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Ashwagandha

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- **ActiveIngredient:**
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Description

Overview Ashwagandha is an evergreen shrub that grows in Asia and Africa. It is commonly used for stress. There is little evidence for its use as an “adaptogen.” Ashwagandha contains chemicals that might help calm the brain, reduce swelling, lower blood pressure, and alter the immune system. Since ashwagandha is traditionally used as an adaptogen, it is used for many conditions related to stress. Adaptogens are believed to help the body resist physical and mental stress. Some of the conditions it is used for include insomnia, aging, anxiety and many others, but there is no good scientific evidence to support most of these uses. There is also no good evidence to support using ashwagandha for COVID-19. Don’t confuse ashwagandha with *Physalis alkekengi*. Both are known as winter cherry. Also, don’t confuse ashwagandha with American ginseng, *Panax ginseng*, or eleuthero. Ashwagandha is an ancient herb used in Ayurvedic medicine. It is rich in withanolides, which have been found to have anti-inflammatory and anti-aging properties, making it a popular supplement for stress relief and improving overall well-being.

Side Effects When taken by mouth: Ashwagandha is possibly safe when used for up to 3 months. The long-term safety of ashwagandha is not known. Large doses of ashwagandha might cause stomach upset, diarrhea, and vomiting. Rarely, liver problems, including severe liver failure and a need for liver transplantation, might occur. When applied to the skin: Lotion containing ashwagandha is possibly safe when used for up to 2 months.

Interactions Moderate Interaction Be cautious with this combination Medications that decrease the immune system (Immunosuppressants) interacts with ASHWAGANDHA Ashwagandha can increase the activity of the immune system. Some medications, such as those used after a transplant, decrease the activity of the immune system. Taking ashwagandha along with these medications might decrease the effects of these medications. Sedative medications (Benzodiazepines) interacts with ASHWAGANDHA Ashwagandha might cause sleepiness and slowed breathing. Some medications, called sedatives, can also cause sleepiness and slowed breathing. Taking ashwagandha with sedative medications might cause breathing problems and/or too much sleepiness. Sedative medications (CNS depressants) interacts with ASHWAGANDHA Ashwagandha might cause sleepiness and slowed breathing. Some medications, called sedatives, can also cause sleepiness and slowed breathing. Taking ashwagandha with sedative medications might cause breathing problems and/or too much sleepiness. Thyroid hormone interacts with ASHWAGANDHA The body naturally produces thyroid hormones. Ashwagandha might increase how much thyroid hormone the body produces. Taking ashwagandha with thyroid hormone pills might cause too much thyroid hormone in the body, and increase the effects and side effects of thyroid hormone. Medications for diabetes (Antidiabetes drugs) interacts with

ASHWAGANDHA Ashwagandha might lower blood sugar levels. Taking ashwagandha along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely. Medications for high blood pressure (Antihypertensive drugs) interacts with ASHWAGANDHA Ashwagandha might lower blood pressure. Taking ashwagandha along with medications that lower blood pressure might cause blood pressure to go too low. Monitor your blood pressure closely. Special Precautionsand Warnings When taken by mouth: Ashwagandha is possibly safe when used for up to 3 months. The long-term safety of ashwagandha is not known. Large doses of ashwagandha might cause stomach upset, diarrhea, and vomiting. Rarely, liver problems, including severe liver failure and a need for liver transplantation, might occur. When applied to the skin: Lotion containing ashwagandha is possibly safe when used for up to 2 months. Pregnancy: It is likely unsafe to use ashwagandha when pregnant. There is some evidence that ashwagandha might cause miscarriages. Breast-feeding: There isn't enough reliable information to know if ashwagandha is safe to use when breast-feeding. Stay on the safe side and avoid use. "Auto-immune diseases" such as multiple sclerosis (MS), lupus (systemic lupus erythematosus, SLE), rheumatoid arthritis (RA), or other conditions: Ashwagandha might cause the immune system to become more active, and this could increase the symptoms of auto-immune diseases. If you have one of these conditions, it's best to avoid using ashwagandha. Surgery: Ashwagandha may slow down the central nervous system. Healthcare providers worry that anesthesia and other medications during and after surgery might increase this effect. Stop taking ashwagandha at least 2 weeks before a scheduled surgery. Thyroid disorders: Ashwagandha might increase thyroid hormone levels. Ashwagandha should be used cautiously or avoided if you have a thyroid condition or take thyroid hormone medications. Dosing Ashwagandha has most often been used by adults in doses up to 1000 mg daily, for up to 12 weeks. Speak with a healthcare provider to find out what dose might be best for a specific condition.

Side Effects

Uses

Interactions

Other Details
