Ashwagandha Believed to Work Wonders Against Insomnia and Anxiety

Amber Greenfield  October 11, 2017

NutraHerbals Ashwagandha formula is popularized by its potency, purity, safety, and efficacy. It is free from unwanted ingredients that many customers do not want to expose themselves to.

(Newswire.net -- October 11, 2017) Winnetka, IL -- When it comes to dealing with insomnia and anxiety, many people instantly think about the pharmaceutical options available in the market today. However, there is actually a natural approach to potentially aid these conditions.

Ashwagandha is believed to work wonders against insomnia and anxiety. While these conditions are not fatal, they have the ability to reduce the quality of life of sufferers. What makes their occurrence even worse is that they may potentially trigger the onset of certain conditions.

Today, there are quite a number of people who suffer from these conditions, and many cases are due to the pressures of modern life.

The Centers for Disease Control even reveals that between 50 to 70 million adult individuals in the United States are struggling from sleep disorders. There are many undesirable consequences of sleep disorders, such as impaired concentration and daytime fatigue.

These sleep disorders have further been found to increase the rates of industrial and automobile accidents, and well as the development of certain medical conditions. These include obesity, diabetes, depression, high blood pressure, and cancer.

The potential calming effects of this ancient herb called ashwagandha have been thought by naturopathic practitioners and Ayurvedic healers to contribute to its possible sleep-enhancing benefits. This herb has long been thought to be useful in promoting longevity, boosting immune system health, and assisting the body’s ability to adapt to stress.

In animal and human studies, it was found that ashwagandha possessed adaptogenic, anti-inflammatory, antioxidant, antimicrobial, anti-anxiety, and mood-enhancing properties. This herb has even been thought to combat panic attacks, enhance mood, and reduce anxiety as well as depression.

According to medical researchers, the reasons behind the relaxant properties of ashwagandha are its withanolides, which are a group of alkaloids. Its potential ability to stimulate the state of relaxation has been found to be caused by the sitoindosides, saponins, and other assorted minerals it possesses.

The PLoS One peer-reviewed journal published a well-designed clinical study in 2009. The researchers dosed participants who suffered from moderate to severe anxiety with 300 milligrams of ashwagandha twice a day. The control group was given a type of standard psychotherapy, which is designed to decrease anxiety. It was found that there was a 50% reduction in anxiety for the ashwagandha group compared to the psychotherapy group.

NutraHerbals Ashwagandha formula is popularized by its potency, purity, safety, and efficacy. This extra-strength formula may offer the ability to deliver abundant levels of potentially therapeutic properties. It is free from unwanted ingredients that many customers do not want to expose themselves to.

(http://amazon.com/organic-ashwagandha-root-powder/dp/B01GZALWGO)

About NutraHerbals

NutraHerbals was established in the year 2016 as one of the leading suppliers in the market. It caters to the various Herbal Ayurvedic products as per needs of the clients. In the world which is being taken over by chemical products which harm the skin, body, and health in general, our products are made using the most natural products available. Our
company aims at endorsing the Go Green concept and also caters to the medicinal, nutritional, and healthcare product needs of a vast majority of clients across the globe.

NutraHerbals

1001 Green Bay Rd
Ste 177
Winnetka, IL 60093
United States
847-999-8637
media@nutraherbals.com
http://www.nutraherbals.com