

The **ashwagandha** (*Withania somnifera*) is an adaptogenic plant that can help protect the brain and the central **nervous system** from the effects of **chronic stress**. It has a long history of adaptogenic plant use in Ayurvedic medicine. Our Ashwagandha extract contains 500 mg per capsule extract, validated for potency to contain a minimum of 5% withanolides.

**HEALTH CLAIMS (EU Regulation 432/2012):** *Ashwagandha (Withania somnifera) improves the body's resistance to stress, helps maintain mental balance and emotional stability.*

**Ingredients:** Ashwagandha root extract (*Withania somnifera*), anti-caking agents (magnesium salts of fatty acids and silicon dioxide), vegetable capsule (glazing agent: hydroxypropylmethylcellulose, humectant: purified water).

#### Nutritional information:

**1 caps. (600 mg)**

Ashwagandha (*Withania somnifera*)  
(5% withanolides)

500 mg

#### Size and format:

30 vegetable capsules

#### Recommended daily dose:

1 capsule daily.

Do not exceed the stated recommended daily dose.

#### Indications and uses:

- Chronic stress and anxiety.
- Reduces fatigue, improves endurance and recovery after exercise.
- Female sexual dysfunction
- Male infertility, improves sperm quality and hormone levels.
- Cognitive dysfunction in bipolar disorder.

#### Cautions:

Consult a health-care practitioner prior to use if you are pregnant or breast-feeding, if you have prostate problems, disorder, sexual, as anxiety or depression. Combination with alcohol or products with sedative properties is not recommended.

**ASHVAGANDHA:** the root of *Withania somnifera* has traditionally been used to treat states of anxiety and nervous hyperexcitability, among other applications. Its composition is mainly composed of withanolides and, to a lesser extent, alkaloids and saponins. The WHO monograph details its anti-stress activity in improving reaction time, its antioxidant power, its immunostimulatory activity and its neuroprotective capacity <sup>(1)</sup>. In Ayurvedic medicine, it has been used for its adaptogenic capacity to improve physical and mental health, increase resistance against disease and external pollutants, and increase longevity <sup>(2-4)</sup>.

Several studies on ashwagandha and its effect on anxiety and chronic stress have demonstrated its effectiveness in improving anxiety scores, mental health, concentration, fatigue, vitality and overall quality of life, as well as a significant reduction in stress by reducing serum cortisol levels <sup>(5-7)</sup>.

Ashwagandha supplementation is associated with significant increases in muscle mass and strength, and suggests that ashwagandha may be useful as a supplement in resistance training programmes <sup>(8)</sup>.

Several preliminary studies showed a reduction in chemotherapy-associated fatigue and an improvement in quality of life in breast cancer patients, with an improvement in the overall survival trend <sup>(9,10)</sup>.

Female sexual dysfunction includes different disorders resulting in decreased libido, dryness in the vagina, reduced genital perception, reduced arousal, pain during intercourse and problems in reaching orgasm, and are mainly due to neurovascular, hormonal or psychogenic manifestations. Ashwagandha extract may improve symptoms of female sexual dysfunction such as arousal, lubrication, orgasm and satisfaction <sup>(11)</sup>.

The results of several studies suggest that ashwagandha could be used as a therapy for clinical management and treatment of male infertility. It improves sperm quality and repairs altered concentrations of lactate, alanine, citrate, glycerophosphocholine, histidine and phenylalanine in seminal plasma. It also reduced oxidative stress, inhibited lipid peroxidation by decreasing the levels of several oxidants, and improved the level of various antioxidants. In addition, testosterone and LH levels were also increased and FSH and prolactin levels were reduced, associated with improved fertility<sup>(12-14)</sup>.

Ashwagandha appears to be able to improve the auditory-verbal working memory, a measure of cognition in bipolar disorder<sup>(15)</sup>, as well as to be beneficial as an adjuvant in the treatment of obsessive-compulsive disorder<sup>(16)</sup>.

## References:

- 1) World Health Organization. "Radix *Withaniae*." WHO Monographs on Selected Medicinal Plants 4 (2009): 373-391.
- 2) Singh, Narendra, et al. "An overview on ashwagandha: A Rasayana (Rejuvenator) of Ayurveda." African Journal of Traditional, Complementary and Alternative Medicines 8.5S (2011).
- 3) Bhattacharya, S. K., and A. V. Muruganandam. "Adaptogenic activity of *Withania somnifera*: an experimental study using a rat model of chronic stress." Pharmacology Biochemistry and Behavior 75.3 (2003): 547-555.
- 4) Witania. Consultado en abril 2011. Disponible en [www.fitoterapia.net](http://www.fitoterapia.net).
- 5) Chandrasekhar, K., Jyoti Kapoor, and Sridhar Anishetty. "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 journal of psychological medicine 34.3 (2012): 255-262.
- 6) Cooley, Kieran, et al. "Naturopathic care for anxiety: a randomized controlled trial ISRCTN78958974." PLoS One 4.8 (2009): e6628.
- 7) Choudhary, Dnyanraj, Sauvik Bhattacharyya, and Kedar Joshi. "Body weight management in adults under chronic stress through treatment with Ashwagandha root extract: a double-blind, randomized, placebo-controlled trial." Journal of evidence-based complementary & alternative medicine 22.1 (2017): 96-106.
- 8) Wankhede, Sachin, et al. "Examining the effect of *Withania somnifera* supplementation on muscle strength and recovery: a randomized controlled trial." Journal of the International Society of Sports Nutrition 12.1 (2015): 43.
- 9) Biswal, Biswa Mohan, et al. "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 (2013): 312-322.
- 10) Biswal, B. M., et al. "AOS14 Phase II clinical study of combination chemotherapy with herb *Withania somnifera* (ashwagandha) in breast cancer." European Journal of Cancer 48 (2012): S8-S9.
- 11) Dongre, Swati, Deepak Langade, and Sauvik Bhattacharyya. "Efficacy and safety of ashwagandha (*Withania somnifera*) root extract in improving sexual function in women: a pilot study." BioMed research international 2015 (2015).
- 12) Gupta, Ashish, et al. "Efficacy of *Withania somnifera* on seminal plasma metabolites of infertile males: a proton NMR study at 800 MHz." Journal of ethnopharmacology 149.1 (2013): 208-214.
- 13) Ahmad, Mohammad Kaleem, et al. "*Withania somnifera* improves semen quality by regulating reproductive hormone levels and oxidative stress in seminal plasma of infertile males." Fertility and sterility 94.3 (2010): 989-996.
- 14) Ambiyi, Vijay R., et al. "Clinical evaluation of the spermatogenic activity of the root extract of Ashwagandha (*Withania somnifera*) in oligospermic males: a pilot study." Evidence-Based Complementary and Alternative Medicine 2013 (2013).
- 15) Chengappa, KN Roy, et al. "Randomized placebo-controlled adjunctive study of an extract of *Withania somnifera* for cognitive dysfunction in bipolar disorder." The Journal of clinical psychiatry 74.11 (2013): 1076-1083.
- 16) Jahanbakhsh, Seydeh Pardis, et al. "Evaluation of the efficacy of *Withania somnifera* (Ashwagandha) root extract in patients with obsessive-compulsive disorder: A randomized double-blind placebo-controlled trial." Complementary therapies in medicine 27 (2016): 25-29.
- 17) Bodet, C., F. Chandad, and D. Grenier. "Anti-inflammatory activity of a high-molecular-weight cranberry fraction on macrophages stimulated by lipopolysaccharides from periodontopathogens." Journal of dental research 85.3 (2006): 235-239.
- 18) Zafra-Stone, Shirley, Manashi Bagchi, and Debasis Bagchi. "Health benefits of edible berry anthocyanins: novel antioxidant and anti-angiogenic properties." 2007. 337-351.