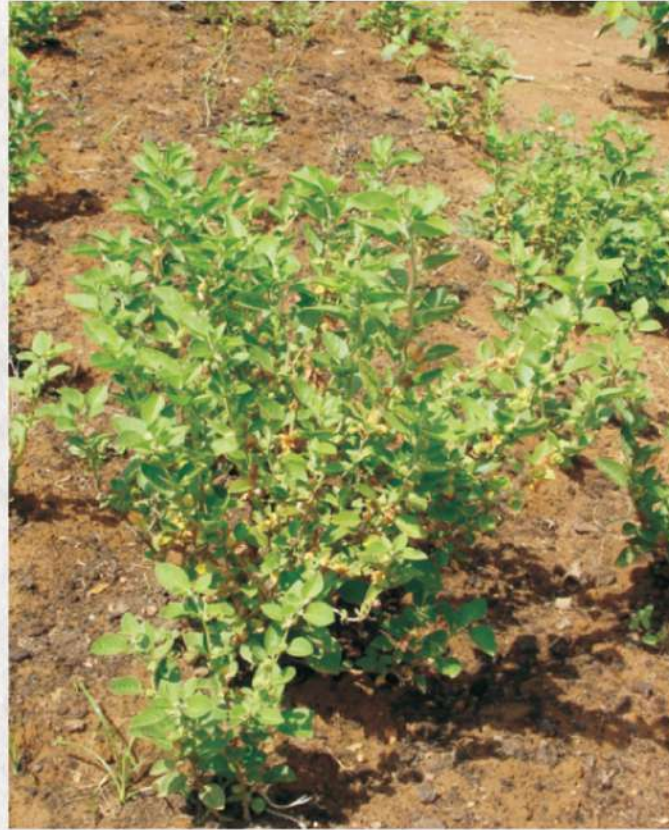


Aswagandha



Withania somnifera (L.) Dunal

Family: Solanaceae

Habit: Under shrub

Origin & Distribution: In India wild in Bastar District of Madhya Pradesh, foothills of Punjab and Himachal Pradesh and Western Uttar Pradesh. The crop is cultivated in drier parts of MP, Punjab, Sind, Rajasthan and South India.

Therapeutic Uses:

Root: Used in emaciation, boils and eruptions, catarrhal breathing troubles, cough, chronic bronchitis, dropsy, heart disease, leucoderma, leucorrhoea and menstrual troubles, lumbago, fatigue, rheumatism, spermatorrhoea and senile debility, swelling on the feet; root powder beneficial in impotency.

Roots & leaves: Applied in carbuncles, scabies, painful swellings and ulcers.

Fruits & seeds: Used as diuretic.

Leaves: Used as antipyretic and anthelmintic.

Cultivated variety: Jawahar Asgandh – 20 released from Jawharlal Neheru Krishi Viswa Vidyalyaya, Regional Agriculture Research Station, Mandasaur, MP.

Soil: Sandy loam or light red soil with good organic matter and drainage with P^H range of 7.5 – 8



Climate: It is a dry weather crop, in West Bengal condition it should be cultivated after rains.

Land preparation: Land should be prepared by thorough weeding and then ploughing at least twice with 15 MT. FYM /Ha. and small canals are made for drainage.

Propagation: In dry areas by direct sowing of seeds in the field. But planting of nursery-raised seedlings in the field gives better

performance.

Fresh healthy seeds are treated with fungicide and then broadcasted on well prepared, well drained raised bed and then covered with fine dust of FYM and straw. Care should be taken in case of watering. Germination starts within 6 – 7 days after sowing and after 6 weeks the seedlings attained a sufficient height. Watering should be done as per requirement.

Seedlings are planted in the field at spacing 60 cm. x 60 cm. and the land is irrigated soon after planting.

Manuring: It does not require manuring.

Irrigation: In case of highly dried up soil 1 or 2 irrigation is necessary otherwise 1 or 2 late winter rains are enough for its growth.

Weeding: Weeding is necessary at an interval of 30 days.

Pest and diseases: Seed rotting, seedling blight and leaf blight are the common diseases that can be minimized by treating the seed before sowing with CAPTAN @ 3 gm./Kg seeds. Followed by spraying of SAAF @ 2gm/lit. of water when the crop is 30 days old. The spray should be repeated at an interval of 7 – 10 days until the disease is controlled. Other diseases are – Seedling mortality or die back. Using healthy seeds and treatment of seeds with THRIM or DETRON 3-4gm/kg can minimize this disease

Plant parts harvested for trade: Root and seeds.

Harvesting: Harvesting done during February to March at 150 – 170 days age of crop, when the leaves are drying and berries turning red. Entire plant is uprooted and roots are separated from the upper part. Roots are then dried up, seeds are plucked from dried plants – sun dried and stored.

Yield: Approx. yield – Dry root : 300 – 500 kg. /Ha. and seeds 50 – 75 kg/Ha.

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