



Ashwagandha: The Stress Buster

By Dr M. Ali

Unicorn Books, New Delhi, India. Softcover. Book Condition: New. The stress of modern life is at the root of a host of problems like stomach ailments, impotence, blood pressure, heart attacks and strokes. which is why stress is termed as the silent killer. To combat stress, one needs to induce a sense of relaxation and well-being in oneself. For millennia, the Ayurvedic herb, Ashwagandha, has been known to do just that. This booklet highlights: *preventive, curative, sedative, relaxing and restorative properties of Ashwagandha.*Anti-stress characteristics of the herb that help to tackle multiple diseases, with a special emphasis on stress-induced ailments. Printed Pages: 32.



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