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Uses and Health Benefits of Withania Somnifera Herb by Dr Easton Patrick

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Withania somnifera, best known as ashwagandha has been used for centuries for the treatment of vivid health disorders. Multiple health benefits featured in this herbal supplement makes it as a perfect rejuvenator of physical and psychological health. As per research, this medicinal herb is mainly found in the regions of North America and India. Powerful antioxidant compounds enriched in this herb scavenges free radicals and reduces aging impact on person. Apart from consuming this extract, diet taken by person plays an important role in increasing the level of antioxidants in body. In order to obtain good level of antioxidants, it is advised to include surplus amount of fruits and vegetables in diet. Apples, berries, onions and carrots are some among the top listed food items enriched with antioxidant compounds.

Boosting immunity strength of body is an important health benefit of using withania somnifera. It improves the physical health of body and cures person from a wide range of health disorders. Vitamin C compounds enriched in withania somnifera are well known for enhancing the strength of immune system. Improving memory power is another health advantage of using withania somnifera. At present, this nervine tonic is a top recommended herbal medicine for those patients suffering from low memory problems. Intake of this herbal supplement as per the correct dosage level enhancesconcentration and improves memory focus of person. As per research, withania somnifera extract is well known for controlling blood pressure level of person. It acts internally and retards the rise of blood pressure level.

Reducing inflammation is one among the main health benefits of withania somnifera. Natural anti-inflammatory property enriched in withania cures joint inflammations and relieves the symptoms of arthritis problem. Presence of natural steroidcalled lactones in withania extract is mainly responsible for curing arthritis trouble. Controlling blood cholesterol level is another notable health benefit of using withania somnifera extract. Persisting high LDL cholesterol level can induce several health hazards in lifelike heart attack. Consuming the extracts of withania somnifera controls blood cholesterol level of person and makes heart healthy.

It is found to be as an effective herbal supplement for improving the energy level of person. It increases the production of red blood cells in body and improves the oxygen consumption of cells. This in turn boosts cellular energy and eliminates the risk of fatigue problems. Good night sleep plays a significant role in maintaining the energy level of person. Intake of withania somnifera extract calms down nerve cells and helps in delivering good night sleep. Due torelaxation property, withania supplement has been used for centuries for relieving various nervous disorders like stress, tension and anxiety. It enhances the functioning of neurotransmitters and boosts memory power of person.

Healthy thyroid function is another health benefit of withania extract. It supports the functioning of endocrine system and increases the energy level of person. Including withania capsule in diet also helps in enhancing the metabolic functions of body and maintaining body weight under control.

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