Ashwagandha Clinical Study Abstract

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The participant phase of a clinical study with an ashwagandha extract standardized to 35% withanolide glycosides has been completed. The clinical study was a double-blind randomized placebo controlled human clinical study which evaluated stress, anxiety and testosterone. 60 males and females completed the study. The timeframe of the study was 60 days. Stress was evaluated by morning saliva cortisol. Anxiety was evaluated using the Hamilton Anxiety Score. Testosterone levels were measured by plasma testosterone. The 3 arms of the study were – placebo, low dose, and high dose ashwagandha extract. Tests were done at 0, 30 and 60 days for all 3 arms.

The results of this study are in the process of being completely analyzed using statistical analysis. Preliminary results for average 60-day measurements are as follows:

- Morning saliva cortisol as a measure of stress showed a statistically significant decrease between both low and high doses versus placebo
- Hamilton Anxiety Score results were statistically significantly lower for both the high and low dose versus placebo
- Plasma testosterone for males showed a statistically significant increase for both the high and low doses versus placebo. Plasma testosterone levels for females showed no effect

The preliminary conclusions of the study are that the ashwagandha extract standardized to 35% withanolide glycosides reduced stress and anxiety, and increased testosterone in males for both the high and low doses. Complete statistical analysis of the data is in progress. The results will be published in a scientific journal.