

Effect of *Ashwagandha* (*Withania somnifera*) Root Powder Supplementation in Treatment of Hypertension

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ABSTRACT *Ashwagandha* (*Withania somnifera*) is widely used in Ayurvedic medicine, and it is one of the ingredients in many formulations to increase energy, improve overall health and longevity, and prevent disease. The main objective of the study was to analyze the efficacy of *Ashwagandha* root powder with water and with milk in treatment of hypertension. The experiment was conducted on 51 stress-oriented hypertensive subjects in the age group of 40 to 70 years, selected by purposive sampling. Subjects were divided into group I and group II. Supplementation of 2gm of *Ashwagandha* root powder was given to group I and group II with milk and water respectively in morning. Blood pressure was also recorded over a period of three months. Overall decrease in systolic blood pressure was found though it was non- significant. Further, decrease in systolic blood pressure was significant in group I, whereas decrease in diastolic blood pressure was significant in both the groups. Hence, supplementation of *Ashwagandha* with milk is recommended in treatment of stress- oriented hypertension.