ASHWAGANDHA

Withania somnifera

Areas of application

- Adrenal insufficiency
- acute and chronic stress
- Anxiety disorders
- exhaustion
- Sleep problems

Family

Ashwagandha (from the ancient Indian Sanskrit: 'the root that smells of a horse') belongs to the nightshade family (Solanaceae)

Based in

Ashwagandha is found primarily in the Mediterranean region, Africa and South-East Asia.

Plant parts used

Roots

Ingredients

Withanolides, such as Withafin A, Withanon or Somniferanolide; flavonoids, tannins, saponins

Usage/Indications

Ashwagandha is primarily used as an adaptogen to support the body during times of stress. It lowers cortisol levels, helps reduce anxiety and improves sleep quality. The plant enhances physical performance by increasing stamina and muscle strength. It also strengthens the immune system and protects against oxidative stress. Ashwagandha supports hormonal balance by regulating testosterone production in men and hormone levels in women. It also has anti-inflammatory properties and is used for chronic inflammation such as arthritis. Cognitive function and memory can also be improved by taking it. In Ayurvedic medicine, ashwagandha is also used as a remedy for physical exhaustion and general weakness. The active compounds in ashwagandha also support the body's own enzyme, telomerase, which in turn protects our cells and genetic material and keeps them active. Combined with its antioxidant effect, this results in a natural anti-ageing effect.

Good to know

Ashwagandha is not only valued for its stress-reducing properties, but may also influence biological age by protecting telomeres and supporting gut microbiota. Initial studies also show promising results in cancer research and its potential ability to inhibit the growth of tumour cells.

Side effects/Contraindications

Children, pregnant women, breastfeeding mothers and people with liver disease should avoid taking this product due to potential health risks.

BIBLIOGRAPHY

[1] Yu, Y., Hamza, A., Zhang, T., Gu, M., Zou, P., Newman, B., Li, Y., Gunatilaka, A. A. L., Whitesell, L., Zhan, C.-G., & Sun, D. (2010). Withaferin A targets heat shock protein 90 in pancreatic cancer cells. Cancer Research, 70(12), 4758–4768.