



Is Ashwagandha Beneficial to One's Health? Here are some Benefits that have been proven to Work

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Introduction

Ashwagandha is a well-known herbal remedy. It's an important plant in Ayurveda, an ancient Indian system of natural medicine that's been practised for nearly 6,000 years. For millennia, people have employed ashwagandha's roots and orangey-red fruit for a variety of medical purposes. The word 'ashwagandha,' which means "horse and smell" in Sanskrit, refers to the herb's scent as well as its potency. This plant not only treats our physical ailments, but it also improves our mental well-being [1,2]. Different treatments make use of different parts of the plant, including the leaves, seeds, and fruit. This herb is gaining popularity in the West. Today, people can buy ashwagandha as a supplement in the United States.

What are its health benefits?

Scientific studies have suggested that ashwagandha might be beneficial for a number of conditions. That said, researchers do not know a lot about how the herb reacts within the human body. Most studies so far have used animal or cell models, meaning that scientists do not know if the same results will occur in humans.

There is some evidence to support the use of ashwagandha for the following:

Improves concentration and memory

Ashwagandha may help with cognition, memory, and the ability to execute motor responses in response to instructions. When compared to a placebo, ashwagandha significantly improves reaction times throughout cognitive and psychomotor activities, according to small studies. According to a study published in the National Library of Medicine in 2017, ashwagandha improved participants' attention spans as well as their immediate and Long-term memory across a variety of tasks.

Have discovered that ashwagandha can increase VO₂ max, or the maximum amount of oxygen you can take in while physically exerting yourself. These numbers are used to determine cardiorespiratory endurance, or how well the heart and lungs provide oxygen to muscles during exercise. As a result, higher VO₂ max levels may indicate a healthy heart that functions effectively under particular conditions.

Lowers sugar and fat in the blood

Ashwagandha can increase insulin secretion and improve insulin sensitivity. This could help diabetics lower their blood sugar levels, which would be advantageous. A few small clinical studies have shown that ashwagandha can help reduce blood glucose and cholesterol levels. In a study published in 2000, the blood sugar-lowering capabilities of ashwagandha were compared to those of type 2 diabetic medications [3].

Relief from mental stress

The stress-relieving qualities of Ashwagandha are likely its most well-known feature. Ashwagandha has been demonstrated in several studies to considerably reduce stress and anxiety in persons. The

antidepressant effects of ashwagandha were investigated in a scientific study published in the journal *Phytomedicine*. The research looked into how it could benefit clinically depressed patients, and the results were positive.

Arthritis

Ashwagandha may function as a pain reliever by inhibiting the transmission of pain signals through the central nervous system. It's also possible that it has anti-inflammatory qualities. As a result, some studies has found it to be useful in treating rheumatoid arthritis and other types of arthritis.

Heart health

Some people use ashwagandha to improve their heart health for a variety of reasons, including:

Decreasing high blood pressure.

Lowering high cholesterol.

Alleviating chest pain.

Preventing heart disease however, there is little research to support these benefits.

How to take ashwagandha

The dosage of ashwagandha and how it is used varies depending on the ailment being treated. Based on modern clinical investigations, there is no typical dosage. Different dosages have been utilised in different studies. Some people believe that ingesting 250–600 mg per day can help them relax. In other investigations, significantly greater doses were employed. Ashwagandha capsule dosages typically range from 250 to 1,500 mg. The herb is available in pill, powder, and liquid extract form. High doses can have negative side effects in some circumstances. Before using any new herbal product, including ashwagandha, it is best to consult a healthcare practitioner regarding safety and dose [4].

Ayurvedic medicine uses Ashwagandha as an herbal therapy. According to certain research, ashwagandha may offer a variety of health benefits, including the reduction of stress and anxiety, as well as the improvement of arthritis. Before taking ashwagandha, pregnant women and those with preexisting health concerns should consult their doctor. So far, many of the studies have been tiny, conducted on

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animals, or had design errors. As a result, researchers can't say for sure whether it's a successful treatment. More work is required.

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