

# ASHWAGANDHA

## What is ASHWAGANDHA?

Ashwagandha, also known as *Withania somniferum*, is a member of the pepper family. . It has long been used in Ayurvedic medicine as a rejuvenative herb, used in conditions of weakness to strengthen the body. Ashwagandha has a traditional reputation as a tonic or adaptogen herb with multiple, nonspecific actions that counteract the effects of stress and generally promote wellness. It is used in formulations to provide vital energy while other herbs and minerals take effect. Compounds known as glycowithanolides and alkaloids are believed to account for its medicinal applications. \*

## What are the benefits?

Ashwagandha stimulates the activation of immune system cells, such as lymphocytes, and protects against damage caused by various stressors; it has antidepressant and memory-protective activities. It is renowned in Ayurvedic medicine as a general health restorative agent, used against fatigue, memory loss and impotence.. Of particular note is its use against tumors, inflammation (including arthritis), and a wide range of infectious diseases. Recent research has examined its effect on those suffering from low thyroid hormone levels called hypothyroidism, marked by cold hands and feet and poor tolerance to cold. Traditional uses include enhancing sexual interest and performance, increasing fertility, aiding sleep and augmenting physical stamina. A clinical study assessing the effect of this herb on the process of aging, taken by 50-59 year olds over a period of one year, was significantly slowed down in a variety of areas. In India, Ashwagandha has been used to treat mental deficits, including amnesia, in the elderly. \*

## Supplement recommendation:

For the most effective benefits look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Counteracts stress and promotes general wellness\***
- **A “tonic herb” to rejuvenate and vitalize\***
- **Helpful for low thyroid hormone levels\***
- **Enhances sexual interest and performance\***
- **Contains memory protective activities and enhances mental function\***
- **Augments physical stamina\***
- **Prevention for a wide range of infectious diseases\***
- **Helpful to enhance sleep\***
- **Promotes muscle strength\***

## Supporting Research:

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\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.

