

Assessment of Proximate Composition of Ashwagandha (*Withania somnifera*) in Konkan Geographical Area

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Abstract—The present investigation was carried out to evaluate the nutritive value of Ashwagandha (*Withania somnifera*) in natural habitat. Ashwagandha is a plant and the root and berry are used to make medicine. Ashwagandha is used for arthritis, anxiety, trouble sleeping (insomnia), tumors, tuberculosis, asthma, a skin condition marked by white patchiness (leukoderma), bronchitis, backache, fibromyalgia, menstrual problems, hiccups, and chronic liver disease. Ashwagandha is also used as an “adaptogen” to help the body cope with daily stress, and as a general tonic. Some people also use ashwagandha for improving thinking ability, decreasing pain and swelling (inflammation), and preventing the effects of aging. It is also used for fertility problems in men and women and also to increase sexual desire. The proximate analysis of Ashwagandha was determined using the methods of association of official analytical chemists (A.O.A.C., 1995). The samples of the Ashwagandha were analyzed for the Dry matter, Crude protein, Crude fibre, Ether extract, Nitrogen free extract, Total ash and Acid insoluble ash, Calcium, Phosphorus and Tannin. The mean values showed that Ashwagandha had moisture 35.24 %, whereas the figures for organic matter, dry matter, crude protein, ether extract, crude fibre, nitrogen free extract, total ash, acid insoluble ash, were recorded as 93.30, 64.76, 2.14, 2.17, 7.46, 81.54, 6.70 and 1.56 per cent, respectively. It was concluded that, ashwagandha is a good source of nutrients for the livestock as feed additive to overcome the stress during dry season.