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Arjuna's low-dose Ashwagandha helps ease stress and anxiety

A new clinical study reveals Shoden Ashwagandha can help reduce cortisol levels and lower stress

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Nutraceutical innovator Arjuna Natural announced the publication of a new clinical study that highlights the positive effect of its proprietary Shoden brand ashwagandha extract in alleviating stress and anxiety. More importantly, the extract exhibited efficacy even at low doses.

As people around the world become increasingly stressed out and anxious in this post-Covid era, they are seeking natural—yet effective—science-backed means to unwind. The Indian adaptogenic, Withania somnifera, known as ashwagandha, has a time-honoured reputation for its role in easing stress and enhancing sleep quality. Today's science-based investigations are supporting the ancient botanical intervention.

Until today, this celebrated botanical has presented absorption challenges due to the low solubility of certain active compounds, particularly withanolides. Withanolides are the primary phytochemical family present in the plant and have proven antioxidant, anti-inflammatory, and stress-calming properties.

Published in the peer-reviewed journal Heliyon in September 2024, the randomised, double-blind, placebo-controlled study enrolled 60 healthy adults complaining of higher-than-normal levels of stress and anxiety. Led by Deo Nidhi Mishra, the study was conducted at Nirmal Hospital, Jhansi, India and tested out Shoden on alleviating stress and anxiety at a low daily dose of 60mg and 120mg. Shoden is Arjuna's advanced formulation of ashwagandha extract standardised to 35 per cent withanolide glycosides.

Following 60 days of supplementation, the volunteers in the Shoden groups showed significantly reduced levels of anxiety, (59 per cent) compared to the placebo group, as measured by the Hamilton Anxiety Rating Scale (HAMA). Morning blood cortisol levels, the hormone involved in stress response, were lowered by 66 per cent and 67 per cent among the Shoden group. The placebo group only exhibited a 2.2 per cent change in cortisol. Testosterone levels also increased significantly in men using Shoden.

The study participants also reported a marked reduction in stress levels, as per the Perceived Stress Scale (PSS), along with significant improvements in the Clinical Global Impressions (CGI). The CGI assessment provides a clinician's view of the subject's overall functioning before and after the intervention and the Patient's Global Impression of Change (PGIC) scales.

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