

bancroft

The above article states: "Memory enhancement is one of ashwagandha's traditional uses, particularly the root. A 2017 study published in the Journal of Dietary Supplements bears this out, as it studied the use of ashwagandha root EXTRACT for improving memory and cognitive functions in 50 people with mild cognitive impairment (MCI).⁴". So, I clicked on to the reference and 600 mg of the EXTRACT was used in the clinical study. However, further on down in the above article, it states: "Dosages typically range from 125 milligrams (mg) to 1,250 mg daily, with the higher end leading to the most significant effects in CLINICAL STUDIES.¹⁶" My question is: Would the 1,250 mg dosage of the ashwagandha root powder equal the amount for what one would need to meet the 600 mg of the "EXTRACT"? I have an unopened bag of ashwagandha root powder, but would like to know how many mg of it to take in order to achieve the same results as what was stated in the CLINICAL STUDY when they used the 600 mg of EXTRACT . I'd like to figure this out. Could some one help?

Posted On 05/12/2017

monamon

I have bought ashwaganda root powder and eat it in homemade yogurt. How is the best way to use the powder? The tea recipe here can't be strained in powder form. Although I wont have any problem with it if the tea is the best way to prepare the root powder for bioavailability.

Posted On 05/11/2017

michaelanderson928

Ashwagandha is also a good anti-fungal. Many degenerative diseases have fungus as their root cause, so it stands to reason that Ashwagandha would help alleviate them. To make this point, here's a story about a guy that cured his skin cancer with an anti-fungal cream.

healthrecoverysecrets.wordpress.com/2017/04/22/man-cures-cancer-with-a..

Posted On 05/11/2017

Guillermou

Among the Ayurvedic "Rasayana" herbs, Ashwagandha occupies the most prominent place. It is a known adaptogen/anti-stress agent. It also has an improving effect on the strength and function of the brain and nervous system. Improves sexual performance and the function of the reproductive system, promoting a healthy life. Being a powerful adaptogen, it improves the body's resistance to stress. Ashwagandha improves the body's defenses against diseases by enhancing cell-mediated immunity. It has been reported for its powerful antioxidant properties that help protect against cellular damage caused by free radicals. Ashwagandha is also reported to maintain normal functioning and improve brain and nerve function; show anxiolytic effects, have hepatoprotective properties, raise hemoglobin level and red blood cell count and improve energy level.

The plant extract and its bioactive compounds are used in the prevention and treatment of many diseases, such as arthritis, impotence, amnesia, anxiety, cancer, neurodegenerative and cardiovascular diseases, among others. Traditional uses of Ashwagandha in Ayurveda are very prominent in various texts where formulations with various dosage forms have been mentioned in Charaka Samhita, Susruta Samhita, Astanga Hridaya, different nighantus etc. The medicines were identified based on their composition containing Ashwagandha as one of the main Ingredients and their medicinal uses.

Posted On 04/15/2024

Guillermou

Phytochemical studies of *W. somnifera* revealed the presence of important chemical components such as flavonoids, phenolic acids, alkaloids, saponins, tannins and withanolides. Phytochemicals showed various pharmacological activities such as anti-cancer, immunomodulatory, cardioprotective, neuroprotective, anti-aging, anti-stress/adaptogenic and anti-diabetic.

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Posted On 04/15/2024

DUA9142

I took Ashwagandha for years without issue. During Covid my brand I had been using was unavailable so I switched to a different brand with higher potency. Big mistake. It took me 2 months and horrible diarrhea to realize it was the higher potency that was doing me in. I stopped taking it and my issues completely resolved. My brand came back in stock and I've been taking it again without issue. Try a lesser dosage and see if that is easier on your stomach.

Posted On 04/15/2024
