



## Ashwagandha CAPSULE

### ADAPTOGEN

Increases resistance to stress

NPN 80122589

85 CAPSULES

500 mg/CAPSULE

Ingredient				
Ashwagandha	root	<i>Withania somnifera</i>	500 mg	Organic
Vegetable cellulose capsules				

### DOSAGE

**INTERVENTION:** 5 to 8 capsules per day.

**TREATMENT:** 4 to 6 capsules per day.

### DIRECTION FOR USE

Take 30 minutes before meals or at bedtime with a little warm water.

### MODE OF ACTION

As an adaptogen, ashwagandha increases resistance to stress and helps the body adapt to it by decreasing many of the physiological effects of stress. It supports the body in times of fatigue, weakness, nervous exhaustion, overwork, or weight loss due to stress. Used in Ayurvedic medicine as a regenerative tonic, it increases general health, promotes longevity and stimulates the mind. *Withania somnifera* is also used during convalescence after an acute illness, an intense stress or premature aging. Capsules are easy to take over the long term, and this will allow an accumulation of its benefits during the time necessary for healing.

Ashwagandha soothes the nervous system and insures its proper functioning. It is the ideal tonic for conditions of exhaustion and hyperactivity. The mild sedative action of ashwagandha helps regulate the sleep cycle without causing drowsiness.

*Withania somnifera* normalizes the metabolism, stabilizes cholesterol levels and promotes cardio-vascular health. It acts on the immune system by increasing the production of white blood cells and promoting a healthy immune response. As a tonic of the endocrine system, ashwagandha stimulates the production and release of thyroid hormones, and it regulates the functioning of the adrenal glands. Athletes, sportspersons, and people who have lost muscle mass will note an increase in physical performance and endurance with the use of this herb.

Ashwagandha is a tonic of the sexual organs. In men, it increases the quality of sperm in cases of infertility caused by stress, increases libido, and contributes to the treatment of erectile dysfunction. It reduces hair loss associated with testosterone deficiency. It is also used as a sexual tonic in women, combined with shatavari (*Asparagus racemosus*).

As an anti-inflammatory and analgesic herb, ashwagandha relieves inflammatory conditions such as asthma, psoriasis and rheumatic pain. It protects the cartilages, stimulates blood production and has anti-tumoral and anti-proliferative actions. In Ayurvedic medicine, ashwagandha is considered the best herb to balance Vata.

The main constituents of ashwagandha are alkaloids (isopelletierine, anaferine, ashwagandhinine, withasomnine, withaninine), steroidal lactones (withanolide, withaferin A), saponins (sitoindoside VII-X), phytosterols, and minerals (iron).

### HELPFUL ASSOCIATIONS

**NETTLE** infusion for fatigue and convalescence.

**GREEN OATS** infusion for exhaustion and nervous system troubles.

**RHODIOLA** to improve memory and concentration.

**DREAMTOP** for sleeping difficulties.

### ETHNOBOTANY

**Nervous system:** fatigue, exhaustion, convalescence, high stress, anxiety, insomnia, cognitive troubles.

**Musculo-skeletal and integumentary systems:** arthritis, joint pain, rheumatoid arthritis, psoriasis.

**Endocrine and reproductive systems:** infertility in men, erectile dysfunction, sexual tonic, hypothyroidism.

### HISTORY

Native to India, Pakistan, and Sri Lanka, ashwagandha is a major herb of the Ayurvedic pharmacopeia. Its Hindi name, asgandh, refers to the odour of its roots which is reminiscent of horse urine. It is said that it gives those who use it the strength and stamina of a stallion, alluding to its virtue as a sexual tonic. In India, it has been used traditionally for indigestion, cardio-vascular troubles, arthritis and for convalescence. In the Middle East, ashwagandha is used for arthritic pain, as a sedative and a hypnotic.

### CONTRA-INDICATIONS

Consult a health-care practitioner before using if you are pregnant or breast-feeding.

### INTERACTIONS

Do not use with alcohol or other products that can cause drowsiness.

## REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Bhattacharyya S.K., Muruganandam A.V. Adaptogenic activity of *Withania somnifera*: an experimental study using a rat model of chronic stress. *Pharmacology, Biochemistry and Behavior* 75 (2003) 547 – 555; 2003.
- Biswal B.M., Sulaiman S.A., Ismail H.C., Zakaria H., Musa K.I., Effect of *Withania somnifera* (Ashwagandha) on the Development of Chemotherapy-Induced Fatigue and Quality of Life in Breast Cancer Patients. *Integrative Cancer Therapies* 12(4) 312–322 DOI: 10.1177/1534735412464551; 2012.
- Bone Kerry. A clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- Bove Mary. Exploring Botanicals Impacting Thyroid Function and Female Endocrine Health. Southwest Conference on Botanical Medicine; 2016.
- Buhner Stephen H. Herbal Antibiotics, 2nd Edition. North Adams: Storey Publishing; 2012.
- Caldecott Todd. The benefits of Ashwagandha; 2018.
- Chandrasekhar K., Kapoor J., Anishetty S. A Prospective, Randomized Double-Blind, Placebo-Controlled Study of Safety and Efficacy of a High-Concentration Full-Spectrum Extract of Ashwagandha Root in Reducing Stress and Anxiety in Adults. *Indian J Psychol Med.* 2012 Jul-Sep; 34(3): 255–262. doi: 10.4103/0253-7176.106022; 2012.
- Dogra P., Thanoch M., Singh N.P. Ashwagandha (*Withania Somnifera*) A Rasayana in Ayurveda and Benefits of Its Use than Other Performance Enhancing Substances in Sports Medicine – A Review Article. *International Journal of Physical Education and Sports*, Volume: 2, Issue: 12, Pages: 16-24; 2017.
- Duke James A. The Green Pharmacy. Pennsylvania: Rodale Press; 1997.
- Durga S. et al. *Withania somnifera* (Ashwagandha) in neurobehavioural disorders induced by brain oxidative stress in rodents: a systematic review and meta-analysis. *Journal of Pharmacy and Pharmacology*; 2015.
- Fetrow, C. W., Avila, Juan R. Professional's Handbook of Complementary and Alternative Medicines. Springhouse: Lippincott Williams and Wilkins; 2004.
- Foster S., Johnson L. R. Desk Reference to Nature's Medicine. Washington: National Geographic Society, 2006.
- Frawley D., Lad V. The Yoga of Herbs. Twin Lakes: Lotus Press; 2001.
- Hawkins Ernest B. From Tradition to Modernity. *HerbalGram* 2001; 53:64-69, American Botanical Council; 2001.
- Hobbs Christopher. East West Article: Herbal Adaptogens ver. 1.1; 2014.
- Jellin J.M., Gregory P.J., Batz F. Hitchens k. et al. Pharmacist's Letter/ Prescriber's Letter Natural Medicines Comprehensive Database, 5th Edition. Stockton: Therapeutic Research Faculty; 2003.
- Krutika J., Tavhare S., Panara K., Kumar P., Karra N. Studies of Ashwagandha (*Withania somnifera* Dunal). *International Journal of Pharmaceutical & Biological Archives* 2016; 7 (1): 1- 11; 2016.
- Kuboyama T., Tohda C., Komatsu K. Effects of Ashwagandha (Roots of *Withania somnifera*) on Neurodegenerative Diseases. *Biol. Pharm. Bull.* 37(6) 892–897 (2014) Vol. 37, No. 6; 2014.
- Mahdi A.A. et al. *Withania somnifera* Improves Semen Quality in Stress-Related Male Fertility. Evidence-Based Complementary and Alternative Medicine Volume 2011, Article ID 576962. Doi:10.1093/ecam/nep138; 2011.
- McIntyre Anne. Herbal Treatment of Children. London: Elsevier; 2005.
- Mikolai J. et al. In Vivo Effects of Ashwagandha (*Withania somnifera*) Extract on the Activation of Lymphocytes. *Jour Alt Comp Med* Vol. 15, Number 4, 2009. doi: 10.1089=acm.2008.0215
- Mills S., Bone K. Principles and Practice of Phytotherapy. St. Louis: Elsevier; 2000.
- Mills S., Bone K. The essential Guide to Herbal Safety. St. Louis: Elsevier; 2005.
- Mills E., Duguo J.-J., Perri D., Koren G. Herbal Medicines in Pregnancy & Lactation. Abingdon: Taylor&Francis; 2006.
- Mishra L.-C., Singh B.B., Dagenais S. Scientific Basis for the Therapeutic Use of *Withania somnifera* (Ashwagandha): A Review. *Altern Med Rev* 2000; 5(4) 334-346; 2000.
- Peirce Andrea. Practical Guide to Natural Medicines. New York: American Pharmaceutical Association; 1999.
- Pratte M.A., Nanavati K.B., Young V., Morley C.P. An Alternative Treatment for Anxiety: A Systematic Review of Human Trial Results Reported for the Ayurvedic Herb Ashwagandha (*Withania somnifera*). *The Journal of Alternative and Complementary Medicine*. Volume 20, Number 12, 2014, doi: 10.1089/acm.2014.0177; 2014.
- Premila M.S. Ayurvedic Herbs. Binghamton: Haworth Press; 2006.
- Ramakanth G.S.H., Uday Kumar c., Kishan P.V., Usharani P. A randomized, double blind placebo controlled study of efficacy and tolerability of *Withania somnifera* extracts in knee joint pain. *J Ayurveda Integr Med.* 2016 Jul-Sep; 7(3): 151–157. doi: 10.1016/j.jaim.2016.05.003; 2016.
- Romm Aviva. Botanical medicine for women's health. St. Louis: Churchill Livingstone; 2010.
- Romm Aviva. The Adrenal Thyroid Revolution. New York: Harper Collins Publisher; 2017.
- Sanchez J., Jayavelu S. Three Ayurvedic Wonders: Ashwagandha, Brahmi and Holy Basil. Southwest Conference on Botanical medicine; 2016.
- Saroya Amritpal Singh. Contemporary Phytomedicines. Boca Raton: CRC Press; 2017.
- Schulz, Hänsel, Blumenthal, Tyler. Rational Phytotherapy, 5th Edition. Berlin: Springer; 2004.
- Singh Khalsa K.P., Tierra M. The Way of Ayurvedic Herbs. Twin Lakes: Lotus Press; 2008.
- Singh N., Bhalla M., de Jager P. Gilca M. An Overview on Ashwagandha: a Rasayana (rejuvenator) of Ayurveda. *Afr J Tradit Complement Altern Med.* (2011) 8(S):208-213; 2011.
- Tilgner Marie S. Herbal Medicine From the Heart of the Earth, 2nd Edition. Pleasant Hill: 2009.
- Wankhede S., Langade D., Joshi K., Sinha S.R., Bhattacharyya S. Examining the effect of *Withania somnifera* supplementation on muscle strength and recovery: a randomized controlled trial. *Journal of the International Society of Sports Nutrition* (2015) 12:43 doi:10.1186/s12970-015-0104-9; 2015.
- Williamson E., Driver S., Baxter K. Stockley's Herbal Medicines Interactions. Grayslake: Pharmaceutical Press; 2009.
- Winston D., Maimes S. Adaptogens. Rochester: Healing Arts Press; 2007.

All ingredients certified organic.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

