के प्रति जनमानस में नई जागृति भी पैदा करती है।

इस अवसर पर इन विद्यालयों के विद्यार्थियों, शिक्षकों, अभिभावकों तथा अभियान से जुड़े समस्त सहयोगियों विशेष रूप से श्री ओम प्रकाश जी का हार्दिक आभार व्यक्त करता हूँ, जिन्होंने अश्वगंधा को आम जीवन में पुनः प्रतिष्ठित करने की दिशा में इस अभियान को सफल बनाने हेतु भरपूर योगदान दिया। विश्वास है कि यह अभियान औषधीय पौधों के संरक्षण और प्राकृतिक स्वास्थ्य संवर्धन के क्षेत्र में एक प्रेरणादायी उदाहरण सिद्ध होगा।

सहयोग की इसी भावना के साथ,

**डॉ. अरुण चंदन**

**क्षेत्रीय निदेशक एवं प्रधान अन्वेषक**

क्षेत्रीय एवं सुगमता केन्द्र, उत्तर भारत-1  
आयुष मंत्रालय भारत सरकार, राष्ट्रीय औषधीय पादप बोर्ड



गन्धान्ता वाजिनामादिर श्वगन्धा हयाह्वया । वराहकर्णी वरदा बलदा कुष्ठगन्धिनी ॥१८९॥  
अश्वगन्धाऽनिलश्लेष्मश्चित्तशोथक्षयापहा । बल्या रसायनी तिक्ता कषायोष्णाऽतिशुक्रला ॥१९०॥

-भा. प्र. नि. (गुडुच्यादी वर्ग)

**असगन्ध' के नाम और गुण** - अश्वगन्धा, हयाह्वया (हय के पर्यायवाचक समस्त शब्द इसके द्योतक हैं), वराहकर्णी, वरदा, बलदा, कुष्ठगन्धिनी और वाजी (घोड़ा) के जितने पर्यायवाचक शब्द हैं वे आदि में बनाकर अन्त में 'गन्ध' शब्द लगाने से जितने शब्द हों, उन सबों को इसका पर्यायवाची शब्द समझना चाहिये, जैसे-वाजिगन्धा, हयगन्धा इत्यादि ।

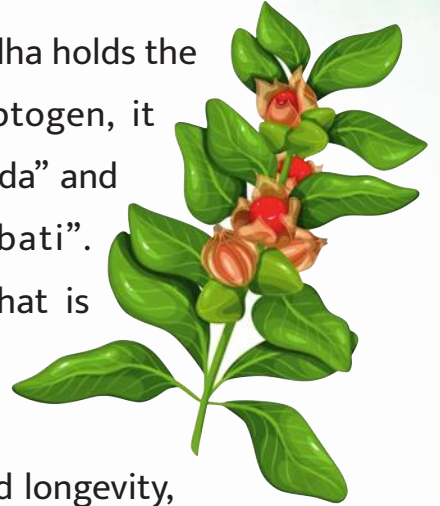
**असगन्ध** - तिक्त तथा कषाय रसयुक्त, उष्णवीर्य, बलकारक अत्यन्त शुक्रवर्धक, रसायन एवं वात, कफ, श्लेष्म (श्वेत कुष्ठ), शोथ और क्षय को दूर करने वाला होता है। [१८९-१९०]



# ABOUT Ashwagandha

Part used: Roots

**A**mong the Ayurvedic “Rasayana” herbs, Ashwagandha holds the most prominent place. Being a powerful adaptogen, it enhances the body’s resilience to stress. In “Rigveda” and “Atharvaveda” Ashwagandha is mentioned as “Asvabati”. Ashwagandha is a crucial herb mentioned in Ayurveda that is Charaka Samhita, Susruta Samhita and Ashtanga Hridayam. In Charaka Samhita, Ashwagandha is mentioned as “Bajikarana” and “Rasayana” because it promotes health and longevity, arrest ageing process, and increase capability of individual to resist adverse environmental conditions. It is therapeutically useful in Shotha (inflammation), Kashaya (emaciation), Daurbalya (weakness), Vataroga (neurological disorders) etc. In Susruta Samhita, it appears in Sutrasthana among different herb groups like Brihana dravya, Utsadan Dravya, Vamak dravya. It is known as “Sattvic Kapha Rasayana” Herb. It is also found as ingredient of different traditional formulations in Charaka Samhita (21 formulations), Susruta Samhita (13 formulations), Ashtanga Hridayam (13 formulations), Bhaishjya Ratnavali (12 formulations), Sharangdhar Samhita (12 formulations) of different dosage forms and traditional uses. In Ashtanga Hridayam, it is indicated in treatment of Unmantha Chikitsa (aural keloid treatment), vrishyayoga used in Daurbalya (weakness), apasmar (epilepsy), vatavyadhi (neuro-muscular pain). According to Bhaishajya Ratnavali, it is indicated in vatavyadhi (neuro-muscular pain), dhawajabhanga (impotency) and shosha (consumption).



# ABOUT Campaign

## THE THREE PHASES OF *Ashwagandha*

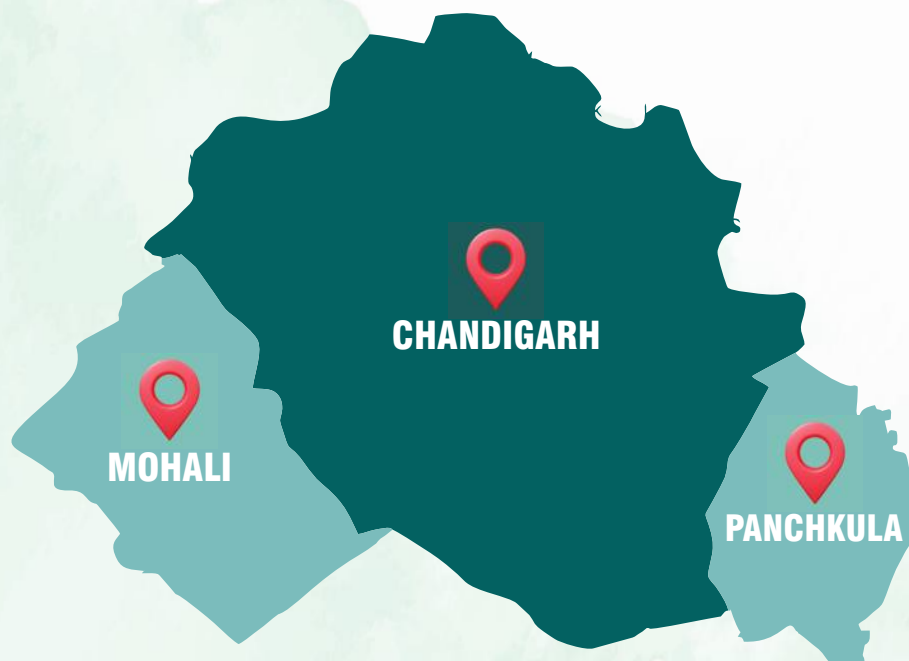


**PHASE 1**  
*Teacher's Training  
& Brochure Launch*

**PHASE 2**  
*Creative Minds:  
Inter-school Competition*

**PHASE 3**  
*Plantation  
Drive*

**ASHWAGANDHA AWARENESS DRIVE AT TRICITY**  
*Learning, Inspiring & Planting*



# ESSAY

## Writing





# Ashwagandha

## *The Ancient Superhero of Garden*

**H**ave you ever wondered if superheroes could grow in your backyard? While we might not find Spider-man or Wonder Woman, among our plants, there's something equally remarkable thriving in gardens across India- a humble herb called “Ashwagandha”. This ancient medicinal plant, whose scientific name Withania somnifera hints at its sleep- promoting properties, has been silently helping humanity for over 3,000 years.

In a world where stress feels like a constant companion, Ashwagandha stands as a natural shield. Its name in Sanskrit tells an interesting story-ashwa' means horse, and gandha' means smell. While the root indeed has a distinct horse-like scent, the name also refers to something more meaningful: The strength and vitality of a stallion, which this herb is said to provide.

But what makes Ashwagandha truly special isn't just its historical significance- it's how perfectly it fits into our modern lives. Think of it as nature's stress-management coach. In today's world, where we juggle work deadlines, family responsibilities, and social media notifications, this herb works like a gentle hand on our shoulder, saying, **“Take it easy.”**

The science behind Ashwagandha's benefits is fascinating. Hidden within its roots are compounds called withanolides ; which act like tiny peacekeepers in our body's stress response system, when work pressure builds up or anxiety kicks in, these compounds help maintain our body's balance, much like how a skilled tightrope walker maintains perfect equilibrium despite strong winds.

What's particularly interesting about Ashwagandha is its adaptogenic nature- a fancy term for a simple concept. Like a skilled teacher who knows exactly how to help each student, Ashwagandha adapts its effects based on what your body needs.

Feeling too wired? It helps you relax, Feeling sluggish? It can help boost your energy. It's like having a personal wellness assistant who always knows exactly what you need. But Ashwagandha isn't just about fighting stress. Research suggests it's like a Swiss Army knife of health benefits. It may help strengthen our immune system, support healthy brain function and even contribute to better sleep quality. For athletes and fitness enthusiasts, it's becoming as essential as their workout gear, potentially helping with strength and recovery.

The best part? Unlike many modern medicines that often come with a list of side effects longer than a grocery & receipt, Ashwagandha has been safely used for millennia. It's like that reliable friend who's always there when you need them, without asking for much in return.

As we face increasing challenges in our fast-paced world, perhaps it's time to look back at this ancient wisdom.

Ashwagandha reminds us that sometimes, the most powerful solutions are the ones that have been growing quietly in nature all along. In a world obsessed with the next big thing, this humble herb shows us that true strength often comes wrapped in simplicity.

So next time you're feeling overwhelmed by life's demands, remember that there's a natural superhero ready to help-**"No cape required, just roots of wisdom from Mother Nature's garden"**.



Govt. Model Senior Secondary School, Sector-19C, CHD



# अश्वगंधा आयुर्वेदिक विज्ञान का अमूल्य वरदान

**अ**श्वगंधा एक प्रमुख औषधि है जिसे आयुर्वेद में विशेष स्थान प्राप्त है। इसका वैज्ञानिक नाम Withania Somnifera है। अश्वगंधा का नाम संस्कृत में अश्व (घोड़ा) और गंधा (गंध) से बना है जिसका अर्थ है घोड़े जैसी गंध क्योंकि इसकी जुड़ से घोड़े जैसी गंध आती है। इसे 'भारतीय जिनसँग' भी कहा जाता है। यह पौधा विशेषकर भारत मध्य पूर्व और अफ्रीका में पाया जाता है। अश्वगंधा के अंदर भरपूर मात्रा में ऊर्जा, प्रोटीन, कैल्शियम, विटामिन सी, आयरन आदि तत्व पाए जाते हैं वही इसके अंदर एंटी इन्फ्लेमेटरी, एंटी बैक्टीरियल, एंटी स्ट्रेस, एंटी आक्सीडेंट गुण भी मौजूद होते हैं। अश्वगंधा में एंटी माइक्रोबियल गुण होते हैं। इसे खाने से जल्दी बीमार नहीं होते तथा महिलाओं में यीस्ट इन्फेक्शन से भी बचाता है। इसे ताकत ऊर्जा और जीवन शक्ति बढ़ाने के लिए जाना जाता है। इसके उपयोग से शारीरिक और मानसिक स्वास्थ्य में सुधार होता है अथवा तनाव में भी सहायक होता है। यह शरीर के प्रतिरक्षा प्रणाली को मजबूत करता है। यह नींद की गुणवत्ता को बढ़ाता है और अनिद्रा में लाभकारी है। कोलेस्ट्रॉल और रक्तचाप को नियंत्रित करने में सहायक है। यह तनाव पैदा करने वाले हार्मोन कॉर्टिसोल के स्तर को कम करता है जिससे चिंता और डिप्रेशन से राहत मिलती है। इसका नियमित सेवन करने में मानसिक शांति मिलती है। यह प्राकृतिक एंटी इन्फ्लामेट्री हौ जो जोड़ के दर्द और सूजन को कम करता है। इसका नियमित सेवन करने से अर्थराइटिस के मरीजों के लिए अत्यंत लाभकारी हैं। छात्रों के लिए यह एक उत्कृष्ट औषधि है क्योंकि यह याददाशत और सीखने की क्षमता को सुधारता है। तनाव से निपटने के लिए यह बहुत प्रभावी है।

अश्वगंधा दिल के लिए भी बहुत अच्छा होता है यह बच्चों का कद बढ़ाने में भी मददगार है यह पाचन को भी अच्छा रखता है अश्वगंधा कि खुराक पुरुषों में टेस्टोस्टेरोन के स्तर को बढ़ा सकती है। अश्वगंधा को शुक्राणु की गुणवत्ता में सुधार से जोड़ा गया है जिसके परिणाम स्वरूप पुरुषों में प्रजनन क्षमता में वृद्धि होती है। अश्वगंधा महिलाओं के लिए कई तरह से फायदेमंद होता है।

अश्वगंधा में मौजूद एंटी-ऑक्सीडेंट, और पॉलीफिनॉल जैसे तत्व महिलाओं के लिए फायदेमंद होते हैं।

## अश्वगंधा के कुछ फायदे ये रहे:-

- अश्वगंधा महिलाओं में हार्मोन का संतुलन बनाता है।
- यह मासिक धर्म चक्र को नियमित करने में मदद करता है।
- यह थायरॉइड ग्लैंड को नियंत्रित करता है।
- यह गुस्से को शांत करता है।
- यह पीसीओएस से जुड़ी समस्याओं को दूर करता है।





अश्वगंधा न केवल मानसिक और शारीरिक स्वास्थ्य के लिए फायदेमंद हैं बल्कि यह बालों और त्वचा के लिए भी लाभकारी है। यह बालों और त्वचा को युवा बनाए रखने में मदद करता है।

अश्वगंधा कई रूपों में उपलब्ध है लेकिन इसका सबसे ज़्यादा इस्तेमाल पाउडर के रूप में किया जाता है।

आयुर्वेद की इस चमत्कारी औषधि का प्रयोग बहुत सी बीमारियों का इलाज करने में सक्षम हैं। इन प्राकृतिक जड़ी-बूटियों के उपयोग को बढ़ावा दिया जाना चाहिए ताकि सामान्य जन महंगी दवाइयों की बजाय सस्ते और प्रभावी इलाज से शीघ्र स्वास्थ्य लाभ प्राप्त कर सकें।



## कोमल

राजकीय आदर्श उच्चतर माध्यमिक विद्यालय, सेक्टर 40-बी, चंडीगढ़



# Winter Cherry

*Nature's Adaptogen for Mind, Body, and Beyond*

**W**inter Cherry (*Withania somnifera*), also known as Ashwagandha is a fascinating plant that has been a cornerstone of traditional medicine for over 3,000 years. This small, hardy shrub, thriving in dry regions of India, Africa, and the middle east It is known for its ability to endure harsh conditions-an attribute that reflects its incredible benefits for human health. Unlike many herbs that serve singular purposes, Winter cherry is a multifunctional plant, supporting the mind, body, immune system in its own ways. Its name "Ashwagandha" comes from Sanskrit meaning "Smell of a horse", which refers to both its distinctive odor and its ability to provide strength and vitality akin to that of a horse. One of the most extraordinary aspects of Winter Cherry is its connection to ancient cultures. Historical records Suggest that it was not only used in Ayurveda but also in Unani and African traditional medicine for its rejuvenating properties. Even in medieval Europe, related spices were used for medicinal purposes, though the full potential of Winter Cherry was most thoroughly explored in the Indian subcontinent.

In ancient texts, it was often described as a "Rasayana", a special category of medicine believed to extend lifespan and restore youthfulness. Modern Science has confirmed many of its historical claims One of its most intriguing effects is on the brain. Recent studies indicate that winter cherry enhances neuroplasticity, meaning it helps the brain form new connections, improving memory, learning capacity, and even emotional resilience Some researchers are exploring its role in preventing neurodegenerative diseases like Alzheimer's and Parkinson's Unlike synthetic drugs that target specific symptoms, Winter Cherry works by reducing inflammation and oxidative stress at a cellular level, helping to slow overall cognitive decline. Another unique feature of winter cherry is its impact on endurance and muscle recovery While many people associate it with stress relief, research shows that athletes and body builders can benefit significantly from its use A study published in the Journal



of the International Society of Sports Nutrition found that participants who took winter Cherry extract experienced a 20-30% increase in muscle strength and a reduction in exercise-included muscle damage.

Unlike artificial supplements, which can have side effects. Winter Cherry Supports natural muscle growth while reducing post-workout fatigue Its benefits, however are not limited to physical and mental strength. One of the most surprising effects of Winter cherry is its role in maintaining a healthy gut. Unlike common probiotics that only introduce good bacteria, Winter Cherry actively reduces a harmful gut inflammation. making it an excellent choice for people suffering from digestive issues like irritable bowel syndrome acid reflux Some studies suggest that help excess in preventing stomach ulcers acid production. Additionally Winter Cherry, is one of the few natural substances that can regulate both hyperactive and underactive thyroid conditions. Most medications focus only on one aspect of thyroid function, but this herb helps balance hormone production, whether it is too high or too low. This is particularly beneficial for people dealing with autoimmune thyroid disorders, such as Hashimoto's thyroiditis. One of the most overlooked but fascinating uses of winter Cherry, is in space research.

NASA has explored herbs, including winter cherry to help astronauts cope with the extreme stress of Space travel. Since it helps regulate cortisol levels and reduce anxiety, scientists believe it could be an essential supplement for long-missions, such as Mars exploration. Its ability to maintain muscle mass in low gravity environments is another reason why it has drawn attention from space medicine researchers Furthermore its benefits extend to environmental sustainability. Unlike many medicinal plants that require specific soil conditions, Winter cherry is highly resilient and grows in poor soil with minimal water making it an environmentally friendly crop In conclusion, Winter cherry is more than just a herb, It is a biological marvel within diverse applications in medicine, sports, space research, environmental sustainability, and even agriculture.



**Saanvi Goel**

Gurukul Global School, Sector 13, Manimajra, CHD



# Ashwagandha

*The Root of Resilience and Calm*

In ancient wisdom, its secrets are revealed, A stress relieving balm for the heart and soul to heal. India dating back over 3,000 years. The name Ashwagandha is derived from Sanskrit words "Ashva (horse) for gandha (Smell), referring to the plants having strong horse like odor. Originating in the dry region Of India, Pakistan and Sri Lanka, Ashwagandha is a shrub like plant thrives in harsh arid environments. Withania somnifera (Ashwagandha) is very revered herb of the Indian Ayurvedic system of medicine as a Rasayana (tonic). It is used for various kinds of diseases perocesses and specially as a nervine tonic. Considering these facts many scientific studies were carried out and its adaptogenic anti stress activities were studied in detail. Ashwagandha is commonly known as "Indian Winter Cherry" or "Indian Ginseng" It is one of the most important herbs of the Ayurveda (The Traditional System of Medicine in India) used for millennia as a Rasayana for its wide-ranging health benefits. Rasayana is described as a herbal or metallic preparation that promotes a youthful state of physical and mental health and expands happiness among the ayurvedic Rasayana herbs, Ashwagandha holds the most prominent place. It is known as "Sattvic Kapha Rasayana" Herb). Most of the Rasayana herbs are adaptogen/ anti stress agents. Ashwagandha is commonly available as a churna, a fine powder that can be mixed with water, ghee or honey. It enhances the function of the brain and nervous system and improved the memory. It improves the function of the reproductive system promoting a healthy sexual and reproductive balance. Being a powerful adaptogen, it enhances the body's' resilience to stress. Ashwagandha improves the body's defence against disease by improving the cell-mediated immunity. It also possesses potent antioxidant properties that help protect against cellular damage caused by free radicals. The root of Ashwagandha is regarded as tonic, aphrodisia narcotic, diuretic, astringent, thermogenic & stimulant. 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

nata, leukoderma, constipation, insomnia, nervous breakdown, goiter etc. The paste formed when roots are crushed, mixed with water & applied in ulcers and painful swelling. The root in combination with other drugs is prescribed for snake venom as well as in scorpion-sting. The Nagori Ashwagandha is the supreme among all Ashwagandha varieties. Maximum benefit appears when fresh Ashwagandha powder is used. Ashwagandharishta used in anxiety, memory loss and a stimulant and increases the sperm count.

Withania roots caused the inhibitory effect of about 49% colony forming efficiency of CHO cells. It inhibits the cell growth and prevents the cell attachment. Ashwagandha induced a calming anxiolytic effect that was comparable to the drug. Ashwagandha is used as a household remedy by Indians, who consider it as the best tonic for old people and children **"May Old, your leaves forever flowring in the gardens of old a natural treasure worth than all the gold"**.



**Simi Mishra**

DAV Model School, Sector-15A, CHD

# Ashwagandha

## *Nature's Answer to Modern Chaos*

**A**shwagandha, a remarkable herb that has been cherished in Ayurvedic medicine, Vedas for centuries. In our world where it often feels like it's spinning out of control, the search for balance and peace has never been more vital. The Ashwagandha also known as "Indian Ginseng" is like a beacon of hope offering natural remedy for stress, anxiety and fatigue. It is a treasure for those who are seeking solace in their hectic lives, Ashwagandha is a like "Fortress of Solitude" for those humans, a blessing from the heaven above.

Ashwagandha, scientifically known as 'Withania somnifera' is a small shrub native to Indian and North Africa. Its roots and berries have been used for thousand of years for the promotion of health and well-being. The name Ashwagandha comes from Sanskrit where 'Ash' means (Horse) and 'Gandh' means (Smell), "Smell of the horse" a throwback its traditional use as a strength enhancer and vitality booster. The beyond its intriguing name lies a treasure trove of benefits that can transform the way we navigate our mundane challenges.

One of the most celebrated attributes of Ashwagandha is its ability to counter stress, which is a demon in your lives, often leading to burnout and anxiety. Cortisol, the hormone responsible for our stress response and many researchers suggest that Ashwagandha can lower those cortisol levels. By regulating this hormone, Ashwagandha can foster a sense of calm and clarity, allowing to face life's hurdles with renewed vigour. Moreover, it is not just a stress reliever it also enhances cognitive functions. Many users report improved focus and mental clarity, making it a star among professionals and students. Imagine being able to tackle your to do list with a clear mind, free from the mist of anxiety. Fascinating isn't it? This herb helps you to achieve that state of mental sharpness, motivating us to perform our best. In a world where sleep deprivation is rampant, conditions like insomnia and experiences like sleep paralysis makes the heart drop. Ashwagandha serves as a



natural ally in the pursuit of rest. Ashwagandha has several calming properties which helps to of quiet the mind make it easier to drift off in a dreamy peaceful might's sleep.

With such compelling benefits of Ashwagandha, it's essential to approach its use mindfully. A typical dosage range from 300 to 1,000 mg per day, taken in a powder form with luke warm milk or water. However its wise to consider advices of specialists, especially if one is undergoing with some health conditions or are pregnant. As with any natural remedy Ashwagandha is not without its precautions as the wise saying goes **“Too many cooks spoil the broth”**. It is crucial to listen to your body and adjust your intake accordingly. In conclusion, Ashwagandha stands as a testament to the healing power of nature. It's a super herb indeed how it combats stress, enhances cognitive function and promotes restful sleep making it a valuable addition to the wellness toolkit. In our world where it feels overwhelming, Ashwagandha gives a peaceful pause to breathe and reconnect with our roots. Embracing this may just be the key to the complexities of modern life.

## **Ayush Verma**

Govt. Model Senior Secondary School, Sector-19C, CHD



## अश्वगंधा आयुर्वेदिक उपचार की अद्वितीय धरोहर

**प**ुराने जमाने से ही मनुष्य रोगों से बचाव के लिए अनेकों तरह के पौधों का उपयोग कर रहा है। पौधों की जड़ें, तने, फूल, फलियाँ, बीज और यहाँ तक कि छाल का भी उपचार के लिए उपयोग किया जाता है। भारत जैसे विशाल देश में अधिक तरह की वनस्पतियों की प्रजातियाँ पाई जाती हैं जिन में से 8000 से भी अधिक प्रजातियाँ औषधीय पौधों की हैं, भारत में प्राचीनकाल से ही लोग धार्मिक क्रिया के अनुसार तुलसी को माता लक्ष्मी के रूप में पूजने के साथ-साथ रोगहीन रहने के लिए भी दैनिक जीवन में उपयोग करते हैं। लौंग, कढ़ी पत्ता, नीम, एलोवेरा, अश्वगंधा जैसे अनेकों पौधों का उपयोग प्राचीन समय से ही किया जा रहा है।

अश्वगंधा एक प्राचीन भारतीय जड़ी-बूटी है जिसे आयुर्वेद में विशेष स्थान दिया गया है। इसके कुछ खास औषधीय गुणों के कारण यह बहुत तेजी से प्रचलित होती जा रही है। अश्वगंधा का नाम संस्कृत में (अश्व' (घोड़ा) और 'गंधा' (गंध) से बना है, जिसका अर्थ है घोड़े जैसी गंध' क्योंकि इसकी जड़ से प्योडों जैसी गंध आती है। इसे हिन्दी में असगन्ध या पुनीर नाम से जाना जाता है। इसके पत्ते, जड़, फल, बीज के प्रयोग से अनेकों रोगों का उपचार किया जाता है।

अश्वगंधा के प्रयोग से शारीरिक और मानसिक स्वास्थ्य, तनाव, चिंता और अन्य में सुधार आता है। और कई रोगों के उपचार में सहायक होती है। यह हमारी ताकत और सहनशक्ति बढ़ाने में मदद करती है। इससे आंखों की ज्योति बढ़ती है, टीबी, गले के रोग का उपचार होता है। खांसी और त्वचा रोग का इलाज करने में भी यह सक्षम होती है।

यह पूरे भारत में, और खासकर सूखे प्रदेशों में पाई जाती है। यह अधिकतर वनों में पाई जाती है। इसके पौधे 2000-2500 मीटर की ऊँचाई तक पाए जाते हैं। यह गर्म प्रकृति वाले व्यक्ति के लिए नुकसानदेह साबित हो सकती है। हर चीज़ के फायदों के साथ-साथ उनका नुकसान भी होता है। यदि हम अश्वगंधा का उपयोग सही ढंग से व सही मात्रा में करें तो यह टी. बी. जैसी बड़ी बीमारियों को भी ठीक कर देती है। जिस आयुर्वेद की कहावत में “तुलसी का पत्ता करें, यदि हर दम उपयोग... मिट जाते हर उम्र में, तन में सारे रोग”।



महक

डीएवी मॉडल स्कूल, सेक्टर-15 ए, चंडीगढ़

# PAIN







**Dimple Sharma**

Ryan International School, Sector-49, CHD

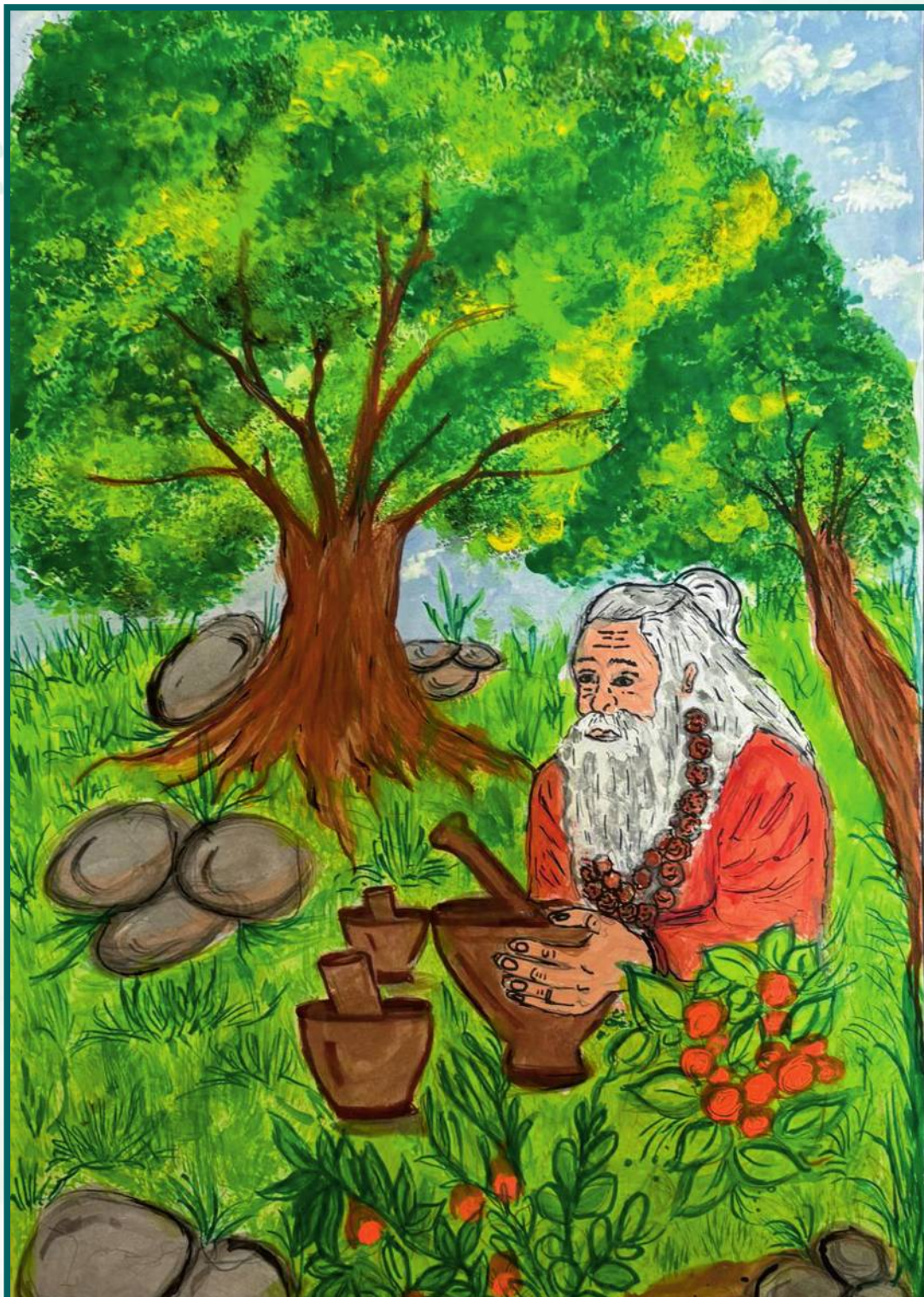




**Kirti Pahuja**

Sacred Heart Senior Secondary School, Sector 26, CHD





**Mudit Singh**

Guru Nank Public School, Sector-36, CHD




# ASHWAGANDHA

## BENEFITS FOR FEMALE HEALTH

BLANCING HORMONES  
BOOSTING IMMUNITY

# ASHWAGANDHA

## BENEFITS FOR FEMALE HEALTH

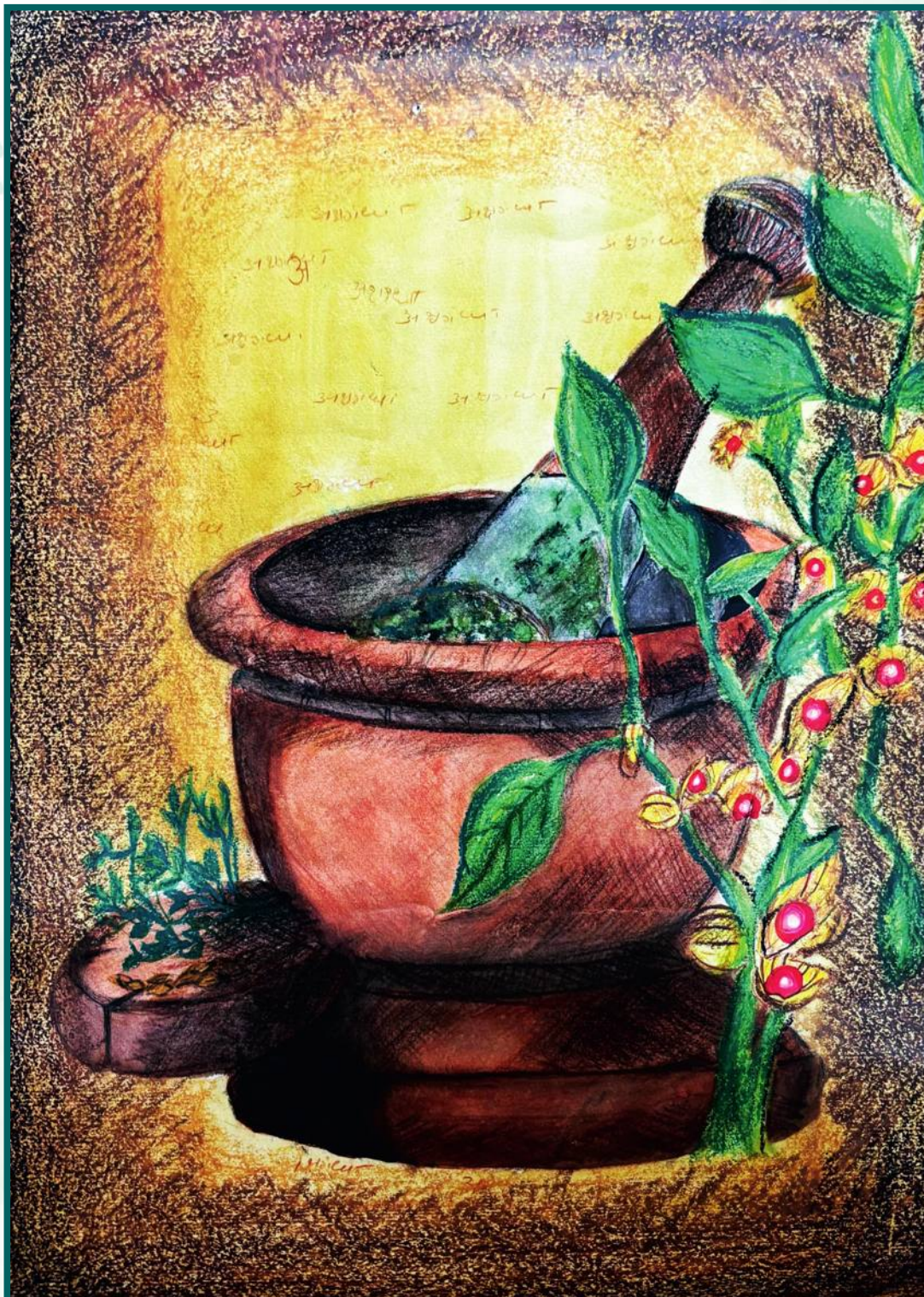


BLANCING HORMONES  
BOOSTING IMMUNITY



GHS Indra Colony, Mani Majra





**Aarav**

GMSSS, Sector-15C, CHD





**Zainab Khan**

GMSSS MHC MM CHD, Sector-13



# POSTER

## Competition

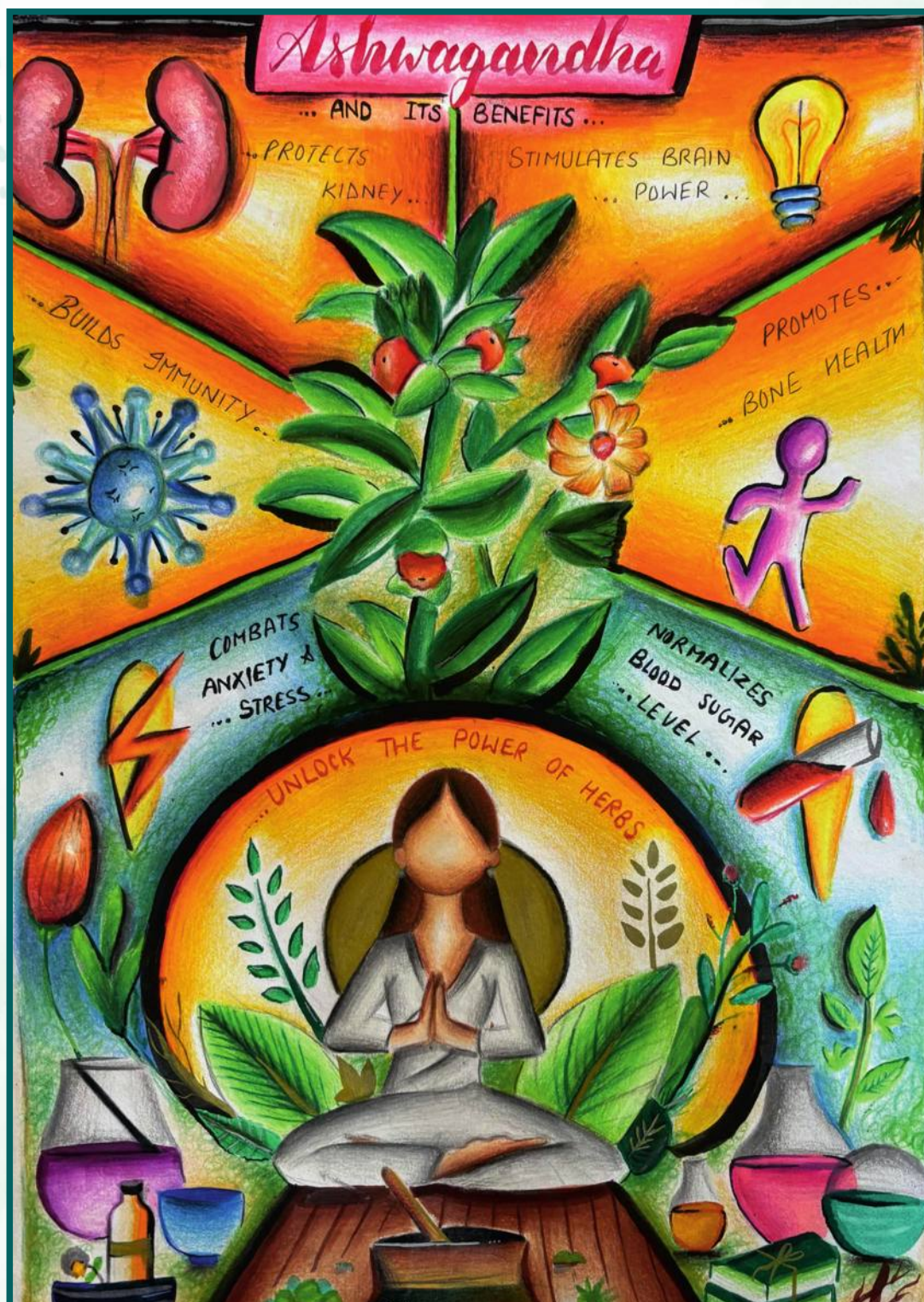




**Aryan Verma**

GMSSS, Sector 16-D, CHD





**Vanshika**

AKSIPS, Sector-41B, CHD





**Ekam Kaur Sekhon**

Guru Nank Public School, Sector-36 D, CHD





**Anushka Yadav**

Govt. Middle School PKT06 MM CHD



# 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.



**Avnoor Kaur**

Guru Nank Public School, Sector-36 D, CHD



# Word Weaving

*Come people, come people use the Ashwagandha plant and build your muscles hard take the Ashwagandha daily and keep your body healthy this will make you happy daily.*

**SHIKHA 9th**  
GMSSS 23-A, NYC CHD.

*In the roots of Ashwagandha Lies the strength to calm the Mind and energize the body.*

**MAYRA DHURIA 6th A**  
Gurukul global school

दशकूपसमा वापी दशवापीसमो हृदः ।  
दशहृदसमः पुत्रः दशपुत्रसमो द्रुमः ।

**GAURI 8th**  
GMMS SEC. 23D, CHD

*Ashwagandha:-  
tension ka solution  
Masti ka explosion*

**AAROHI SINGLA 6th A**  
Gurukul global school

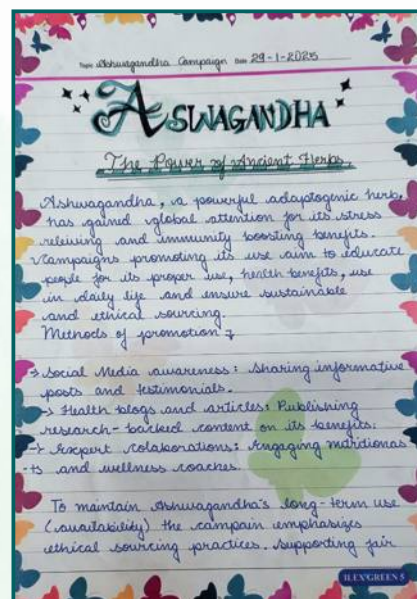
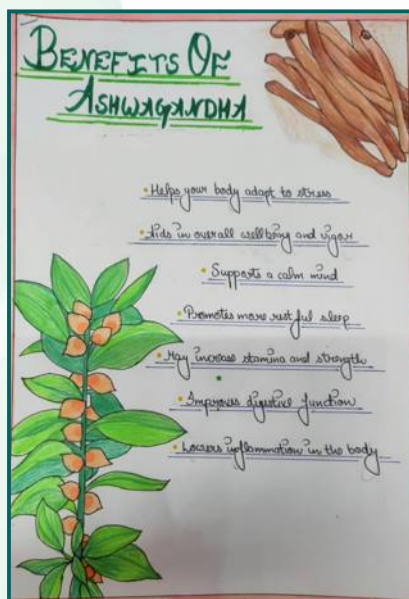
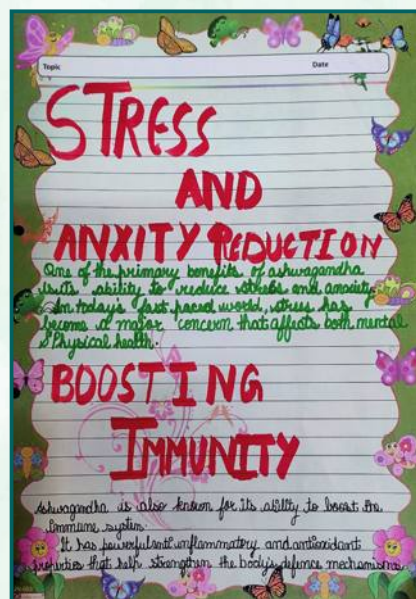
*Oh Ashwagandha leaf, with your adaptogenic might, you calm the mind and body in the dark of night*

**SIMI MISHRA 9th B**  
DAV Model School,  
Sector 15A CHD





# BEAUTIFUL COLLECTION : Creativity of young minds







# Message

## from team RCFC NR-1

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We would like to extend our sincere gratitude to all the school principals, teachers, and students for their constant support and active participation in this campaign. Your dedication, enthusiasm, and hard work were truly inspiring. This campaign would not have been successful without the help of each one of you. We are truly thankful for your efforts and we look forward to creating more such meaningful journeys together.



# NATIONAL CAMPAIGN ON ASHWAGANDHA

— TRADITIONAL KNOWLEDGE, MODERN WELLNESS —



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National Medicinal Plants Board, Ministry of AYUSH  
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**Department of Ayush, Himachal Pradesh**  
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