Ashwagandha Benefits

Ashwagandha root is a herb of the ages. It is the 'ginseng' of Ayurvedic medicine, the traditional medicine of India and is considered an 'adaptogen', a term used to describe herbs that improve physical energy and athletic ability, increase immunity to colds and infections and increase sexual capacity and fertility.

One reason for ashwagandha's reputation as a general energypromoting, disease-preventing tonic may be its effect on the immune system. A number of studies have shown significant increases in white blood cell counts and other measures of strengthened immunity in rodents given ashwagandha or certain



chemicals extracted from the herb. Ashwagandha may also have a mild sedative effect on the central nervous system and in animal studies it has been shown to be a muscle relaxant. It is commonly used to increase vitality, particularly when recovering from chronic illnesses and pain management for arthritic conditions. Ashwagandha may also help regulate blood sugar which aids in suppressing sugar cravings. Research shows ashwagandha may be a promising alternative for cancer treatment and prevention. Ashwagandha seems to show positive effects on the endocrine, cardio, and central nervous systems. It is one herb that could help your body produce it's own thyroid hormones.

Ashwagandha is used to restore male libido, cure impotence and increase male fertility. It is widely used in southern Asia as a male sexuality tonic.

Preliminary studies indicate that the herb helps to reduce the negative effects of stress, slow tumour growth, treat anxiety and insomnia, and reduce cholesterol in addition to increasing sexual performance.

Ashwaghanda is generally safe at the doses recommended on the packaging. In high doses it may have steroidal activity similar to Creatine.

Research on ashwagandha has concluded that extracts of the plant has a direct spermatogenic influence on the seminiferous tubules of immature rats presumably by exerting a testosterone-like effect1. It is could also a potential source of hypoglycemic, diuretic and hypocholesterolemic agents2.

Because ashwagandha has traditionally been used to treat various diseases associated with nerve tissue damage related to the destructive molecules known as free radicals, some researchers have speculated that the herb may have antioxidant properties. Free-radical damage plays a role in normal ageing and in such neurological conditions as epilepsy, Parkinson's disease and Alzheimer's disease.

_1. J Ethnopharmacol 2001 Apr;75(1):1-4 - The effect of aqueous extracts of Cynomorium coccineum and Withania somnifera on testicular development in immature Wistar rats. - Abdel-Magied EM, Abdel-Rahman HA, Harraz FM. 2. Indian J Exp Biol 2000 Jun;38(6):607-9 -- Hypoglycemic, diuretic and hypocholesterolemic effect of winter cherry (Withania somnifera, Dunal) root. -- Andallu B, Radhika B. -- Department of Home Science, Sri Satya Sai Institute of

Higher Learning, Anantapur 515001, India. _

Ashwagandha Herb Information / Side Effects

Latin Names: Withania somnifera, Physalis flexuosa

Common Names: Ashwagandha, Winter Cherry, Ashgandh, Achuvagandi, Amikkira-gadday, Amkulang-kalang, Amukkira-kilzhangu, Amukran-kizhangu, Asagandha, Asana, Asgandh, Asundha, Asvagandhi, Fatarfoda, Hirimaddina-gadday, Hirregadday, Penneroo-gadda, Pevette, Sogade-beru

Suggested Properties: Strengthens immune system, antioxidant, rejuventaing. abortifacient, adaptogen, antibiotic, aphrodisiac, astringent, anti-inflammatory, antioxidant, anti-anxiety, anti-tumor, immuno-modulating, diuretic; narcotic, sedative, tonic.

Uses: Increase immunity to colds & infections, vitality, male fertility and libido. Combats impotence and helps regulate blood sugar.

Indicated for: Insomnia Slows tumor growth Anxiety Reduces Cholesterol