

**Ministry of Ayush  
Government of India**

**Press Statement: Expert Review Confirms Safety of Ashwagandha  
(*Withania somnifera* (L.) Dunal)**

The Ministry of Ayush, Government of India (Ministry for traditional medicine in India), acknowledges the growing global interest in Ashwagandha (*Withania somnifera* (L.) Dunal) and the recent media coverage regarding its safety and medicinal use. In response to these concerns, the Ministry has published a detailed safety dossier on Ashwagandha (Dossier available at: [https://ayush.gov.in/images/domains/quality\\_standards/bookletAshwagandha.pdf](https://ayush.gov.in/images/domains/quality_standards/bookletAshwagandha.pdf)). The Ministry has also constituted an Expert Committee Chaired by Prof. (Dr.) S.K. Sarin, Chancellor of the Institute of Hepato-biliary Sciences New Delhi India (a WHO collaborating centre for Viral Hepatitis and Liver disease), a globally renowned hepatologist and comprising of senior scientists and medical professionals to thoroughly evaluate the safety of Ashwagandha and to critically review concerns raised by various international bodies, including the Danish Technical University (DTU), which suggested potential risks relating to thyroid function, sex hormones, and liver health. After a comprehensive analysis, the committee concluded that the studies and case reports referenced were inconclusive. Substantial scientific evidence supports the safety of Ashwagandha root for human consumption. (Report available at: <https://ayush.gov.in/images/domains/qualitystandards/safetyReportAshwagandha.pdf>)

Numerous clinical studies conducted across diverse populations reaffirm the well-established safety profile of Ashwagandha, showing that it is well-tolerated and effective in promoting overall well-being. The committee emphasized that isolated adverse events may occur in individual cases, as with any food or supplement, but these do not indicate a causal relationship with Ashwagandha.

The committee strongly advocates for stringent quality control measures and accurate species identification to ensure the continued safe use of Ashwagandha. This herb, which has been a cornerstone of Ayurveda for centuries, contributes significantly to immune support, stress management, and general health promotion. Its long-standing history of safe use in India, along with growing international recognition, reinforces its value as a natural remedy.

In conclusion, the Ministry of Ayush, Government of India reaffirms that Ashwagandha remains a safe and effective medicinal herb, supported by both traditional knowledge and modern scientific research. The Ministry hopes this expert-reviewed assessment provides clarity and confidence to stakeholders and the wider public.

For further inquiries or updates on this matter, please contact the Ministry of Ayush, Government of India.