

Nagori Ashwagandha

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Nagori Ashwagandha Latest News

The Prime Minister recently presented GI-tagged Nagori Ashwagandha as a traditional Indian gift during the G7 Summit in France, symbolizing India's rich Ayurvedic heritage and traditional knowledge systems.

About Nagori Ashwagandha

- It is a **premium variety of Ashwagandha**, sourced from the **Nagaur region in Rajasthan**.
- **Nagaur's dry climate and sandy soil** are **ideally suited** for Ashwagandha cultivation.
- It has **longer, thicker roots rich in medicinal compounds**, particularly **alkaloids**.
- Its **berries** are known for their **dark, bright red colour**, which is considered a clear indicator of superior quality.
- It has brittle and starchy roots.
- It received the **Geographical Indication (GI) tag** in January, 2026.

Key Facts about Ashwagandha

- Ashwagandha (**Withania somnifera**) is an important **medicinal plant** cultivated in regions of **South Asia, Africa, and Central Asia.**
- **Other names:** **Indian ginseng** or **Indian winter cherry**
- It is a **small perennial shrub** growing up to 35–75 cm in height.
- It has been in use as a medicinal plant for thousands of years, especially in **traditional Ayurvedic medicine.**
- It was **first mentioned** by the learned **Punarvasu Atreya over 4000 years ago.**
- Subsequently, the medicinal properties of this plant were **mentioned in Ayurvedic treatises** such as **Charaka Samhita, Sushruta Samhita, Astanga Hridaya, Bhava Prakasha Nighantu, etc.**

Ashwagandha Benefits

- It is often called an **adaptogen**, meaning it **helps the body adapt to stressors** and restore balance.
- Its other benefits are **reducing inflammation, increasing energy, alleviating anxiety, ease pain,** and improving sleep.
- **Different parts** of the ashwagandha plant, such as the root, leaves, and berries, may have **different concentrations of bioactive compounds.**

Required Climatic Conditions for Ashwagandha

- It grows in **dry and subtropical regions.**
- **Soil:** It grows well in **sandy loam or light red soil** having pH 7.5 to 8.0 with good drainage.
- **Climate:** It is grown as a **late rainy season (kharif) crop.**
- **Rain:** The **semi-tropical areas** receiving **500 to 750 mm rainfall** are suitable for its cultivation as a rainfed crop.
- **Temperature:** It **can tolerate** a temperature range of **20 to 38 degree Celsius.**
- **Major Ashwagandha-Producing States in India:** **Madhya Pradesh, Rajasthan, Punjab, Haryana, Uttar Pradesh, Gujarat, Maharashtra.**

News: ICAR

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