BUCKWHEAT

Fagopyrum esculentum

Areas of application

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

Family
Knotweed family (Polygonaceae)

Based in
It originates from East Asia. Today, buckwheat is cultivated on every continent, particularly in Russia, Poland, China, Brazil, Canada and the USA

Plant parts used
The whole plant, especially the seeds

Ingredients
B vitamins, vitamin E, essential amino acids, silicic acid, fagopyrin, inositol, lecithin, manganese, potassium, calcium, zinc and iron, flavonoids such as rutoside and hyperoside, high-quality protein.

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. Together 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 the gut microbiome. 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.