

## AshwaGandha (Capsule) 60 Cap

**Type****Price**

375.00

**External URL**<https://www.anvitayurveda.com/product/ashwagandha-capsule-60-cap/>**Keywords**

Ashwagandha Side Effects, Buy Ashwagandha Powder

**Hits**

357

**URL**<http://www.indiafinder.in/products/detail/ashwagandha-capsule-60-cap-881>

Ashwagandha is One of the most sought after herbs in Ayurveda because of its therapeutic as well as the nutritive value. In today's world where we are exposed to a very hectic lifestyle and a tremendous amount of physical and mental stress, various researches all over the world have proven its efficacy as a potent stress reliever. In Ayurveda Ashwagandha is considered as the rasayan in nature which means herbs which are useful in enhancing quantity as well as the quality of life hence play a very vital role in improving your efficacy as well as the immunity.

Main part used in the case of Ashwagandha is its roots. Ashwagandha comes in many forms in the market, when the raw herb is given after grinding it is known as the Ashwagandha powder, we can also compress this powder and convert into tablet form with the help of exponents. But to meet the right dosage for desire results is very difficult to achieve latest advancements in technology enabled us to extract the useful active principle of the plant known as the extracts which are highly effective in less dosage as well as standardization of the same is comparatively easy.

### Benefits

- 1 Helps in reducing cortisol levels

- 2 Helps in reducing stress , anxiety , depression
- 3 Helps in improving sleep
- 4 Improve strength and muscle mass
- 5 Decreases inflammation in body

## SUPPLIER

Anvit Ayurveda



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## Who We Are

Anvit Ayurveda is one of its kind healing initiatives started by Dr. Neeraj Jaswal who is an expert in scientific Ayurveda doctor along with Mr. Puneet Jindal, an entrepreneur, certified yoga teacher and health enthusiast. We have a range of Ayurvedic products formulated to provide the utmost benefits of proven Ayurvedic science to the society.

Dr. Neeraj Jaswal along with other certified group of doctors prepared a Ayurvedic immunity boosting solution known as Ayush Kwath which is approved by the Ministry of Ayush. The kadha is formulated with the

most powerful Ayurvedic ingredients and natural herbs like Tulsi, Sunthi, Dalchini and Krishna Marich to boost immunity, helps in cough and cold, asthma as well as improve respiration. Since it's an [Ayurvedic kadha](#), it's completely safe for all age groups.

A spoonful of health – it is a complete solution of spoonful good health. Product has complete information about what ingredients are used, how much quantity we need to have per serving. Its package material increases the shelf life of the product. One can easily keep it in a way it is delivered to you. Feel free to share your health concerns and issues with Dr. Neeraj Jaswal.

### **Our Mission**

Provide best of healthcare product and services to society at their convenience keeping purity and transparency at the utmost priority.

For more details, please visit <http://www.indiafinder.in/detail/anvit-ayurveda-10207>