



ASHWAGANDA

Table of Contents: **THE #1 HERB FOR THYROID SUPPORT: ASHWAGANDHA**
ASHWAGANDA: THE CHOPRA CENTER
ASHWAGANDA: STRESS REDUCTION, NEURAL PROTECTION

See also: **Hypothyroidism**
Thyroid
Stress

Books: ***Adaptogens: Herbs for Strength, Stamina and Stress Relief*, by Winston and Maimes**

Articles:

Websites:

Audio/Video:

Publications:

Organizations:

People:

Integral Nutrition: **Tinctures, Extracts, Whole Herb**

Conventional: **Isolated Molecular Compounds**

Terms:

THE #1 HERB FOR THYROID SUPPORT: ASHWAGANDHA

Source: Kevin Gianni, RenegadeHealth.com

For the thyroid, the best is ashwagandha. (PRONOUNCED: Ah-shwa-gan-dah) It's Latin name is *Withania Somnifera*. Ashwagandha has been shown to increase the amount of hormones secreted by the thyroid gland. It's unknown why this happens, but it has some type of regulating effect on thyroid hormone secretion. The studies on this herb don't show selectively that the herbal extracts cause the secretion of more T4, T3, but both levels go up with the supplementation of a high quality ashwagandha. So there's more to it than our "science" can identify. ;-) Aside from the thyroid, it also is effective for adrenal support. Now, keep in mind, ashwagandha isn't a complete cure for your thyroid. The increases in T3 and T4 (thyroid hormones) are small. But it's the first step for the thyroid, especially when there's stress involved. Who doesn't have that?! It's to be used in support along with other therapies, but it's a great start. When you take ashwagandha you want to use a high quality extract and - as per Dr. Williams' recommendations - take 200-1200 milligrams per day.

ASHWAGANDHA

Source: The Chopra Center <http://www.chopra.com/ashwagandha>

Ashwagandha, one of the most vital herbs in Ayurvedic healing, has been used since ancient times for a wide variety of conditions, but is most well known for its restorative benefits. In Sanskrit ashwagandha means "the smell of a horse," indicating that the herb imparts the vigor and strength of a stallion, and it has traditionally been prescribed to help people strengthen their immune system after an illness. In fact, it's frequently referred to as "Indian ginseng" because of its rejuvenating properties (although botanically, ginseng and ashwagandha are unrelated). In addition, ashwagandha is also used to enhance sexual potency for both men and women.

Belonging to the same family as the tomato, ashwagandha (or *Withania somnifera* in Latin) is a plump shrub with oval leaves and yellow flowers. It bears red fruit about the size of a raisin. The herb is native to the dry regions of India, northern Africa, and the Middle East, but today is also grown in more mild climates, including in the United States.

Scientific Research

Ashwagandha contains many useful medicinal chemicals, including withanolides, (steroidal lactones), alkaloids, choline, fatty acids, amino acids, and a variety of sugars. While the leaves and fruit have valuable therapeutic properties, the root of the ashwagandha plant is the part most commonly used in Western herbal remedies.

Medical researchers have been studying ashwagandha with great interest and as of this date have carried out 216 studies of its healing benefits, summarized below:

- confers immune system protection



- combats the effects of stress
- improves learning, memory, and reaction time
- reduces anxiety and depression without causing drowsiness
- stabilizes blood sugar
- lowers cholesterol
- reduces brain-cell degeneration
- contains anti-malarial properties
- offers anti-inflammatory benefits

Some studies have also found that ashwagandha inhibits the growth of cancer cells in small animals, but further research is needed to determine whether the herb prevents the development of tumors in human beings.

Practical Uses and Precautions

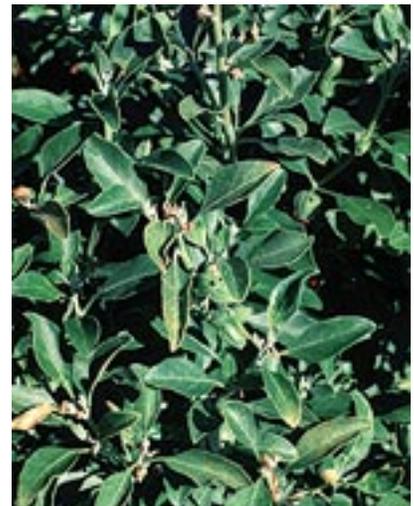
The usual recommended dose is 600 to 1000 mg, twice daily. For people who suffer from insomnia and anxiety, having a cup of hot milk that contains a teaspoon of powdered ashwagandha before bedtime is beneficial. In extremely large doses, ashwagandha has been reported to induce abortions in animals. Although no similar studies have been carried out on humans, women should avoid the herb during pregnancy.

ASHWAGANDHA STRESS REDUCTION, NEURAL PROTECTION, AND A LOT MORE FROM AN ANCIENT HERB

Source: By Dale Kiefer, [Life Extension Magazine](#)

By Dale Kiefer

Ashwagandha, an exotic Indian herb, has remarkable stress-relieving properties comparable to those of powerful drugs used to treat depression and anxiety. In addition to its excellent protective effects on the nervous system, ashwagandha may be a promising alternative treatment for a variety of degenerative diseases such as Alzheimer's and Parkinson's. Ashwagandha has powerful antioxidant properties that seek and destroy the free radicals that have been implicated in aging and numerous disease states. Even more remarkable, emerging evidence suggests that ashwagandha has anti-cancer benefits as well.



Powerful Protective Effects on the Nervous System

Stress, environmental toxins, and poor nutrition all have a detrimental impact on our nervous systems.

Scientific studies support ashwagandha's ability not only to relieve

Ashwagandha

stress, but also to protect brain cells against the deleterious effects of our modern lifestyles.

For example, in validated models of anxiety and depression, ashwagandha has been demonstrated to be as effective as some tranquilizers and antidepressant drugs. Specifically, oral administration of ashwagandha for five days suggested anxiety-relieving effects similar to those achieved by the anti-anxiety drug lorazepam (Ativan®), and antidepressant effects similar to those of the prescription antidepressant drug imipramine (Tofranil®).¹

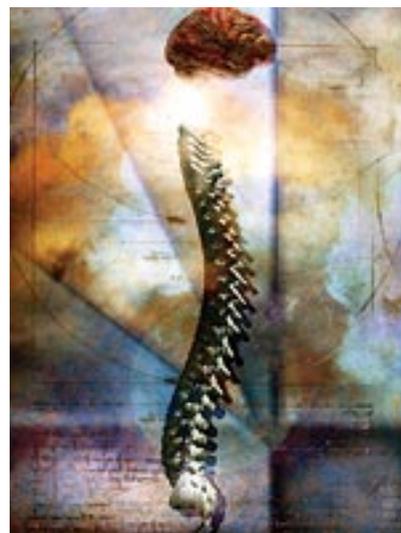
Stress can cause increased peroxidation of lipids, while decreasing levels of the antioxidant enzymes catalase and glutathione peroxidase. When ashwagandha extract was administered by re-searchers one hour before a daily stress-inducing procedure, all of the aforementioned parameters of free radical damage normalized in a dose-dependent manner.² Premature aging associated with chronic nervous tension may be related to increased oxidative stress, which is abolished by the potent antioxidant properties of ashwagandha extract. Researchers believe this finding supports the clinical use of ashwagandha as an anti-stress agent.



Other studies of chronic stress support these findings. For example, in a remarkable animal study, examination of the brains of sacrificed animals showed that 85% of the brain cells observed in the animals exposed to chronic stress showed signs of degeneration. It is this type of cellular degeneration that can lead to long-term cognitive difficulties. Amazingly, when ashwagandha was administered to chronically stressed animals, the number of degenerating brain cells was reduced by 80%!³

In one of the most complete human clinical trials to date, researchers studied the effects of a standardized extract of ashwagandha on the negative effects of stress, including elevated levels of the stress hormone cortisol. Many of the adverse effects of stress are thought to be related to elevated levels of cortisol. The results were impressive. The participants subjectively reported increased energy, reduced fatigue, better sleep, and an enhanced sense of well-being. The participants showed several measurable improvements, including a reduction of cortisol levels up to 26%, a decline in fasting blood sugar levels, and improved lipid profiles. It would appear from this study that ashwagandha can address many of the health and psychological issues that plague today's society.⁴

Over the past five years, the Institute of Natural Medicine at the Toyama Medical and Pharmaceutical University in Japan has conducted extensive research into the brain benefits of ashwagandha. The Institute's scientists were looking for ways to encourage the regeneration of nerve cell components called axons and dendrites in validated models of the human brain. This important research may one day benefit those who have incurred brain injuries due to physical trauma, as well as those who suffer cognitive decline due to destruction of the nerve cell networks from diseases such as dementia and Alzheimer's.



Using a validated model of damaged nerve cells and impaired nerve-signaling pathways, re-searchers noted that ashwagandha supported significant regeneration of the axons and dendrites of nerve cells. Furthermore, ashwagandha extract supported the reconstruction of synapses, the junctions where nerve cells communicate with other cells. The investigators concluded that ashwagandha extract helps to reconstruct networks of the nervous system, making it a potential treatment for neurodegenerative diseases such as Alzheimer's.⁵

In another study at the same institute, researchers found that ashwagandha helped support the growth of nerve cell dendrites, which allow these cells to receive communications from other cells. This finding suggests that ashwagandha could help heal the brain tissue changes that accompany dementia.⁶

Finally, in a third published study, the researchers noted that ashwagandha helped promote the growth of both normal and damaged nerve cells, suggesting that the herb may boost healthy brain cell function as well as benefit diseased nerve cells.⁷

These findings provide tremendous hope that ashwagandha extracts may one day help heal neurodegenerative diseases in humans, freeing patients from the mental prisons of dementia and Alzheimer's. Clearly, this is just the beginning of research into ashwagandha's ability to encourage physical re-growth of the brain.

Ashwagandha also shows promise as a treatment for Parkinson's and Alzheimer's diseases, chronic neurodegenerative conditions for which there currently are no cures. In a recent study using a standardized model of human Parkinson's disease, ashwagandha extract reversed all the parameters of Parkinson's-type neurodegeneration significantly and in a dose-dependent manner.⁸ Remarkably, an earlier study showed that ashwagandha extract inhibits acetylcholinesterase, an enzyme responsible for breaking down one of the brain's key chemical messengers. Drugs currently used in the treatment of Alzheimer's disease, such as Aricept[®], act in this very manner to slow the progression of this frightening, mind-robbing disease.⁹

Studies Suggest Potent Anti-Cancer Activity

In addition to ashwagandha's documented neuroprotective effects, exciting recent evidence suggests that it also has the potential to stop cancer cells in their tracks. For example, a recent analysis showed that ashwagandha extract inhibited the growth of human breast, lung, and colon cancer cell lines in the laboratory. This inhibition was comparable to that achieved with the common cancer chemotherapy drug doxorubicin (Caelyx[®], Myocet[®]). In fact, researchers reported that withaferin A, a specific compound extracted from ashwagandha, was more effective than doxorubicin in inhibiting breast and colon cancer cell growth.^{11,14}

Scientists in India recently conducted cell studies showing that ashwagandha extract disrupts cancer cells' ability to reproduce—a key step in fighting cancer. Additionally, laboratory analysis indicates that ashwagandha extract possesses anti-angiogenic activity, also known as the ability to prevent cancer from forming new blood vessels to support its unbridled growth. These findings lend further support to ashwagandha's potential role in fighting cancer.¹⁵ Based on these studies, research in this area continues.

In another study, orally administered ashwagandha extract significantly inhibited experimentally induced stomach cancer in laboratory animals. Tumor incidence was reduced by 60% and tumor multiplicity (number) by 92%. Similarly, in a rodent model of skin cancer, ashwagandha inhibited tumor incidence and multiplicity by 45% and 71%, respectively.¹⁶ Ashwagandha's protective effect against skin cancer has been shown in other studies as well.¹⁷

A recent experiment demonstrated that ashwagandha extract produced a marked increase in life span and a decrease in tumor weight in animals with experimentally induced cancer of the lymphatic system.¹⁸ This is an exciting finding, suggesting that ashwagandha could enhance survival in individuals with cancer.

Ashwagandha's Pharmacological Activity

Scientists speculate that some of ashwagandha's benefits stem from its antioxidant properties and ability to scavenge free radicals.¹⁰

Two main classes of compounds—steroidal alkaloids and steroidal lactones—may account for its broad range of beneficial effects. Steroidal lactones comprise a class of constituents called withanolides. To date, scientists have identified and studied at least 12 alkaloids and 35 withanolides. Much of ashwagandha's pharmacological activity has been attributed to two primary withanolides, withaferin A and withanolide D.¹¹

Other studies reveal that ashwagandha has antimicrobial properties, with antibacterial activity against potentially dangerous bacteria, including Salmonella, an organism associated with food poisoning. This activity was demonstrated in cell cultures as well as in infected laboratory animals.¹²

Additional studies show that ashwagandha root extract enhances the ability of macrophage immune cells to "eat" pathogens, as compared to macrophages from a control group that did not receive ashwagandha.¹³

Ashwagandha extract may also have applications as an adjunct to cancer chemotherapy treatment. One of the consequences of chemotherapy is neutropenia, a decrease in white blood cells called neutrophils that can leave patients dangerously vulnerable to infection. A study of animals demonstrated that orally administered ashwagandha extract protected against this decline in infection-fighting neutrophils. While further human studies are needed, these findings suggest that ashwagandha may be an excellent adjunctive therapy to chemotherapy.¹⁹

Another animal study investigated ashwagandha extract's effects in normalizing the immune-suppressing effects of chemotherapy. When test animals received a common chemotherapy drug, levels of the desirable immune factors interferon-gamma and interleukin-2 decreased.

When the animals also received orally administered ashwagandha extract, however, their immune system parameters remained normal. These findings add support to the idea that ashwagandha may help protect immune function during chemotherapy treatment.²⁰

Conclusion

Chronic stress exacts a high price from our bodies as well as our minds.

Many degenerative diseases, as well as premature aging, are associated with chronic nervous tension. There is great need for safe and effective prevention strategies to combat the ravages of stress on our nervous system.

Ashwagandha, an exotic Indian herb, has demonstrated anti-anxiety and neuroprotective effects, and tantalizing evidence suggests that it is also a cancer fighter. Animal toxicity studies indicate that this remarkable plant is safe and well tolerated.²¹

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CONSIDER THE CONTROVERSY OF USING ASHWAGANDHA ROOT FOR THYROID HEALTH

Monday, April 11, 2011 by: Alex Malinsky aka RawGuru

Source: http://www.naturalnews.com/032025_Ashwagandha_thyroid.html

(NaturalNews) The roots of Ashwagandha, scientifically referred to as *Withania Somnifera*, are deeply embedded in ancient Indian Ayurvedic medicine. Extracts from Ashwagandha roots, which are grown in India, Africa, the Middle East and the Mediterranean, are claimed to provide medicinal benefits by reducing stress, inflammation, and cancer-causing agents and by improving cardiovascular, central nervous system and endocrine, and thyroid hormonal health. But do the conflicting scientific reports mean that Ashwagandha is perhaps too wild for proper thyroid health? If so, what may Ashwagandha be used for?

Everyone has a thyroid gland, a butterfly shaped gland in the front of the neck, which is part of the endocrine system producing hormones for regulation of all organ systems in the body. The thyroid hormones, which are released into the blood, travel throughout the body controlling heart, liver, kidney, brain, immune and skin systems, as well as metabolism.

Those with hyperthyroidism experience an overproduction of hormones; those with hypothyroidism suffer a deficiency. Patients with thyroid issues sometimes seek relief from Ashwagandha root; whereby, certain components of the root increase glucose-6-phosphatase function in the liver, thereby increasing thyroid function, according to various holistic practitioners.

From animal studies with mice, researchers at D.A. University in Indore, India suggest that Ashwagandha root extracts have the ability to stimulate thyroid hormones. Basically, the data suggests that Ashwagandha increases serum concentrations of thyroid hormones; thus, one case study states that excessive hormonal effects, or thyrotoxicosis, may be quite a serious side effect of the root. This may mean that those suffering hypothyroidism will temporarily suffer hyperthyroidism and vice versa. Studies also provide evidence that ceasing supplementation corrects thyrotoxicosis.

While Ashwagandha has not been extensively studied for thyroid health to date, some patients say that short-term use of Ashwagandha, or its periodic use, provides relief from symptoms of hypothyroidism, most notably chronic fatigue and decreased sexual libido. All reports advise caution while supplementing with Ashwagandha, as there is simply not enough scientific evidence to support its continued, chronic use. It is necessary to work closely with a medical practitioner before, during and after a decision to implement Ashwagandha usage for thyroid health.

Other animal studies provide information that Ashwagandha root extracts stimulate the cells of the immune system, decrease swelling and increase brain function, or memory capacity. Historic Indian Ayurvedic medical practitioners often touted Ashwagandha as an adaptogen, i.e. an herbal remedy which defeats the ill effects of stress and boosts overall wellness. Typical dosing remains at 3-6 grams of the dried root per day and may be purchased in capsule, powder, tincture, or tea formats.

Ashwagandha, which means horse's odor in the ancient Indian Sanskrit language, is currently the subject of conflicting evidence for its use in regulating or treating thyroid issues. Nevertheless, Ashwagandha root remains on the cutting edge of new scientific breakthroughs for medical treatments of thyroid and other health issues.

Studies already completed provide evidence that Ashwagandha helps in easing drug withdrawal symptoms and in reducing anxiety and painful arthritis of the knees. Ongoing studies for Ashwagandha use in Tuberculosis, Parkinson's Disease, Bone Cancer, Bipolar Disorder, and Diabetes patients are either currently underway or recently completed.

[Editor`s Note: NaturalNews is strongly against the use of all forms of animal testing. We fully support implementation of humane medical experimentation that promotes the health and wellbeing of all living creatures.]

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About the author

Alex Malinsky aka RawGuru is an award winning chef and one of the leading experts in the field of raw food. He started to learn about raw foods at the early at of 15. After 10 years on the raw food diet he continues to be on the cutting edge of nutritional research and product development. Visit Alex's website at: www.RawGuru.com for more information.