

The comprehensive health benefit of Ashwagandha. The history of its use in traditional Indian medicine dates back nearly 3000 years. Its root has been used as an aphrodisiac, narcotic, tonic, diuretic, anthelmintic and stimulant.

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Ashwagandha: Health benefits, side effects, and how to use

Benefits of Ashwagandha

Boost Immunity

Helps to reduce Anxiety and stress

lower your cortisol



Improve Bone Health

Helps to Fight Cancer

Improve Thyroid Function

Increases Muscle Strength



Ashwagandha is known for decreasing inflammation in the body all around which also includes the intestines. I was just chilling and I remembered all the hard times I had when I had bad UC and I want to help others to fix it. Currently I'm 18 years old but was diagnosed at 11. Currently I don't take anything for UC other than ashwagandha.

Ashwagandha repost : r/UlcerativeColitis - Reddit



Ulcerative Colitis Diet: **What to Eat &** **What to Avoid**



Summary Proponents often use ashwagandha to reduce stress and anxiety and manage several chronic conditions. However, research into the efficacy of ashwagandha for these purposes is.

Lightheaded from Ashwagandha. Any Other Recs for Adrenals?



Aminosalicylates: For mild to moderate ulcerative colitis. This form of medication contains 5-aminosalicylic acid (5-ASA) to help reduce inflammation in the intestine's lining. Some other forms may also reduce joint inflammation. Side effects may include headaches, nausea, abdominal pain, cramping, loss of appetite, vomiting, rash, or fever.

Has anyone taken ashwagandha? : r/UlcerativeColitis - Reddit



This forum has 171654 registered members. Please welcome our newest member, lubenich. 108 Guest (s), 2 Registered Member (s) are currently online. Details. 81GyGuy, Terry's Cellar. Find support on our Ulcerative Colitis forums. Share symptoms, find treatments, and join our community. .

Your Experience W/ Melatonin and Ashwagandha : r/UlcerativeColitis - Reddit



Ulcerative colitis (UC) is a form of inflammatory bowel disease (IBD). It causes a person's immune system to react abnormally, leading to inflammation in the colon. These reactions may also cause.

Ulcerative colitis: Medications to avoid, treatment tips

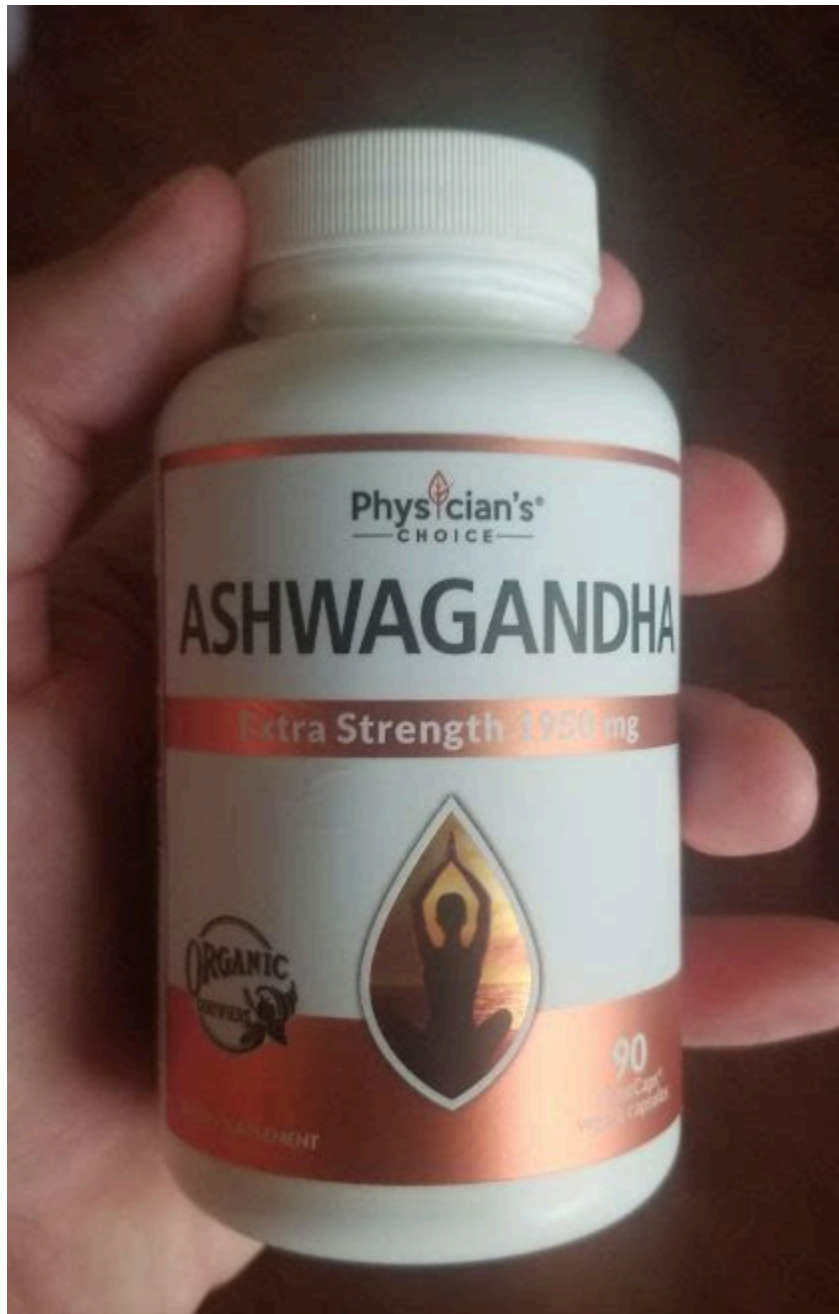
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Top 7 Home Remedies for Ulcerative Colitis

Buttermilk  Drink buttermilk mixed with water daily.	Coconut Water  Consume two glasses of coconut water, two times in a day.	Juice of Marigold Petals  Take the petals of fresh marigold flowers. Crush them to get the extract. Take two to three tablespoons of juice twice or thrice in day.  YouTube Facebook Twitter Pinterest Follow Us
Pomegranate Juice  Consume 50 ml pomegranate juice daily.	Rose Petals  Chewing a few fresh rose petals is also considered as an effective home remedy.	
Calendula Tea  Add calendula flowers in a cup of hot water. Leave it steep for 10 to 15 minutes, drink this tea 2 times daily.	Banana With Curd  Consumption of a mashed banana in a bowl of fresh curd is quite good.	

Support Forums Anxiety & Panic Disorders Bipolar Disorder Breast Cancer Chronic Pain Crohn's Disease Depression Diabetes Fibromyalgia GERD & Acid Reflux Hepatitis Irritable Bowel Syndrome Lupus Lyme Disease Multiple Sclerosis Ostomies Prostate Cancer Rheumatoid Arthritis Ulcerative Colitis

My experience with Ashwagandha Root - The Grow Network Community



For example, ashwagandha has been shown to help ease autoimmune and inflammatory disorders like Crohn's disease and ulcerative colitis. In animal studies, researchers have looked into the use of more than 50 herbal and plant products, including ashwagandha, for IBD.

Ulcerative Colitis Forum - HealingWell







Studies have shown that ashwagandha has positive effects on people with ulcerative colitis by reducing inflammation, improving gut health, relieving abdominal pain and diarrhea, and increasing energy levels. In addition, ashwagandha helps improve sleep quality which is important for overall health and wellbeing.

Ashwagandha (*Withania somnifera*)—Current Research on the Health .



Review

Ashwagandha (*Withania somnifera*)—Current Research on the Health-Promoting Activities: A Narrative Review

Paulina Mikulska, Marta Malinowska, Miłosz Ignacyk, Paweł Szustowski, Joanna Nowak, Karolina Pesta, Monika Szeląg, Damian Szklanny, Eliza Judasz, Gabriela Kaczmarek, Ovinuchi Prince Ejiohuo , Magdalena Paczkowska-Walendowska , Anna Gościński  and Judyta Cielecka-Piontek * 

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Abstract: In recent years, there has been a significant surge in reports on the health-promoting benefits of winter cherry (*Withania somnifera*), also known as Ashwagandha. Its current research covers many aspects of human health, including neuroprotective, sedative and adaptogenic effects and effects on sleep. There are also reports of anti-inflammatory, antimicrobial, cardioprotective and anti-diabetic properties. Furthermore, there are reports of reproductive outcomes and taticidal hormone action. This growing body of research on Ashwagandha highlights its potential as a valuable natural remedy for many health concerns. This narrative review delves into the most recent findings and provides a comprehensive overview of the current understanding of ashwagandha's potential uses and any known safety concerns and contraindications.

Keywords: ashwagandha; *Withania somnifera*; winter cherry; herbal medicine; plant extract; antimicrobial activity; anticancer activity; anti-inflammatory activity



Citation: Mikulska, P.; Malinowska, M.; Ignacyk, M.; Szustowski, P.; Nowak, J.; Pesta, K.; Szeląg, M.; Szklanny, D.; Judasz, E.; Kaczmarek, G.; et al. Ashwagandha (*Withania somnifera*)—Current Research on the Health-Promoting Activities: A Narrative Review. *Pharmaceutics* **2023**, *15*, 1057. <https://doi.org/10.3390/pharmaceutics15041057>

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1. Introduction

Indian ginseng is also known as Indian winter cherry, Ashwagandha, or the herb *Vitania sluggard* (*Withania somnifera*). The raw material used in medicine is the root, and the name “ashwagandha” is derived from the word “ashwa”, meaning horse. It is believed that after consuming the root, one gains powers similar to that of a horse. The second part of the name “gandha,” means fragrance and refers to the characteristic smell of the fresh root of the plant [1]. Since ancient times, it has been traditionally used in Ayurvedic medicine as a substance that strengthens the nervous system. This is evidenced by its adaptogenic effects and medicinal uses—the so-called “rasayana”. Figure 1 below shows the comprehensive health benefit of Ashwagandha.

The history of its use in traditional Indian medicine dates back nearly 3000 years. Its root has been used as an aphrodisiac, narcotic, tonic, diuretic, anthelmintic and stimulant. It is naturally native to India, but it is also cultivated in other areas such as the Mediterranean countries, the Himalayan areas, Africa, Canary Islands, Cape of Good Hope and Australia [2–4].

In recent years, there has been a growing interest in the potential health benefits of Ashwagandha, particularly in the areas of stress management, cognitive function, and physical performance. Several studies have suggested that Ashwagandha supplementation may exhibit neuroprotective activity, be helpful in obsessive-compulsive disorder, and exhibit anti-inflammatory, immunomodulatory and antibacterial properties.

Additionally, there is evidence to suggest that Ashwagandha supplementation may be helpful in infertility, anticancer and antidiabetic treatment. Studies have suggested that Ashwagandha may exhibit cardioprotective properties, be helpful in the treatment of sleep

Healing With Herbs, herbal healing, UC, Ulcerative Colitis Healing with Herbs Looking back, I now realize how important it is to learn about healing with herbs. I wish, even, that I'd known about the power of certain herbs and foods earlier in my life. My health declined at age 11. I became very sick.

Ulcerative Colitis in Adults : A Review - JAMA Network



Has anyone taken ashwagandha? If so please explain your experience debating on taking and would like to hear This thread is archived . Yea i didnt want to take for ulcerative colitis i wanted it for something else thank you for the info Reply emilylikesturtles .

My Experience With Ulcerative Colitis and Healing With Herbs|TelMD



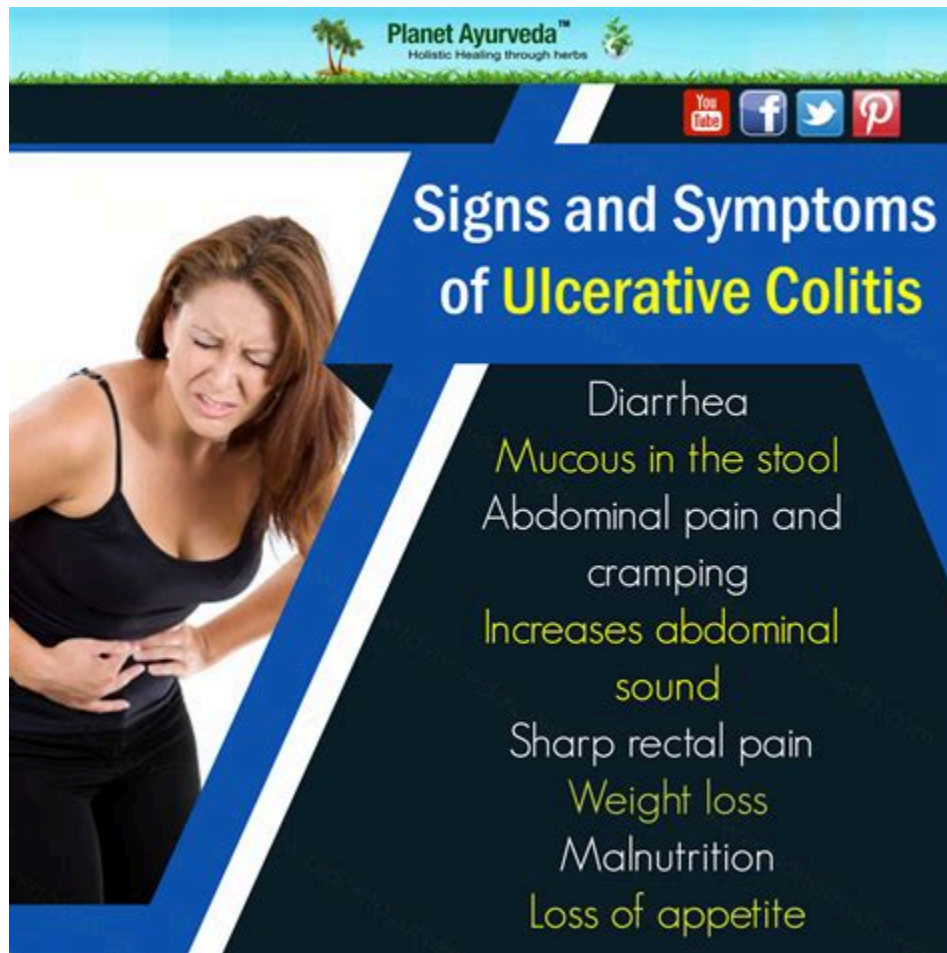
This subreddit is a place for people with ulcerative colitis (UC) and their loved ones to discuss and learn about UC and related topics. We welcome all members, regardless of their experience with UC. . Your Experience W/ Melatonin and Ashwagandha . I figured I would give this combo a try. However I started to think about if it would digest .

Is Ashwagandha Safe For Ulcerative Colitis - UlcerTalk



Taking ashwagandha root with Crohn's/ulcerative colitis I've been considering taking ashwagandha root as a supplement and I'm wondering if anyone here has tried it. It's said to be particularly good for arthritis, short-term anxiety, and stress reduction, among other things.

5 Natural Ways to Manage Ulcerative Colitis Symptoms - Everyday Health



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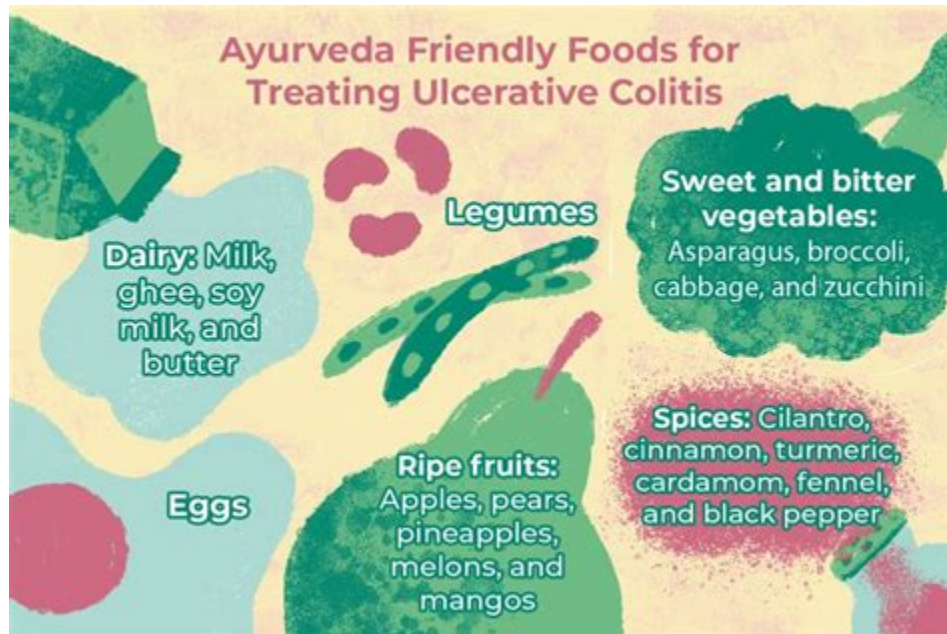
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Signs and Symptoms of Ulcerative Colitis

- Diarrhea
- Mucous in the stool
- Abdominal pain and cramping
- Increases abdominal sound
- Sharp rectal pain
- Weight loss
- Malnutrition
- Loss of appetite

Ashwagandha, also known as winter cherry, is a powerful herb in Ayurvedic medicine. The herb grows in India, the Middle East, and northern Africa, and like tomatoes and peppers, is a nightshade. Nightshades can cause joint issues or flare up autoimmune symptoms in some individuals.

Ayurveda for Ulcerative Colitis: History, Benefit, Diet - Verywell Health

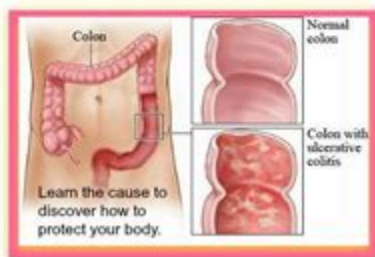


Is Ashwagandha Safe For Ulcerative Colitis By Patrick E August 3, 2022 0 0 Remember Tell Your Doctor Right Away If You Have An Infection Or Symptoms Of An Infection Including: Ulcerative Colitis healing Diet by Ayurveda expert Fever, sweats, or chills Warm, red, or painful skin or sores on your body Diarrhea or stomach pain

Ulcerative Colitis

Symptoms

- o Abdominal pain and cramping
- o Diarrhea with bleeding
- o Loss of appetite
- o Fever
- o Weight loss
- o Increases abdominal sound
- o Malnutrition
- o Mucous in the stool
- o Sharp rectal pain



Herbal Remedies



Home Remedies




www.planetayurveda.com

I know Ashwagandha is a mild GABA-agonist, meaning it has an affinity for GABA receptors in the central nervous system. This is the mechanism by which the medication class, benzodiazepines (valium, xanax, etc), work. A main side effect of this type of med is a floaty, sleepy feeling. I'd check the dosage, as you don't need too much to .

Taking ashwagandha root with Crohn's/ulcerative colitis

8 ASHWAGANDHA BENEFITS



- 1 Supports healthy adrenal function
- 2 Fights stress and anxiety
- 3 Supports healthy blood pressure and cholesterol levels
- 4 Contains anti-inflammatory properties
- 5 Aids cognitive function
- 6 Contains anti-tumor properties
- 7 Fights neurodegenerative diseases, such as Alzheimer's and Parkinson's
- 8 Supports healthy blood sugar levels

 Dr. Tricia Pingel

•Pancolitis (pan-ulcerative colitis) Diagnosed November 2022 • Joined because I need people who can understand

Does anyone take ashwagandha? : r/UlcerativeColitis - Reddit

SHOULD I TAKE ASHWAGANDHA?



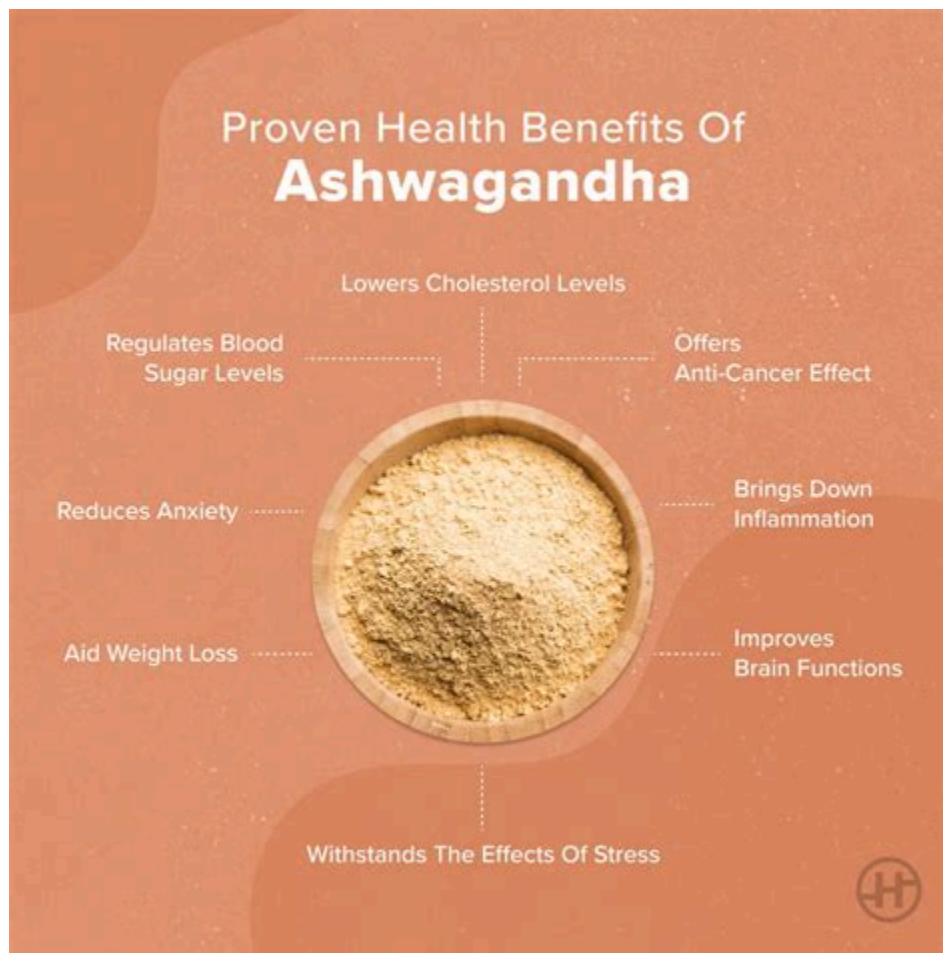
Crohn's disease (CD) and ulcerative colitis (UC) are chronic inflammatory bowel diseases (IBD) of unknown origin. Their conventional treatment is mainly based on the use of corticosteroids, immunosuppressants, antibiotics, and biologic agents. The cost of these treatments becomes extraordinary worldwide as the time passes.

Ashwagandha and Crohn's Disease: Can It Help or Hurt?



Ulcerative colitis (UC) is a refractory, chronic, and nonspecific disease occurred usually in the rectum and the entire colon. The etiopathology is probably related to dysregulation of the mucosal immune response toward the resident bacterial flora together with genetic and environmental factors. Several types of medications are used to control .

Ashwagandha: Bad Reactions » Eat For Life



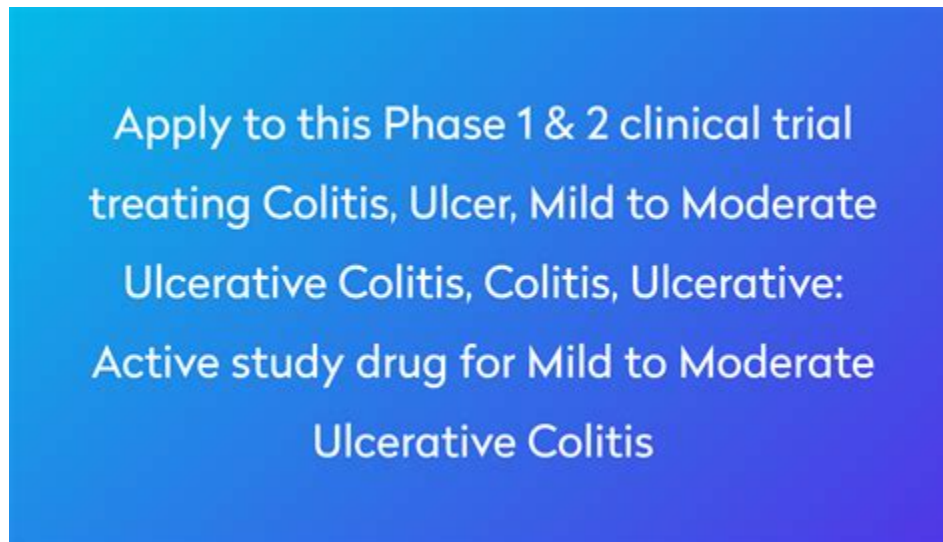
August 2019. I wanted to share my recent experience with Ashwagandha, on my path to becoming intimately familiar with medicinal herbs. I'm finding this wonderful little root to be extremely intense. Or maybe the recommend dosage was just too much for me. Either way, the effects are tangible and undeniable.

Ashwagandha Benefits for Ulcerative Colitis - Ashwagandha Info



254 people reported to have side effects when taking Ashwagandha. Among them, 1 person (0.39%) has Ulcerative colitis. What is Ashwagandha? Ashwagandha has active ingredients of ashwagandha. It is used in generalized anxiety disorder. Currently, eHealthMe is studying from 682 Ashwagandha users. What is Ulcerative colitis?

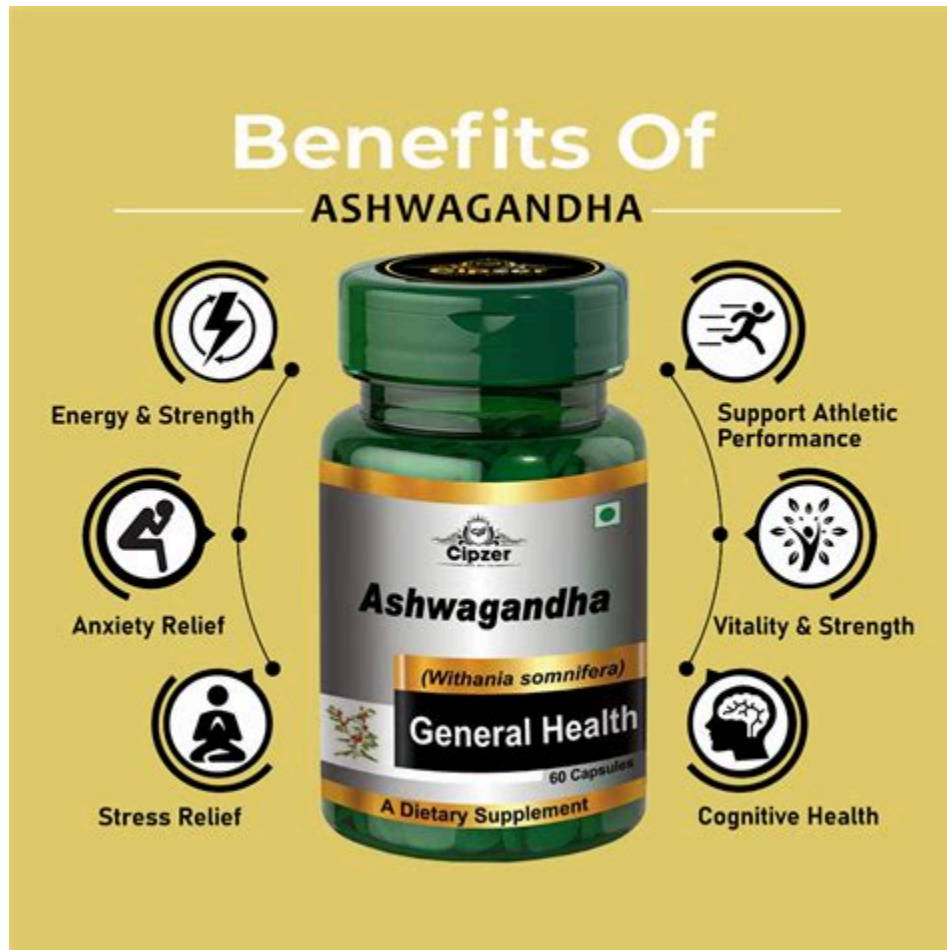
Ashwagandha and Ulcerative colitis, a phase IV clinical study of FDA .



Treatments for ulcerative colitis include medication such as nonsteroidal anti-inflammatory drugs

(NSAIDs), immune system suppressors, biologics, and steroids to control inflammation and other.

Ashwagandha - HealingWell



Ulcerative colitis (UC) is a chronic inflammatory condition of the colon, with a prevalence exceeding 400 per 100 000 in North America. Individuals with UC have a lower life expectancy and are at increased risk for colectomy and colorectal cancer. UC impairs quality of life secondary to inflammation of the colon causing chronic diarrhea and .

Rowasa make symptoms worse for anyone? : r/UlcerativeColitis - Reddit

ULCERATIVE COLITIS



• 8 mo. ago ArtichokeRoutine2689 Rowasa make symptoms worse for anyone? Not country specific Hi all, I recently started 4.8g mesalamine orally which seemed to help my proctosigmoiditis. About a week later I started Rowasa enemas at bed time and since then my symptoms have gotten worse.

- <https://publiclab.org/notes/print/46454>
- <https://colab.research.google.com/drive/1et9s3jWmgSoiUbQB29td4fakIs3gdppJ>
- <https://groups.google.com/g/84athlete27/c/5FkDrtQeKFM>