Ashwagandha

Ashwagandha - Ashwagandha by improves the body's ability to maintain physical effort and helps the body adapt to various types of stress.

Contents

Drug name

Ashwagandha

Drug Uses

Ashwagandha by improves the body's ability to maintain physical effort and helps the body adapt to various types of stress.

How Taken

Take 1 or 2 capsules twice daily with meals.

Drug Class and Mechanism

Ashwagandha works as an adaptogen, promoting the body's ability to maintain homeostasis and resist stress. It prevents or minimizes imbalances that may lead to disease, whether from poor diet, lack of sleep, mental or physical strain, or chemical toxins in the environment. It is especially beneficial in stress related disorders such as arthritis, hypertension, diabetes, general debility, etc. It has also shown impressive results when used as stimulants for the immune system. Ashwagandha is a unique herb with anti-stress adaptogenic action that leads to better physical fitness and helps cope with life's daily stress.

Missed Dose

If you miss a dose of this medicine and you are using it regularly, take it as soon as possible. Do not take 2 doses at once.

Storage

Store at the room temperature away from moisture and sunlight. Keep out of the reach of children.

Warnings Precautions

Himplasia should be used with caution in patients with hypertension.

Possible Side Effects

Ashwagandha is not known to have any side effects if taken as per the prescribed dosage.

More Information

Ashwagandha contains the ayurvedic herb, ashwagandha, which has worked wonders with patients of cardiac and neural disorders for centuries. Physicians ancient and modern have acknowledged its rejuvenating powers. The tablet strengthens the nervous system and enables its users to handle stress better by elevating their stress threshold considerably.

Site:

Ashwagandha