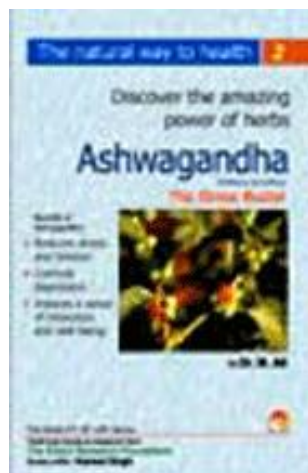




Ashwagandha-the Stress Buster



Author: Dr. M. Ali
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The stress of modern life is at the root of a host of problems... stomach ailments, impotence, blood pressure, heart attacks and strokes... which is why stress is termed as the silent killer.

To combat stress, one needs to induce a sense of relaxation and well-being in oneself. For millennia, the Ayurvedic herb, Ashwagandha, has been known to do just that.

This booklet highlights:

- *preventive, curative, sedative, relaxing and restorative properties of Ashwagandha.
- *Anti-stress characteristics of the herb that help to tackle multiple diseases, with a special emphasis on stress-induced ailments.

About the author:

Professor Mohd. Ali has been teaching Pharmacy for over 15 years. Currently, he teaches Pharmacognosy at the Faculty of Pharmacy, Jamia Hamdard University, New Delhi. His special research interest lies in the preparation of drug extracts, isolation of chemical constituents and structural elucidation of natural products. He has also published more than 170 research papers in various journals of national and international repute.

Dr. Ali has also authored and published several popular reference books for students of Pharmacy, and is a member of many panels for the evaluation of research papers for various professional journals.

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