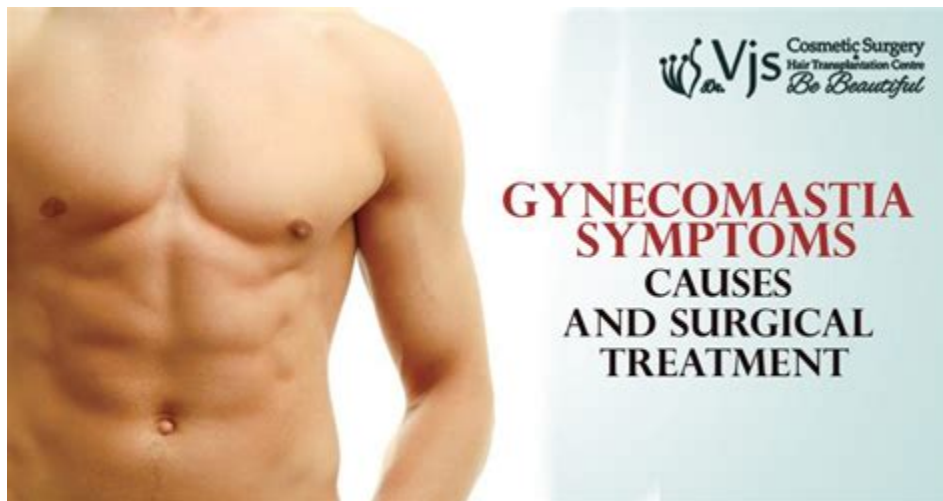


Gynecomastia can be a side effect of certain medicines, such as antidepressants, antibiotics, chemotherapy, prostate cancer medicines, ulcer or cardiovascular medicines. Illegal drugs, such as anabolic steroids, heroin, or marijuana can also cause gynecomastia. Some diseases and medical conditions may also cause gynecomastia. These include:



 [CLICK TO VISIT OUR ONLINE SHOP](#) 

Gynecomastia: Etiology, Diagnosis, and Treatment



Nonphysiologic gynecomastia can occur at any age as a result of a number of medical conditions,

medication use, or substance use. Common causes of nonphysiologic gynecomastia are listed in Table 1

Gynecomastia: What Is It, Causes, Diagnosis & Treatment - Cleveland Clinic



**HEALTH
CONDITIONS**

GYNECOMASTIA
MALE BREAST

30% Disc, Pay Monthly

Gynecomastia is abnormal breast enlargement of males, whether that be glandular tissue, fat, or both. I started taking Ashwagandha from Amazon as directed daily and it didn't seem to be doing anything for my anxiety/energy but after 3 weeks I noticed my left nipple itched and that there was the tell-tale disk behind it.

Ashwagandha: Benefits, Side Effects, and More - Verywell Health



Ashwagandha Benefits & Properties

Anti-inflammatory, Anxiolytic

Main Applications

- Reducing stress and anxiety
- Treating neurological disorders
- Relieving arthritis pain

Supportive Compounds

- Withaferin A
- Somnine

Medicinal Actions

The **antioxidant** and **neuroprotective** actions of ashwagandha's **withanolides** are thought to increase the production of free radical-scavenging enzymes. Ashwagandha extract has also been shown to **reduce inflammatory proteins**.

Source: herbazest.com - For informational purposes only.

HerbaZest.

Plant Description Medicinal Parts of Ashwagandha Generally, roots are used in ayurvedic medicine for aphrodisiac and rejuvenative purposes. Other parts of Ashwagandha including leaves, seeds and flowers also possess therapeutic properties. Roots Roots of Ashwagandha are highly valued for its medicinal properties.

Ashwagandha and its risk due to the potential increase in . - Reddit

Let's talk Ashwagandha...



Ashwagandha (or Indian ginseng) is an ancient herb, used for thousands of years in traditional medicine.



It's become a popular supplement in recent years due to its long list of health benefits.



Now Yumi have made it available in a delicious gummy format - vegan and gluten-free.

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 .

Gynecomastia | AAFP



Gynecomastia is a common condition which results in enlarged male breast tissue. It can be seen in males of all ages, but usually occurs during the newborn period, puberty and older adulthood. There are many causes for gynecomastia, most commonly an imbalance of the hormones testosterone and estrogen. Advertisement.

What Does Ashwagandha Do for Women? Benefits, Side Effects - Healthline

SHOULD I TAKE ASHWAGANDHA?



However, most studies of ashwagandha examine its impact on male fertility, not nipple size. . If gynecomastia is the cause of puffy nipples, surgery may be an option. Although diet and exercise .

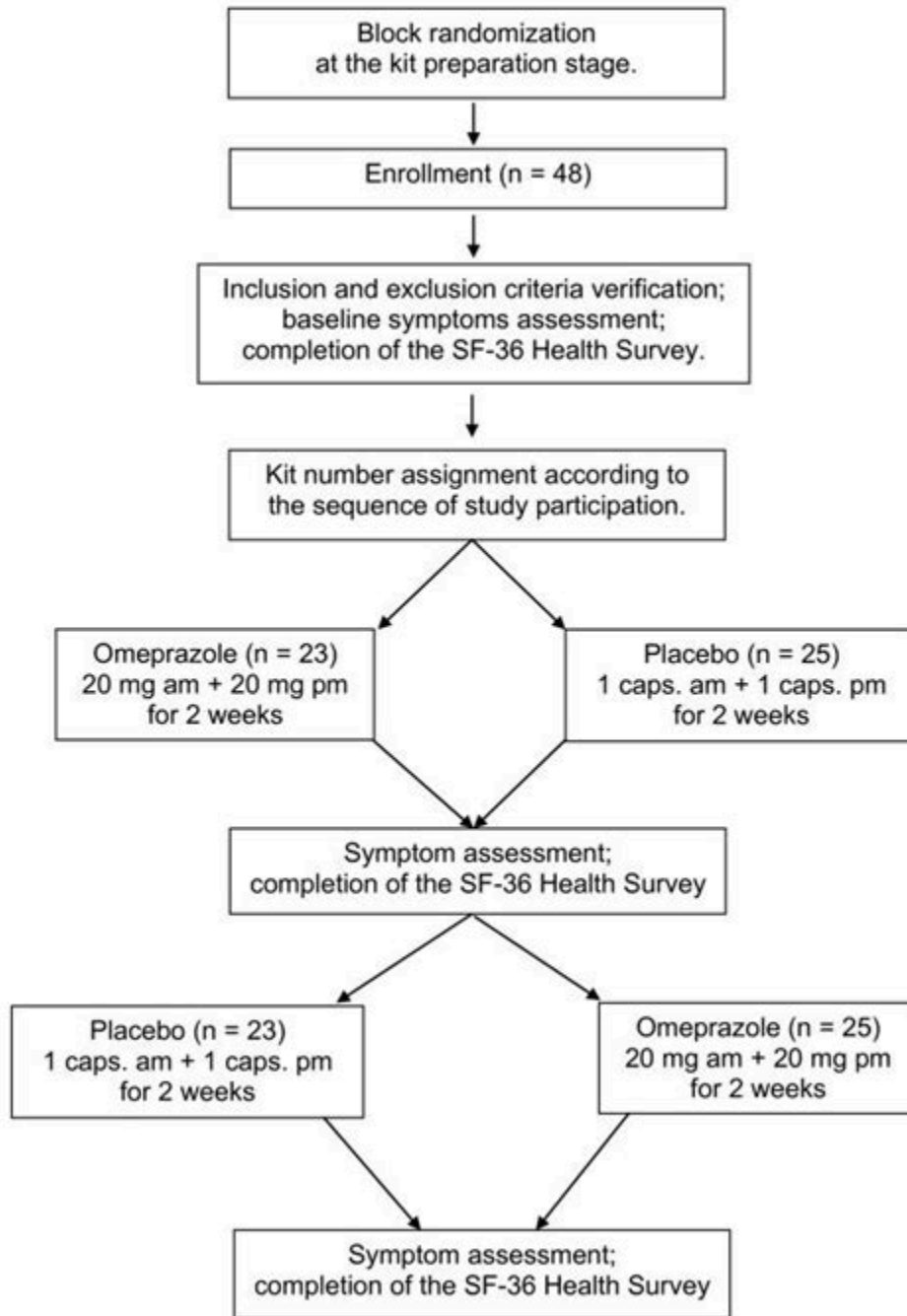
9 Health Benefits of Ashwagandha

1. Improves Tissue nutrition
2. Anti-aging and rejuvenation of the skin
3. Reduces Stress and Induces Good sleep
4. Prevent Neurodegeneration
5. Helps to cure Joint pain, RA, and bone health
6. Helps to Keep the Heart Healthy
7. Healthy Thyroid
8. Reduces Diabetes
9. Improves Libido



LoganE23 • 3 yr. ago Coincidentally, the slight gyno I had in puberty became full blown gyno at age 28/29 the summer that I regularly took a lot of ashwagandha. Not saying ashwagandha caused it though. If it had any impact, I'd imagine it would have been due to increasing testosterone (which would have then aromatized into estrogen).

A Randomized, Double-Blind, Placebo-Controlled, Crossover Study .



PMS Sexual function Fertility Menopause Takeaway Ashwagandha is a popular adaptogenic herb offering numerous benefits for women's well-being. It can help promote a sense of calm while enhancing.

Does Ashwagandha Cause Gyno? (Surprising Answer!) - Vitalized Future



Heart health. Some people may use ashwagandha to boost their heart health, including: lowering high blood pressure. lowering high cholesterol. easing chest pain. preventing heart disease. However .

3 Types of Medications That Cause Gynecomastia in Men - GoodRx



Overall, ashwagandha can be a part of your wellness plan — but remember it's not a cure-all. "Taking ashwagandha will not make the stress go away, but it may help reduce the symptoms so one .

ASHWAGANDHA - Uses, Side Effects, and More - WebMD

Ashwagandha Benefits & Properties

Anti-inflammatory, Anxiolytic

Main Applications

- Reducing stress and anxiety
- Treating neurological disorders
- Relieving arthritis pain

Supportive Compounds

- Withaferin A
- Somnine

Medicinal Actions

The **antioxidant** and **neuroprotective** actions of ashwagandha's **withanolides** are thought to increase the production of free radical-scavenging enzymes. Ashwagandha extract has also been shown to **reduce inflammatory proteins**.

Source: herbazest.com - For informational purposes only.

HerbaZest.

The main side effect was gyno. I read on other reddit posts that some people had suffered from gyno after taking ashwagandha but i was reluctant to believe them. Well now i do. I'm 22 now and i never really had gyno at all growing up even during puberty.

Ashwagandha and Gynecomastia - a phase IV clinical study of FDA data

Phases of a Clinical Trial

PUBRICA Knowledge Works

PHASE I	PHASE II	PHASE III	PHASE IV
<ul style="list-style-type: none">• Evaluate Safety• Determine Safe Dosage• Identify Side Effects	<ul style="list-style-type: none">• Test Effectiveness• Further Evaluate Safety	<ul style="list-style-type: none">• Confirm Effectiveness• Monitor Side Effects• Compare To Other Treatments• Collect Information	<ul style="list-style-type: none">• Provide Additional Information After Approval including risk, Benefits and Use

+91 9884350006 www.pubrica.com sales@pubrica.com

Nausea, stomach irritation, diarrhea, and other digestive issues are possible when taking ashwagandha. One positive here is that if you stick to the recommended dose, this may not be as much of a problem. "Ashwagandha is a safe herb when used as directed," Heintze says. "When taking doses exceeding recommendations or larger doses, it may cause .

Ashwagandha caused my surgery-removed puberty gynecomastia to . - Reddit



By Robb Last updated: 02/26/2023 Ashwagandha is a herbal supplement that many people use for multiple health benefits: but does it cause gyno? If you're thinking of buying Ashwagandha, or already have it, the last thing you want is to develop saggy, man boobs. So, does Ashwagandha cause gyno?

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



High estrogen levels in men can cause prostate cancer, erectile dysfunction, and gynecomastia (male breast enlargement). . While ashwagandha can have estrogenic effects on the body, it is possible to counteract this impact and reduce estrogen levels naturally. By incorporating natural remedies into your lifestyle, like eating a healthy diet .

ashwagandha = gyno + crazy dreams : r/ASHWAGANDHA - Reddit



The benefits of ashwagandha for men cover various areas of mental and . . . many testosterone boosting supplements cause negative side effects such as anxiety, higher estrogen levels, which, in severe cases can result in gynecomastia. The bottom line: steer clear of testosterone enhancers.

Gynecomastia | Johns Hopkins Medicine



Since a balance exists between estrogen and androgens in males, any disease state or medication that increases circulating estrogens or decreases circulating androgens, causing an elevation in the estrogen to androgen ratio, can induce gynecomastia.

4 ways to get rid of puffy nipples - Medical News Today



Supplement Facts Active ingredient (s): Withanolides, Withaferin A, steroidal lactones, steroidal alkaloids Alternate name (s): Ayurvedic Ginseng, Indian Ginseng, winter cherry, Withania somnifera Legal status: Legal and available over the counter (OTC) in the United States

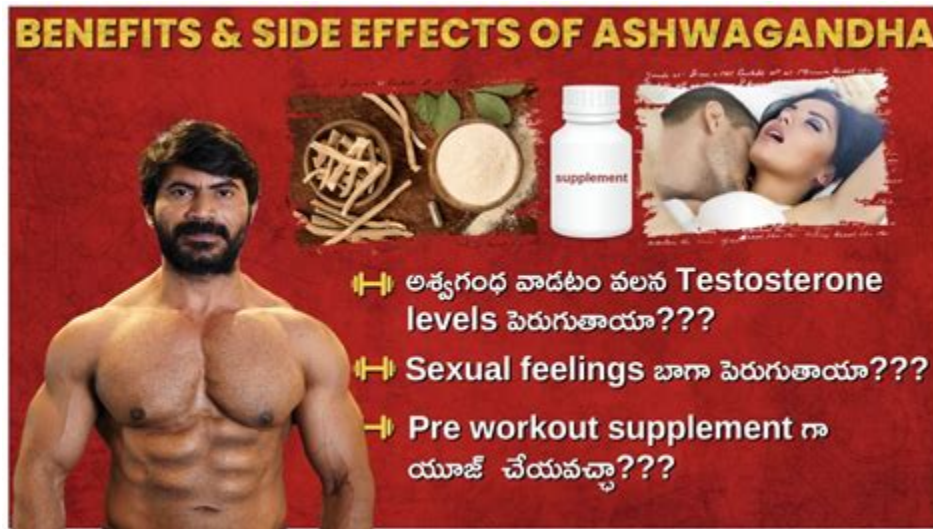
9 Health Benefits of Ashwagandha

1. Improves Tissue nutrition
2. Anti-aging and rejuvenation of the skin
3. Reduces Stress and Induces Good sleep
4. Prevent Neurodegeneration
5. Helps to cure Joint pain, RA, and bone health
6. Helps to Keep the Heart Healthy
7. Healthy Thyroid
8. Reduces Diabetes
9. Improves Libido



Gynecomastia is a condition in which men develop breasts. It's usually physically harmless, but it can lead to unwanted appearance changes. Many medications can cause gynecomastia. These include spironolactone (Aldactone), antipsychotics like haloperidol (Haldol), and prostate cancer medications like bicalutamide (Casodex).

3 Benefits of Ashwagandha for Men - WisersMinds



Discussion Im slightly confused regarding the dosage you're supposed to take aswell as the potential risk of things such as gyno (man tits?) A few weeks ago i discovered Ashwagandha as basically this magical cure to anxiety, stress, depression and a fuckload of other things, even an increase in testosterone, mostly positive for men.

ashwagandha makes gyno flare up? : r/Supplements - Reddit



Method 1 Making Dietary Changes Download Article 1 Increase your iodine intake if your doctor recommends it. Iodine is necessary for the thyroid to produce hormones. Since gynecomastia is often due to a hormonal imbalance, adding more iodine to your diet may help.

9 Health Benefits of Ashwagandha

1. Improves Tissue nutrition
2. Anti-aging and rejuvenation of the skin
3. Reduces Stress and Induces Good sleep
4. Prevent Neurodegeneration
5. Helps to cure Joint pain, RA, and bone health
6. Helps to Keep the Heart Healthy
7. Healthy Thyroid
8. Reduces Diabetes
9. Improves Libido



On Nov, 06, 2023 No or few reports are found. 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 Gynecomastia?

3 Ways to Reduce Gynecomastia Naturally - wikiHow



In conclusion, the intake of a standardized ashwagandha extract (Shoden beads) for 8 weeks was associated with increased levels of DHEA-S and testosterone, although no significant between-group differences were found in cortisol, estradiol, fatigue, vigor, or sexual well-being.

- <https://groups.google.com/g/43beef15/c/hvUlv2seOYo>
- <https://groups.google.com/g/ifbbbro/c/ZE69hhOcyfs>
- <https://publiclab.org/notes/print/45461>