

Health Benefits of Ashwagandha

Ashwagandha is contraindicated for pregnant women as it may induce miscarriage. In large amounts, it may cause diarrhea or nausea. It may have blood thinning properties.

Hormonal conditions:

- May reduce stress and anxiety by reducing Cortisol levels
- Supports the Thyroid gland by stimulating Thyroid hormones in cases of Hypothyroidism
- May increase testosterone levels as well as improving sperm count and mobility

Metabolic conditions:

- Has hypoglycemic effects and helps to lower blood glucose (monitor carefully if taking insulin or Diabetic medications); if not Diabetic on medications, it will not lower blood sugar below normal levels.
- Helps with lipid metabolism by lowering high cholesterol and triglycerides
- Supports healthy Insulin Sensitivity
- Supports healthy Leptin signaling

Brain function:

- May alleviate depression and anxiety
- May prevent seizures and convulsions
- May improve insomnia
- Supports cognition, psychomotor performance, memory, executive function, attention, and information processing speed
- Protects neuronal mitochondria
- Helps to prevent neurotoxicity
- Reduces free radical damage to brain tissue
- May increase Dopamine levels

Promotes Blood production:

- May help to increase red blood cells to improve Anemia, white blood cells to boost Immune function, and platelets for blood clotting
- May decrease heart arrhythmias

Joint anti-inflammatory and analgesic:

- May improve a variety of Rheumatologic problems due to acting as a cyclooxygenase inhibitor and downregulating the expression of pro-inflammatory cytokines.
- May stimulate the growth of bone and joint collagen

Antioxidant: quenches free radicals caused by oxidation

- Upregulates antioxidant enzymes such as Superoxide Dismutase (SOD) and Glutathione Peroxidase

Cancer prevention and promotes healing of Cancer:

- Ashwagandha Leaf has shown anti-proliferative activity with Cancer of the Lung, Colon, Central Nervous System (possibly Glioblastoma) and Breast tissues.
- In cell and animal studies Ashwagandha has slowed or reversed the growth of several Cancers: brain, breast, cervical, colon, kidney, lung, lymphoma, ovarian, pancreatic, prostate, skin, and stomach.
- It promotes apoptosis (cell death) and decreases inflammation.

Promotes physical strength and endurance:

- Promotes muscle strength and post-exercise recovery
- Increases energy levels and endurance
- Protects mitochondria
- Reduces body fat

Anti-microbial: fights harmful microorganisms including:

- Bacteria-the Leaves have a positive activity against a Gram + bacteria including MRSA, Streptococcus, and Enterococcus. The Root and the Leaves have shown positive activity against Salmonella, E. Coli, Pseudomonas. In one study, Ashwagandha improved the symptoms, inflammation, and body weight of 99 Tuberculosis patients.
- Viruses-historically it has been used in Africa against HSV (Herpes Simplex Virus) and has shown positive results in reducing replication of the virus 1 and 2 and Encephalitis. In one study of 29 Hepatitis patients, Ashwagandha sped up the recovery of the illness.
- Fungi-the Root and the Leaves show positive activity against Candida albicans, Aspergillus flavus, and Fusarium oxysporum; it inhibits growth by inhibiting spore germination and hyphal growth
- Parasites-Ashwagandha has shown anti-parasitic activity against Leishmania and Malaria in animal studies.