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Herbs List

A Guide To Medicinal Herbs

« *Traditional Chinese Medicine*

Black Cohosh »

Ashwagandha

By [Herbs List](#) | Published: 05/20/2011



Ashwagandha Plant

Ashwagandha Benefits

In India, Ashwagandha is considered a powerful adaptogen. This means that it has a beneficial normalizing effect on the entire body.

Ashwagandha is often used as a rejuvenator. It can also be used as a sedative, anti-inflammatory, diuretic and to increase physical energy and endurance. It's beneficial for colds and coughs, diabetes, ulcers, insomnia and Parkinson's disease. It also protects the nervous system in a beneficial way.

Ashwagandha is rich in antioxidants, such as catalase, glutathione and superoxide dismutase. These are all powerful free radical fighters and help protect against oxidation

of the cells. These antioxidants may explain the wide use of this herb for anti-aging.

In India, Ashwaganda is often prescribed to elderly patients for the treatment of cerebral disorders, such as memory loss. Some research suggests that this herb can increase acetylcholine receptor activity, partially explaining its benefit to the brain. It has been used historically for increasing cognitive ability also.

Researchers at the University of Texas found that extracts of Ashwaganda had similar effects on the brain as the nutrient GABA. This may be why it is good for reducing anxiety.

Taking Ashwagandha can calm the mind, promoting better more restful sleep. It does this by calming the nerves and improving a person's ability to handle physical and emotional stress.

Ashwagandha has anti-inflammatory action and is often taken to treat rheumatoid arthritis. There is a naturally occurring steroid in the herb that is similar to hydrocortisone. Its pain relieving action is as effective as aspirin.

Ashwagandha is popular with athletes too. It can promote better oxygen flow to the cells in the muscles, helping to increase strength and endurance during exercise. This would enable the athlete to gain more lean muscle than normally possible. It can also reduce the effect of stress hormones and reduce lactic acid build-up.

If You Are Over 30

If you are over 30, you'll want to take some GF20 with this. Then you'll be able to run circles around people your own age. [What is GF20?](#)

Ashwagandha Uses

- Treat diabetes
- Treat ulcers
- Treat insomnia
- Treat senile dementia
- treat Parkinson's disease
- Treat nervous disorders
- Treat rheumatism and arthritis
- Treat intestinal infections
- Treat breathing disorders, like bronchitis and asthma
- Treat cancer
- Reduce the severity of colds and coughs

- Increase sexual enhancement
- Enhance health as an adaptogen
- Treat anxiety
- Treat tumors
- Treat skin conditions
- Treat fibromyalgia
- Treat menstrual difficulty
- Treat liver disease
- Treat persistent hiccups
- Decrease pain and inflammation
- Prevent the effects of aging
- Enhance fertility in men and women
- Treat wounds and backaches
- Increase thinking ability

Scientific Name

Withania somnifera

Common Names

Winter cherry

Where It Grows

This plant grows in India, Africa and the Middle East

Which Part Of The Plant Is Used

The root



Dried Ashwagandha Roots

How It Works

Ashwagandha contains many beneficial chemicals, such as alkaloids, choline, withanolides, amino acids and different types of natural sugar.

How It's Used

Ashwagandha is dried and powdered. This powder can be mixed into a hot beverage such as warmed milk or tea. It can also be put into capsules.

Precautions and Side Effects:

Ashwagandha should not be taken by women who are pregnant or nursing without consulting a doctor. It may cause slight drowsiness and a heavy feeling in the abdomen if taken in large doses.

Description and History Of Ashwagandha

Ashwagandha is an evergreen woody shrub that grows up to six feet high. It has a grey stem and oval leaves with yellow/green flowers and berries that are red in color. Ashwagandha is considered an adaptogen used mainly for stress and as a calming tonic. Since it's an adaptogen, it also has a general tonic effect on the whole body.

Ashwagandha has been used successfully in India for over 3,000 years and is a respected herb in the system of Indian medicine called Ayurveda. Ashwagandha thrives in warm, sunny, dry sandy soil and can't stand too much water.

Editor's Comments

I have taken Ashwagandha for its effects as a high quality adaptogen. This is like the Indian version of ginseng. It does a lot and helps the body to adapt to stress very well.

Recommended Product

Click Picture For Price and Description



References

[Stress Reduction, Neural Protection, and a Lot More from an Ancient Herb](#)
[Sloan-Kettering Ashwagandha Report](#)
[Natural Health Research Institute—Study of Ashwagandha](#)

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The study did not measure for a direct increase in HGH.

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