

## SHORT COMMUNICATION

# ORAL DISINTEGRATING TABLETS OF *WITHANIA SOMNIFERA* IN ANXIETY MANAGEMENT: FORMULATION AND EVALUATION

### ABSTRACT

*Withania somnifera* (Ashwagandha) exhibits good anxiolytic activity that is well established in published literature and its traditional use is proof of clinical utility. This work presents the formulation development and evaluation of oral disintegrating tablets (ODTs) of *W. somnifera*. ODTs were made by direct compression method utilizing PVP K30® as the binder, sodium starch glycolate as the disintegrating agent and crospovidone as a super-disintegrant. The formulations were assessed for thickness, weight variation, disintegrating time, dissolution test, friability and hardness of tablets. The developed tablets showed good disintegrating time, as required for ODTs, hardness, thickness, weight variation, friability and dissolution. Formula composition F3 was finalized based on the evaluation parameters. These ODTs would be a good alternative to the conventional delivery systems used in therapeutic management of anxiety.