

Ashwagandha Root Extract for Stress, Arthritis, Immunity

Ashwagandha root antiaging herb with longevity enhancers benefits sound sleep, reduces anxiety and stress, improves immunity, mood, and reduces arthritis pain as an anti-inflammatory.

Ashwagandha is considered a premiere antiaging herb due to its rejuvenation and longevity enhancers. Its anti-inflammatory and pain reducing properties help with arthritis. It also possesses anti-anxiety, mood elevating, antioxidant and antispasmodic properties. It supports sound sleep.

Ashwagandha root extract is known for its effects in rejuvenating sexual ability and performance. What is often left unsaid is that it rejuvenates tissues throughout the body. It strengthens the nerves, promotes restful sleep, improves memory and reduces the graying of the hair. It is used by athletes to increase their performance. The Chinese use it as a liver and kidney tonic. Many people use this herb for its anti-aging and longevity effects. Femhealth™ offers the most potent Ashwagandha available combining the whole herb with a 4:1 extract in a powerful 650 mg capsule.

Ayurveda is traditional herbal medicine practiced in India with at least a 2000 year history of use. Femhealth offers two products in this Ayurvedic category: [Gotu Kola](#) (*Centella asiatica*) and Ashwagandha (*Withania somnifera*). (alternative spelling - Ashwaghanda)

Ashwagandha for Arthritis

Considered to be the main long-term, stamina-enhancing tonic for men in Ayurveda, it can be taken by women, too. Ashwagandha root extract is said in Ayurveda to build and solidify tissue growth; it is "anabolic." Since arthritis is a disease of "catabolism," or tissue destruction, Ashwagandha is a good choice. Modern research is bearing this out.

The demonstrated effectiveness of Ashwagandha in a variety of rheumatologic conditions may be due in part to its anti-inflammatory properties, which have been established in several studies.

Research supports the use of Ashwagandha for arthritis. In a double-blind, placebo-controlled crossover study, 42 patients with osteoarthritis received a formula containing ashwagandha or placebo for three months. Patients were

evaluated for one month, prior to treatment, during which time all previous drugs were withdrawn. During both the pre-treatment and treatment phase, pain and disability scores were evaluated weekly. The herb Ashwagandha significantly reduced the severity of pain and disability scores for arthritis.

Ashwagandha is an adaptogenic herb. True adaptogens, such as Ashwagandha and Ginseng, help to regulate the body's major systems, such as improves immunity, hormonal and nervous systems. They have a paradoxical effect - they create a balance or homeostasis. They restore an irregular bodily imbalance. Femhealth offers this product in a concentrated form. It is a powerful antiaging rejuvenator, relaxer and gives you a sense of heightened well-being. It is an anti-aging herb extraordinaire! It is amazing that it is so unknown in the West.

Ashwagandha for Stress and Adrenal Fatigue

Dr. Hans Selye, author of 1700 scholarly papers and 39 books on stress noted that headaches, insomnia, high blood pressure and cardiovascular and kidney diseases are brought on by stress. When it comes to health, it is wiser to prevent an illness than to deal with it after it has made a home for itself in your body.

"Every stress leaves an indelible scar, and the organism pays for its survival after a stressful situation by becoming a little older."

Dr. Hans Selye

When you are stressed, your adrenal glands produce a hormone in excess called cortisol. Cortisol is highly toxic and attacks muscle mass, your organs, and diminishes your strength. Your recovery time is longer and your focus was reduced. It also diminishes your immune system. Adaptogenic herbs protect you from excess cortisol.

Emotions that arise out of threat or deficit - fear, frustration, anger, sadness - have a decidedly toxic feel to them and are associated with the release of specific stress hormones, most notably cortisol.

The mechanism by which adaptogens achieve their stress protecting normalizing action is well researched. Adaptogens act to restore hypothalamic and peripheral receptor sensitivity to the effects of cortisol and other adrenal hormones. In this way, adaptogens enable the body to mount an appropriate stress response with lower amounts of cortisol than would otherwise be required. In addition, adaptogens help the adrenals return to normal more quickly.

An adaptogenic herb may lower blood pressure/blood sugar in one person and raise it in another, depending on the needs of the body.

Benefits of Ashwagandha

Benefits of Ashwagandha include:

- Reduce arthritis pain and disability
- Increase the body's resistance to colds and flu
- Reduce fatigue
- Normalize the sugar content of the blood
- A calming effect on nervousness
- Normalize blood pressure
- Protective effect to exposure to UV radiation
- Reduce high cholesterol levels
- Increase mental awareness
- Reduce the effects of stress and adrenal fatigue
- A positive effect against impotence
- Alleviate sleep problems
- Speed up the healing processes of the body

Ashwagandha for Vitality & Immunity

Ashwagandha strengthens both the female and male reproductive systems, increases lactation, and helps with both female and male infertility while increasing libido. It may take up to four weeks of daily use to feel the difference. Ashwagandha promotes both vitality and virility.

Ashwagandha is also considered a premiere antiaging herb due to its rejuvenation and longevity enhancers. Its anti-inflammatory and pain reducing properties help with arthritis. It also possesses anti-anxiety, mood elevating, antioxidant and antispasmodic properties. It supports sound sleep.

One could say it is good for whatever ails you, and not be far off the mark.

FH-65-2 Ashwagandha Concentrate 4:1 650mg 60 capsules \$15.95

For added support, Femhealth also sells other adaptogenic herbs: [Korean Ginseng](#), [Siberian Ginseng](#), and [MACA](#), which is very good for menstrual and menopausal symptoms - hot flashes, etc.

We have organized [Femhealth products](#) into the following categories: [Adaptogens](#), [Anti-Aging](#), [Aromatherapy Blends](#), [Brain Boosters](#), [Chinese Formulas](#), [Cleansing](#), [Eucalyptus Oil](#), [For Women](#), [Green Food](#), [Herbal Formulas](#), [Natural Medicine](#), [Liquid Extracts](#), [Magnetic Jewelry](#), [Minerals](#), [Pain Relief](#), [Sexual Health](#), [Single Herbs](#), [Skin Care](#), [Sports Nutrition](#), [Vitamins](#), and [Weight Loss](#).

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[Ashwagandha Root benefits - Ashwagandha supplement Information by Ray Sahelian, M.D.](#) Plus: [Mind Power Rx with ashwagandha](#), [Passion Rx with](#)

ashwagandha, [Good Night Rx with ashwagandha](#)

Ashwagandha - also known as Indian Winter Cherry - is a shrub cultivated in India and North America whose roots have been used for thousands of years by Ayurvedic practitioners. Ashwagandha root contains flavonoids and many active ingredients of the withanolide class. Several studies over the past few years have looked into whether ashwagandha has anti-inflammatory, anti-tumor, anti-stress, antioxidant, mind-boosting, immune-enhancing, and rejuvenating properties (see studies at bottom of page). Historically ashwagandha root has also been noted to have sex-enhancing properties.

[Buy Ashwagandha root extract 500 mg, - Highest quality 5 to 1 ashwagandha extract](#) Formulated by Ray Sahelian, M.D.

Ashwagandha (*Withania somnifera*) is an herb that is extensively used in Ayurveda, the traditional health care system in India. Ashwagandha herb is used as a general tonic and "adaptogen," helping the body adapt to stress. In addition, ashwagandha extract has been shown to possess antioxidant activity as well as an ability to support a healthy immune system. [Click here to buy ashwagandha supplement, Good Night Rx with ashwagandha extract for deeper sleep, Passion Rx with ashwagandha extract for better sex, Mind Power Rx with ashwagandha for better mental focus, Eyesight Rx for better vision, Diet Rx as appetite suppressant, Prostate Power Rx, or to sign up to a FREE supplement research newsletter](#) Ashwagandha Supplement Facts: Serving Size 1 vegetarian capsule Amount Per Capsule: Ashwagandha root extract (5:1 extract) - 500 mg - this means it is five times the concentration of regular ashwagandha root powder. Suitable for vegetarians. Suggested Use: As an herbal dietary supplement, take half or one ashwagandha capsule a few times a week. Ashwagandha, in some individuals, may cause drowsiness. Others who are restless or anxious may feel relaxation but no drowsiness. [Mind Power Rx with Ashwagandha - For healthy memory, mood, and mind](#)

Mind Power Rx is a sophisticated cognitive formula with ashwagandha extract and a dozen herbs and nutrients. It combines a delicate balance of brain circulation agents and neurotransmitter precursors with powerful natural brain chemicals that support healthy:

Memory and Mood Mental clarity Concentration Alertness & Focus Why buy all the individual herbs and nutrients separately -- at great expense -- when you can buy this excellent combination? The herbs and nutrients in Mind Power Rx include: Ashwagandha, Bacopa, Fo-Ti, Ginkgo biloba, Ginseng, Mucuna pruriens, and Reishi. The nutrients and vitamins in Mind Power Rx include Acetyl-L-carnitine, Carnitine, Carnosine, Choline, DMAE, Inositol, Methylcobalamin, Pantothenic acid, Trimethylglycine, Tyrosine, and Vinpocetine. **Passion Rx with Ashwagandha root extract (5% withanolides) For Men And Women** **Passion Rx is a Bestseller**

Passion Rx provides results that are sometimes noticed the first day, but most people recognize the sexual enhancement on the second or third day. Our feedback thus far indicates more than 80% user satisfaction within a week and more than 90 percent by the end of the second week. Dr. Sahelian and his research staff have tested various doses and extracts of ashwagandha herb from a number of raw material suppliers to determine the ideal dose and combination for optimal libido enhancement with fewest side effects. After years of trial and error, a **UNIQUE** proprietary blend, along with 10 other herbal extracts, has been created which works within hours with the fewest side effects. The exact dosages and extract potencies of this unique blend is a close kept secret. You will only find this exact combination in Passion Rx. Renowned physician and herbal expert Dr. Ray Sahelian, M.D., author of *Natural Sex Boosters*, has discovered a combination of exotic herbal extracts from the Amazon jungle, India, China, Malaysia, and Africa, that provides a natural solution for those seeking an alternative to synthetic drugs. The potent herbal extracts in Passion Rx include Ashwagandha from India, Aspallum purificata, Catuaba, Cnidium, Coleus forskohlii, Damiana, Horny goat weed, Maca, Mucuna pruriens, Muira puama, Passion flower, Pfaffia paniculata, Rehmannia, Rhodiola, Tribulus, and Tongkat Ali. A version of Passion Rx is available with yohimbe.

To find out more about Passion Rx with Ashwagandha, click on Ashwagandha link above in blue **Antioxidant properties of ashwagandha root** Researchers from Banaras Hindu University in Varanasi, India, have discovered that some of the chemicals within ashwagandha are powerful antioxidants. They tested these compounds for their effects on rat brain and found an increase in the levels of three natural antioxidants — superoxide dismutase, catalase and glutathione peroxidase. They say, "These findings are consistent with the therapeutic use of ashwagandha as an Ayurvedic rasayana (health promoter). The antioxidant effect of active principles of ashwagandha root may explain, at least in part, the reported anti-stress, cognition-facilitating, anti-inflammatory and anti-aging effects produced by them in experimental animals, and in clinical situations."

Aphrodisiac properties of ashwagandha root Ashwagandha is historically used as

an aphrodisiac. Ashwagandha is mentioned in the ancient Kama Sutra as an herb to be used for heightening sexual experience, Ashwagandha herb has the ability to restore sexual health and improve overall vitality while promoting a calm state of mind. I have included ashwagandha extract in a libido product called Passion Rx. Laboratory studies show ashwagandha can produce nitric oxide which is known to dilate blood vessels.

Ashwagandha: a mood enhancing and anti-anxiety herbThe roots of ashwagandha are used extensively in Ayurveda, the classical Indian system of medicine. In rodent studies ashwagandha has been shown to reduce anxiety and have a positive effect on mood.

High Quality products formulated by a medical doctor

Consider highly popular all natural products. These top quality products include **Mind Power Rx** with ashwagandha herb for better mental focus, concentration, and mood; **Diet Rx** which helps you eat less. It really does curb appetite; **Good Night Rx** with ashwagandha for better sleep; **Eyesight Rx** for better vision, often within days; **MultiVit Rx** a daily comprehensive multivitamin for more energy and vitality; **Joint Power Rx** for healthy joints; **Prostate Power Rx** for a healthy prostate gland; and **Passion Rx** with ashwagandha for sexual enhancement, better libido, and improved performance and stamina in men and women.**Ashwagandha and brain health**Ashwagandha is used in India to treat mental deficits in geriatric patients, including amnesia. Researchers from the University of Leipzig in Germany wanted to find out which neurotransmitters were influenced by ashwagandha herb. After injecting some of the chemicals in ashwagandha into rats, they later examined slices of their brain and found an increase in acetylcholine receptor activity. The researchers say, "The drug-induced increase in acetylcholine receptor capacity might partly explain the cognition-enhancing and memory-improving effects of extracts from ashwagandha observed in animals and humans." A study done in 1991 at the Department of Pharmacology, University of Texas Health Science Center indicated that extracts of ashwagandha had GABA-like activity. This may account for this herb's anti-anxiety effects. A 2002 laboratory study indicates ashwagandha extract stimulates the growth of axons and dendrites. A 2001 study in rodents showed ashwagandha extract had memory boosting ability. A 2000 study with rodents showed ashwagandha extract to have anti-anxiety and anti-depression effects.

Additional benefits of ashwagandha rootOne small study (see bottom of page) found ashwagandha root was able to reduce blood sugar and cholesterol levels, and had a diuretic effect.

Ashwagandha side effects Ashwagandha herb does not seem to have any significant side effects but long term studies are not yet available to determine ashwagandha side effects from chronic use. Nevertheless, it is best to take breaks from use. For instance, one can take a week off each month or take ashwagandha 3 or 4 times a week as opposed to daily. There is one case report from Holland of a person taking high doses of ashwagandha for prolonged periods who ended up with excessive thyroid hormone production. **Ashwagandha root research update** Antibacterial efficacy of *Withania somnifera* (ashwagandha herb) an indigenous medicinal plant against experimental murine salmonellosis. *Phytomedicine*. 2005 Mar;12(3):229-35. We evaluated the antibacterial activity of ashwagandha [*Withania somnifera* L. Dunal (Solanaceae; root and leaves)], an Indian traditional medicinal plant against pathogenic bacteria. Both aqueous as well as alcoholic extracts of the ashwagandha plant (root as well as leaves) were found to possess strong antibacterial activity against a range of bacteria including *Salmonella typhimurium*. Moreover, in contrast to the synthetic antibiotic (viz. chloramphenicol), ashwagandha extracts did not induce lysis on incubation with human erythrocytes, advocating their safety to the living cells. Finally, the antibacterial efficacy of the ashwagandha extracts isolated from plant (both root and leaves) was determined against experimental salmonellosis in Balb/C mice. Oral administration of the aqueous extracts successfully obliterated salmonella infection as revealed by increased survival rate as well as less bacterial load in various vital organs of the treated animals.

Withania somnifera (ashwagandha) - monograph. *Altern Med Rev*. 2004 Jun;9(2):211-214. *Withania somnifera*, also known as ashwagandha, Indian ginseng, or winter cherry, has been an important herb in the Ayurvedic and indigenous medical systems for over 3000 years. Historically, the plant has been used as an aphrodisiac, liver tonic, anti-inflammatory agent, and more recently to treat asthma, ulcers, insomnia, and senile dementia. Clinical trials and animal research support the use of ashwagandha root for anxiety, cognitive and neurological disorders, inflammation, and Parkinson's disease. Ashwagandha is also used therapeutically as an adaptogen for patients with nervous exhaustion, and debility due to stress, and as an immune stimulant in patients with low white blood cell counts.

Anticarcinogenic activity of *Withania somnifera* Dunal against Dalton's Ascitic Lymphoma. *J Ethnopharmacol*. 2004 Aug;93(2-3):359-61. The effect of ethanolic extract of ashwagandha root against Dalton's Ascitic Lymphoma has been evaluated in Swiss albino mice. A significant increase in the life span and a decrease in the cancer cell number and tumour weight were noted in the tumour-induced mice after treatment with ashwagandha extract. These observations are suggestive of the protective effect of ashwagandha extract in Dalton's Ascitic Lymphoma.

The in vitro antibacterial / synergistic activities of ashwagandha extract. *Fitoterapia*. 2004 Jun;75(3-4):385-8. The methanol, hexane and diethyl ether extracts from both leaves and roots of ashwagandha were evaluated against *Salmonella typhimurium* and *Escherichia coli*. Different concentrations of Tibrim, a combination of rifampicin and isoniazid, were tested to find out the minimum inhibitory concentration (MIC), which came out to be 0.1 mg/ml for *S. typhimurium* and *E. coli*. From the six extracts tested, only ashwagandha methanol and hexane extracts of both leaves and roots were found to have potent antibacterial activity. A synergistic increase in the antibacterial effect of Tibrim was noticed when MIC of Tibrim was supplemented with these ashwagandha extracts.

Cardioprotection from ischemia and reperfusion injury by ashwagandha/*Mol Cell Biochem*. 2004 May;260(1-2):39-47. The efficacy of ashwagandha to limit myocardial injury after ischemia and reperfusion was explored and compared to that of Vitamin E, a reference standard known to reduce mortality and infarct size due to myocardial infarction. Wistar rats were divided into six groups and received orally saline (sham, control group), ashwagandha 50/kg (ashwagandha-control and treated group) and Vitamin E-100 mg/kg (Vit E control and treated group) respectively for 1 month. On the 31st day, rats of the control, Vit E and Ws treated groups were anesthetized and subjected to 45 min occlusion of the LAD coronary artery followed by 60 min reperfusion. Hemodynamic parameters: systolic, diastolic and mean arterial pressure (SAP, DAP, MAP), heart rate (HR), left ventricular end diastolic pressure were monitored. Hearts were removed and processed for histopathological and biochemical studies: Myocardial enzyme, creatine phosphokinase (CPK), and antioxidant parameters: malondialdehyde (MDA), glutathione (GSH), superoxide dismutase (SOD), catalase (CAT), glutathione peroxidase (GSHPx) were estimated. Postischemic reperfusion produced significant cardiac necrosis, depression of left ventricular functions and a significant fall in GSH, SOD, CAT, LDH and CPK as well as an increase in MDA level in the control group rats as compared to sham group. Ashwagandha and Vitamin E favorably modulated most of the hemodynamic, biochemical and histopathological parameters though no significant restoration in GSH, MAP (with Vit E) were observed. Ashwagandha on chronic administration markedly augmented antioxidants (GSH, GSHPx, SOD, CAT) while Vit E did not stimulate the synthesis of endogenous antioxidants compared to sham. Results indicate that ashwagandha significantly reduced myocardial injury and emphasize the beneficial action of ashwagandha as a cardioprotective agent. Growth inhibition of human tumor cell lines by withanolides from ashwagandha leaves. *Life Sci*. 2003 Nov 21;74(1):125-32. Ayurvedic medicines prepared in India consist of ashwagandha roots as one of the main ingredients. Ashwagandha is consumed as a dietary supplement around the world. The leaves of ashwagandha are used in the treatment of tumors and inflammation in several Asian countries. We have isolated twelve withanolides from the leaves of this species. Compounds were

tested for their anti-proliferative activity lung, colon, central nervous system and breast human tumor cell lines. Withaferin A and its derivatives exhibited inhibitory concentrations. Viscosalactone B showed the 50% inhibition. Therefore, incorporation of ashwagandha in the diet may prevent or decrease the growth of tumors in human.

Ashwagandha attenuates antioxidant defense in aged spinal cord and inhibits copper induced lipid peroxidation and protein oxidative modifications. *Drug Metabol Drug Interact.* 2003;19(3):211-22. We investigated the effects of Ashwagandha on copper-induced lipid peroxidation and antioxidant enzymes in aging spinal cord of Wistar rats. The activity of glutathione peroxidase (GPx) decreased significantly in the spinal cord from adult to aged mice. Treatment with ashwagandha successfully attenuated GPx activity and inhibited lipid peroxidation in a dose dependent manner. Ashwagandha inhibited both the lipid peroxidation and protein oxidative modification induced by copper. These effects were similar to those of superoxide dismutase and mannitol. The results indicate the therapeutic potential of ashwagandha in aging and copper-induced pathophysiological conditions. Induction of nitric oxide synthase expression by ashwagandha in macrophages. Iuvone T, Esposito G, *Life Sci.* 2003 Feb 21;72(14):1617-25. Ashwagandha is an immunostimulant herbal medicine used to improve overall health and prevent diseases, particularly in the elderly. To elucidate the mechanism of ashwagandha, we investigated the effect of a methanolic extract from the root of Ashwagandha on nitric oxide (NO) production in J774 macrophages. We found that ashwagandha produced a significant and concentration-dependent increase in NO production. Moreover, western blot analysis showed that ashwagandha increased, in a concentration-dependent fashion, inducible NOS protein expression. These results demonstrate that ashwagandha may induce the synthesis of inducible NOS expression likely by acting at transcriptional level. The increased NO production by macrophages could account, at least in part, for the immunostimulant properties of ashwagandha. Axon- or dendrite-predominant outgrowth induced by constituents from Ashwagandha. Kuboyama T. *Neuroreport.* 2002 Oct 7;13(14):1715-20. We previously reported that the methanol extract of Ashwagandha (roots of Dunal) induced dendrite extension in a human neuroblastoma cell line. In this study, we found that six of the 18 compounds isolated from the methanol extract enhanced neurite outgrowth in human neuroblastoma SH-SY5Y cells. In withanolide A-treated cells, the length of NF-H-positive processes was significantly increased compared with vehicle-treated cells, whereas, the length of MAP2-positive processes was increased by withanosides IV and VI. These results suggest that axons are predominantly extended by withanolide A, and dendrites by withanosides IV and VI. Hypoglycemic, diuretic and hypocholesterolemic effect of winter cherry (*Withania somnifera*, Dunal) root. *Indian J Exp Biol.* 2000

Jun;38(6):607-9. Hypoglycemic, diuretic and hypocholesterolemic effects of roots of ashwagandha were assessed on human subjects. Six mild NIDDM subjects and six mild hypercholesterolemic subjects were treated with the powder of roots of ashwagandha for 30 days. Decrease in blood glucose was comparable to that of an oral hypoglycemic drug. Significant increase in urine sodium, urine volume, significant decrease in serum cholesterol, triglycerides, LDL (low density lipoproteins) and VLDL (very low density lipoproteins) cholesterol were observed indicating that root of ashwagandha is a potential source of hypoglycemic, diuretic and hypocholesterolemic agents. Clinical observations revealed no side effects. Scientific basis for the therapeutic use of *Withania somnifera* (ashwagandha): a review. *Altern Med Rev.* 2000 Aug;5(4):334-46. Mishra LC, Singh BB, Dagenais S. Los Angeles College of Chiropractic Whittier, CA The objective of this paper is to review the literature regarding ashwagandha a commonly used herb in Ayurvedic medicine. This review is in a narrative format and consists of all publications relevant to ashwagandha that were identified by the authors through a systematic search of major computerized medical databases. Studies indicate ashwagandha possesses anti-inflammatory, antitumor, antistress, antioxidant, immunomodulatory, hemopoietic, and rejuvenating properties. The mechanisms of action for these properties are not fully understood. Toxicity studies reveal that ashwagandha appears to be a safe compound. Preliminary studies have found various constituents of ashwagandha exhibit a variety of therapeutic effects with little or no associated toxicity. Clinical trials using ashwagandha for a variety of conditions should also be conducted.

Withaferin A is a potent inhibitor of angiogenesis. *Angiogenesis.* 2004;7(2):115-22. The medicinal plant ashwagandha is widely researched for its anti-inflammatory, cardioactive and central nervous system effects. In Ayurveda, the major Traditional Indian medicine system, extracts from ashwagandha are distinctively employed for the treatment of arthritis and menstrual disorders. Because these conditions involve angiogenic processes we hypothesized that ashwagandha extracts might contain angiogenesis inhibitors. We employed an endothelial cell-sprouting assay to monitor the purification of substances from ashwagandha root extracts and isolated as the active principle the previously known natural product withaferin A. In conclusion, our findings identify a novel mode of action of withaferin A, which highlights the potential use of this ashwagandha extract for cancer treatment or prevention.

Botany Ashwagandha herb grows in India, Pakistan, India Sri Lanka and in parts of Africa. The erect branched shrub grows in dry soils and reaches up to five feet high. Ashwagandha has greenish or yellow flowers and red berry-like fruits and may belong to the tomato family. The name Ashwag