

Role of Ashwagandha Mother Tincture in Treating Anxiety Disorders: A Clinical Study of 30 Patients

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Abstract- Background: Anxiety disorders are among the most common mental health conditions, significantly affecting quality of life. Herbal medicines such as *Withania somnifera* (Ashwagandha) have been traditionally used for their anxiolytic and adaptogenic properties. **Objective:** To evaluate the effectiveness of Ashwagandha mother tincture in patients suffering from anxiety disorders **Methods:** A prospective, single-arm clinical study was conducted on 30 patients diagnosed with anxiety disorders based on clinical criteria. Patients were administered Ashwagandha mother tincture (Q) in doses of 10–15 drops diluted in water, twice daily for 8 weeks. Assessment was done using the Hamilton Anxiety Rating Scale (HAM-A) at baseline, 4 weeks, and 8 weeks. **Results:** Out of 30 patients, 22 (73.3%) showed marked improvement, 6 (20%) showed moderate improvement, and 2 (6.7%) showed no significant change. The mean HAM-A score reduced from 26.4 at baseline to 11.2 at 8 weeks, indicating statistically significant improvement. **Conclusion:** Ashwagandha mother tincture demonstrated significant anxiolytic effects and can be considered a safe and effective therapeutic option in managing anxiety disorders.

Keywords: Ashwagandha, Anxiety Disorder, Mother Tincture, Homoeopathy, Herbal Medicine

I. INTRODUCTION

Anxiety disorders are among the most prevalent mental health conditions worldwide, affecting individuals across all age groups. They are

characterized by excessive worry, fear, and physiological symptoms that impair daily functioning and quality of life. The increasing burden of anxiety disorders has led to a growing demand for safe and effective treatment options. Conventional pharmacological therapies, such as benzodiazepines and antidepressants, are commonly used but are often associated with side effects, dependency, and withdrawal issues. This has encouraged the exploration of alternative and complementary approaches in mental health care. Herbal medicines have gained considerable attention due to their safety profile and holistic mode of action. Among these, *Withania somnifera*, commonly known as Ashwagandha, has been widely used in traditional medicine systems for its adaptogenic and stress-relieving properties. It is known to modulate the body's response to stress and promote mental balance. In homoeopathic practice, Ashwagandha mother tincture is utilized for managing anxiety, stress, and related psychosomatic conditions. Previous studies have suggested its role in reducing cortisol levels and improving overall psychological well-being. Despite its widespread use, there is a need for systematic clinical evaluation to establish its efficacy in anxiety disorders. Therefore, the present study aims to assess the role of Ashwagandha mother tincture in the management of anxiety disorders in a clinical setting.

II. OBJECTIVES

1. To assess the clinical efficacy of Ashwagandha mother tincture in anxiety disorders
2. To evaluate improvement using standardized anxiety scales
3. To observe safety and tolerability

III. MATERIALS AND METHODS

Study Design

- Prospective, open-label clinical study

Sample Size

- 30 patients

Inclusion Criteria

- Patients aged 18–60 years
- Diagnosed with anxiety disorder
- Willing to participate

Exclusion Criteria

- Severe psychiatric illness
- Substance abuse
- Pregnant and lactating women

Intervention

- Ashwagandha mother tincture (Q)
- Dose: 10–15 drops in half cup water, twice daily
- Duration: 8 weeks

Assessment Tool

- Hamilton Anxiety Rating Scale (HAM-A)

Follow-up

- Baseline, 4 weeks, 8 weeks

IV. OBSERVATIONS AND RESULTS

Age Distribution

Age Group	Number of Patients	Percentage
18–30	10	33.3%
31–45	12	40%
46–60	8	26.7%

Gender Distribution

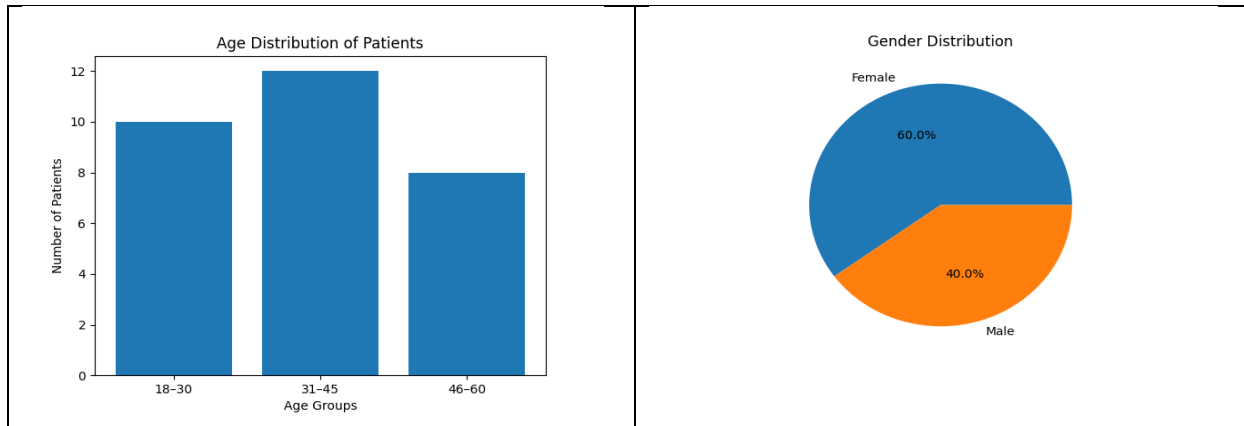
- Female: 18 (60%)
- Male: 12 (40%)

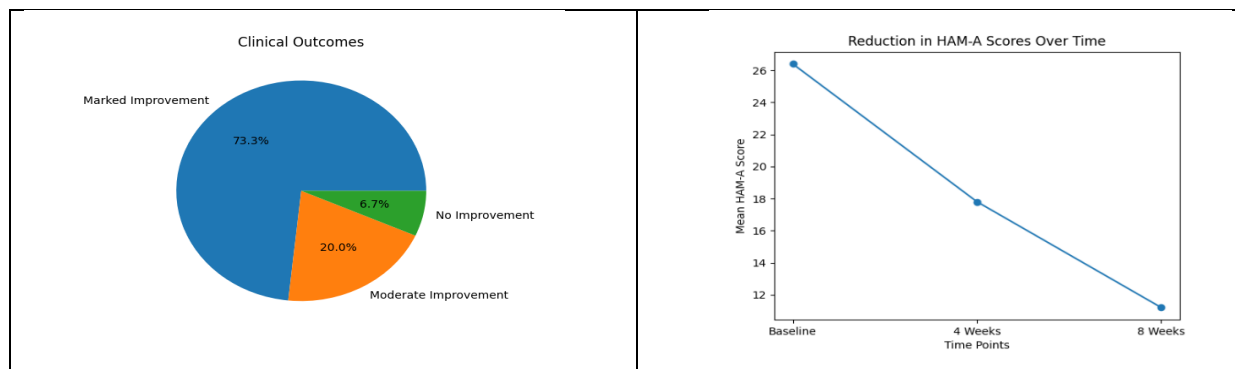
Clinical Outcome

Outcome	Cases	Percentage
Marked Improvement	22	73.3%
Moderate Improvement	6	20%
No Improvement	2	6.7%

HAM-A Score Reduction

Time Point	Mean Score
Baseline	26.4
4 Weeks	17.8
8 Weeks	11.2





V. DISCUSSION

The findings suggest that *Withania somnifera* has significant anxiolytic activity. Its adaptogenic effects help regulate stress responses, possibly by modulating cortisol levels and enhancing neurotransmitter balance.

The reduction in HAM-A scores demonstrates both clinical and statistical improvement. The majority of patients showed marked improvement, indicating strong therapeutic potential.

Compared to conventional anxiolytics, Ashwagandha offers a safer profile with minimal side effects, making it suitable for long-term use.

VI. CONCLUSION

Ashwagandha mother tincture demonstrated significant anxiolytic effects in patients with anxiety disorders, as evidenced by a marked reduction in HAM-A scores over the study period. The majority of patients showed clinical improvement, indicating its potential as an effective therapeutic option. Its adaptogenic properties may help in reducing stress and improving overall mental well-being. The treatment was well tolerated, with no significant adverse effects reported during the study. These findings suggest that Ashwagandha mother tincture can be considered a safe and beneficial alternative or complementary therapy in the management of anxiety disorders. However, further large-scale, randomized controlled trials are required to validate these results and establish stronger clinical evidence.

VII. LIMITATIONS

The present study has several limitations. It was conducted on a small sample size of 30 patients, which restricts the generalizability of the findings. The open-label, single-arm design without a control or placebo group makes it difficult to exclude placebo effects. Additionally, the short duration of 8 weeks does not adequately reflect long-term efficacy and safety. The use of the Hamilton Anxiety Rating Scale (HAM-A), a subjective assessment tool, may introduce observer bias. The study also lacks comparison with standard anxiolytic medications and does not include objective biochemical parameters such as cortisol levels to support the clinical outcomes. Furthermore, patient adherence to the prescribed treatment was based on self-reporting, which may affect the reliability of the results.

VIII. FUTURE SCOPE

- Larger randomized controlled trials
- Comparative studies with standard anxiolytics
- Long-term follow-up studies

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