PLANTS & HERBS

Ashwagandha: The Ancient Indian Superherb That Rejuvenates Your Body and Brain From the Inside Out

By bestfolkmedicine · 11/11/2018 · 2 min read



Ashwagandha, also known as Indian ginseng or winter cherry, can do wonders for your overall health, according to Conscious Lifestyle Mag. It is suitable for different systems in the body and it has been used in

Ayurveda for more than 4000 years. In India, many consider it to be the most potent adaptotgenic herb, i.e. a herb with the capacity to restore balance in the body and mind.

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This being said, we should all incorporate it our daily diets! If you still have doubts about this potent plant, make sure you continue reading this article. We will present a list with its 4 optimal health advantages. Let's go!

4 Important Benefits of Ashwagandha

1. **Betters the health of the brain & nervous system**

Studies show that Ashwagandha can rejuvenate the nerve cells and encourage dendrite growth in the brain and body. These findings indicate that it can be a powerful treatment for neurodegenerative illnesses like Parkinson's and Alzheimer's. It will also boost the communication between the nerve cells and heal injuries in the nervous system.

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2. **Boosts hormonal balance and sexual vitality**

Extracts from ashwagandha can restore the balance in the adrenal and thyroid glands. It can be of great aid for people suffering from hypo- or hyperthyroidism because several studies have found it to be capable of balancing the hormonal levels of these two glands. By doing this, it will elevate your energy levels, better your mood, and help you feel more self-confident and calmer. Since the health of the thyroid and adrenal glands influence the libido, Ashwagandha is considered by many to be a natural Viagra. It can boost the effects of nitric oxide and better sexual performance in men and even assist with impotence. Both men and women can benefit from it in the bedroom by using it is as an aphrodisiac.

3. **Enhances the neurocognition and helps with insomnia**

This plant can induce a calm and long sleep and put an end to insomnia. Both human and animal studies discovered that the acetylcholine levels elevated upon ashwagandha intake and this is directly associated with better memory, brain function, and intelligence.

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4. **Restores the life force**

According to Ayurveda, Ashwagandha has the power to enhance the flow of ojas or the life force energy. This energy is created from the foods we eat and it nourishes our mind, spirit, and body. Thus, this plant will enhance the rejuvenation of whole body from the inside out. Many practitioners of Ayurveda use it to balance and open the root chakra and for numerous spiritual practices linked to Kundalini and the balancing of the energetic systems in the body.

How to Use Ashwagandha & Where to Find It

- ***This plant grows in different parts of the world and it can also be found in capsule, powder or tablet form***
- ***Begin with smaller dosages and increase them gradually so that you can know how your body will react to it***
- ***Pregnant women should not take Ashwagandha***

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