

## Adaptogen for your Health

**What are adaptogen:** Adaptogens are group of natural herbs that work with a person's body and help them adapt; most notably, to stress and fatigue. Well-known adaptogens are: ginseng, **Ashwagandha**, Holy Basil, Licorice, **Rhodiola**, **Eleuthero root**, **Astragalus**.

**Mechanism of action:** Adaptogens are designed to support endocrine and immune functions as well as to defend the body from the ravaging effects of chronic stress. Helps maintain energy, vitality and physical stamina gently, and calm the nervous system. Support healthy mental performance, fatigue, and many physiological functions including energy generation and immune response and reinforces the entire endocrine system including both the adrenal and pituitary glands. All have stabilizing effects on the Hypothalamus-Pituitary-Adrenal (HPA) axis.

**Your health Benefits:** Adaptogenic herbs, often referred to as tonics. Healthy adrenal gland function is essential to a boost for the immune system

- Support for managing a healthy weight
- Increased physical endurance and mental focus
- Reduction in discomfort caused by poor health
- Encouraging a balanced mood
- Supports adrenal function



### Holy Basil

- Also known as "Tulsi" or "The Incomparable One,"
- Holy basil functions as an adaptogen, enhancing the body's natural response to physical and emotional stress.
- This Adaptogenic herb do not alter mood, but rather, they help the body function optimally during times of stress.
- Multiple scientific studies examining this property of Holy Basil (Tulsi) have found that supplementation with various extracts of holy basil decrease stress hormone levels, corticosterone in particular.
- Administration with the combination of herbs and with other adaptogens herbs can bring the stress hormone corticosterone levels back to normal.
- Lower levels of corticosterone are associated with improved mental clarity and memory, and long-term, can reduce the risk of age-related mental disorders.
- It powerful antioxidant with demonstrated antibacterial, antifungal, and anti-inflammatory properties.

(Prepared by Zahida Chaudhary, MD)

For more information and Consultation contact Zahida Chaudhary, MD at 412-724-3999