

Forum:[Hack Forums](#)

Thread: [Ashwagandha](#)

Slumerican ? - August 26, 2024, 11:25 pm

I recently discovered Ashwagandha pills after watching some YouTube videos about them and decided to give them a try. I've been taking 300mg daily for about seven days now, and I've noticed that I'm feeling more relaxed, with reduced stress and a calmer body. I also tried increasing the dosage to 600mg per day for a few days, which made me feel even more relaxed, but it also slowed me down, almost like the effect of smoking a joint. I'm planning to continue for a couple more weeks to see how things progress. What are your thoughts on Ashwagandha?

banefuldrummer - August 27, 2024, 12:46 am

I was taking ashwa back when i had shit ton of exams and shit and it helped. Great supplement, might buy some again.

Slumerican ? - August 27, 2024, 3:05 am

(Aug 27, 2024 12:46 AM)banefuldrummer Wrote: [\[CITE\]](#) I was taking ashwa back when i had shit ton of exams and shit and it helped. Great supplement, might buy some again. I've also heard from friends who used Ashwagandha for exam preparation and found it helpful. I'm interested in hearing others' perspectives on its everyday use.

Badge - August 27, 2024, 3:13 am

(Aug 26, 2024 11:25 PM)Slumerican ? Wrote: [\[CITE\]](#) I recently discovered Ashwagandha pills after watching some YouTube videos about them and decided to give them a try. I've been taking 300mg daily for about seven days now, and I've noticed that I'm feeling more relaxed, with reduced stress and a calmer body. I also tried increasing the dosage to 600mg per day for a few days, which made me feel even more relaxed, but it also slowed me down, almost like the effect of smoking a joint. I'm planning to continue for a couple more weeks to see how things progress. What are your thoughts on Ashwagandha?

I got reeled in by the youtube videos and tiktoks, I use to take Ashwa, Shilijit, Lions Mane, all tablets and I did feel a lot better I felt like as you described more relaxed, less brain fog but also felt my energy lasting the whole day. I did read that you're meant to take Ashwa up to 3 months then take a break as that's what I'm currently doing. First few days of not taking it I did feel little drowsy but I don't know if it's all placebo lmao

Slumerican ? - August 27, 2024, 3:29 am

(Aug 27, 2024 03:13 AM)Badge Wrote: [\[CITE\]](#) I got reeled in by the youtube videos and tiktoks, I use to take Ashwa, Shilijit, Lions Mane, all tablets and I did feel a lot better I felt like as you described more relaxed, less brain fog but also felt my energy lasting the whole day. I did read that you're meant to take Ashwa up to 3 months then take a break as that's what I'm currently doing. First few days of not taking it I did feel little drowsy but I don't know if it's all placebo lmao

I'm glad to discuss ashwagandha with someone who has experience with it. I've come across various theories on its usage, but Dr. Andrew Huberman's advice seems the most reliable: taking it for a month and a half, followed by a two-week break. I'm considering following this schedule. Today, I skipped my morning dose, but I might take it after work to see if I notice any effects.

I'm also curious about Lion's Mane. After researching online, it seems promising. I'd appreciate your thoughts on it, especially since you have personal experience. Your insights would be very helpful.

Badge - August 27, 2024, 3:54 am

(Aug 27, 2024 03:29 AM)Slumerican ? Wrote: [\[CITE\]](#) I'm glad to discuss ashwagandha with someone who has experience with it. I've come across various theories on its usage, but Dr. Andrew Huberman's advice seems the most reliable: taking it for a month and a half, followed by a two-week break. I'm considering following this schedule. Today, I skipped my morning dose, but I might take it after work to see if I notice any effects.

I'm also curious about Lion's Mane. After researching online, it seems promising. I'd appreciate your thoughts on it, especially since you have personal experience. Your insights would be very helpful.

When I was taking Lions Mane I was taking the other two as well so I'm not sure how effective alone it would be, I purely got it because I seen it helped with energy and meant to help with depression. It helps with a lot of other things like high blood pressure etc which brings me to my other point I did see somewhere that if you don't have high blood pressure then take it easy with Lions Mane because it'll just lower it even more (I didn't follow the rules and I'm fine luckily) but I seriously believe just do your due diligence because it can go wrong.

It's not a must have, if you want it based on it helps with energy and depression I'm sure there is better alternatives!

sebn - August 27, 2024, 9:37 am

the issue is that it has accumulative effect and thretherefore if you just continue taking it at some point you are gonna become slower. Be careful

Zalbai - August 27, 2024, 11:21 am

I'm glad to hear that it's helping you. That means you're sensitive enough to receive the effect, because there are people for whom it doesn't help, in fact they become even more nervous.

I assume you take it for stress. If you have depression, then you take St. John's wort. I would highly recommend not ignoring vitamin B12. Vitamin B12 plays a crucial role in the health of the nervous system. It promotes normal nerve function, supports nerve growth and helps to regenerate stressed nerves. It also improves energy metabolism, so that we feel more alert and less tired when our vitamin B12 levels are balanced. Anyone who is struggling with high levels of stress or is in a difficult crisis needs more vitamin B12 than usual. This includes high levels of mental or physical stress such as important exams or difficult tests. If there is a lack of vitamin B12, the regeneration of the nerve sheaths comes to a halt. They die and our nerves are exposed - incorrect transmission and failure occur.

I would also recommend testing your vitamin B12 levels. When the doctor found that my B12 was in the low range, I started taking supplements and noticed great improvements.

Slumerican ? - August 28, 2024, 12:26 pm

(Aug 27, 2024 11:21 AM)Zalbai Wrote: [\[CITE\]](#) I'm glad to hear that it's helping you. That means you're sensitive enough to receive the effect, because there are people for whom it doesn't help, in fact they become even more nervous.

I assume you take it for stress. If you have depression, then you take St. John's wort. I would highly recommend not ignoring vitamin B12. Vitamin B12 plays a crucial role in the health of the nervous system. It promotes normal nerve function, supports nerve growth and helps to regenerate stressed nerves. It also improves energy metabolism, so that we feel more alert and less tired when our vitamin B12 levels are balanced. Anyone who is struggling with high levels of stress or is in a difficult crisis needs more vitamin B12 than usual. This includes high levels of mental or physical stress such as important exams or difficult tests. If there is a lack of vitamin B12, the regeneration of the nerve sheaths comes to a halt. They die and our nerves are exposed - incorrect transmission and failure

OCCUR.

I would also recommend testing your vitamin B12 levels. When the doctor found that my B12 was in the low range, I started taking supplements and noticed great improvements.

Hello there, and thank you for replying with your honest thoughts. I'm not sure if I lack vitamin B12, but I think I'll get it checked. I'm using ashwagandha mainly to help calm me down and relax from everyday stress. I don't have anxiety, and I'm not depressed—at least that's what I believe, haha. I really appreciate your reply, so thank you!.

Slumerican ? - September 10, 2024, 2:12 am

Update:

I've been taking 900-1350mg of ashwagandha daily and have noticed significant improvements. I feel noticeably calmer during the day and more focused on business and daily tasks. While I experience about 20% decreased motivation, which is within my normal range without ashwagandha, I find it beneficial overall. So far, I've experienced no side effects, and my sleep quality remains good or possibly even improved. I've also noticed increased confidence and a slower, more deliberate way of speaking, which I see as positive changes. One adjustment I'm making is learning to balance the relaxation effect, as my body feels slightly too relaxed at times. As everyone's experience with ashwagandha may differ, these are my observations to date.

Undead - September 10, 2024, 2:31 am

(Sep 10, 2024 02:12 AM)Slumerican ? Wrote: [\[CITE\]](#) Update:

I've been taking 900-1350mg of ashwagandha daily and have noticed significant improvements. I feel noticeably calmer during the day and more focused on business and daily tasks. While I experience about 20% decreased motivation, which is within my normal range without ashwagandha, I find it beneficial overall. So far, I've experienced no side effects, and my sleep quality remains good or possibly even improved. I've also noticed increased confidence and a slower, more deliberate way of speaking, which I see as positive changes. One adjustment I'm making is learning to balance the relaxation effect, as my body feels slightly too relaxed at times. As everyone's experience with ashwagandha may differ, these are my observations to date.

Can this help with broken sleep? Also, does it take a while to for the effects to kick in?

Appreciate you sharing info on this.

Slumerican ? - September 10, 2024, 4:22 am

(Sep 10, 2024 02:31 AM)Undead Wrote: [\[CITE\]](#) Can this help with broken sleep? Also, does it take a while to for the effects to kick in?

Appreciate you sharing info on this.

I've read that some people online have found ashwagandha helpful with sleep issues, but I don't have personal experience with this as I don't struggle with sleep. It's also worth noting that ashwagandha can affect people differently. If you're considering trying it, I would recommend testing it out for 7-10 days to see how it works for you. For me, the effects tend to kick in within 15-25 minutes, although this may vary for others. Feel free to ask me any questions you have about ashwagandha and its effects – I'm more than happy to discuss and help clarify the plant's properties.

Mooooookie - October 11, 2024, 11:15 pm

This was actually my first time hearing about Ashwagandha pills. Can you give us an update on how you've been feeling now after about 2 months of taking them?

bronzegods - October 11, 2024, 11:47 pm

Its an indian herb. I know its used in Indian beverages like tea brands or atleast advertised so.

Slumerican ? - October 12, 2024, 1:00 am

(Oct 11, 2024 11:15 PM)Mooooookie Wrote: [\[CITE\]](#) This was actually my first time hearing about Ashwagandha pills. Can you give us an update on how you've been feeling now after about 2 months of taking them?

I would like to provide an update after taking ashwagandha for about six weeks. I've stopped for the past eight days and wanted to share my experience. Following the advice of neuroscientist Andrew Huberman, I used it for six weeks and now I'm on a two-week break. Over the last few days, I've noticed a significant reduction in stress and an improved ability to handle situations calmly and easily. It has positively impacted me.

Mooooookie - October 12, 2024, 7:17 am

(Oct 12, 2024 01:00 AM)Slumerican ? Wrote: [\[CITE\]](#) I would like to provide an update after taking ashwagandha for about six weeks. I've stopped for the past eight days and wanted to share my experience. Following the advice of neuroscientist Andrew Huberman, I used it for six weeks and now I'm on a two-week break. Over the last few days, I've noticed a significant reduction in stress and an improved ability to handle situations calmly and easily. It has positively impacted me.

Sounds like it's working, would appreciate if you kept us updated with continued progress with them. This has definitely caught my interest.

Slumerican ? - October 12, 2024, 9:04 am

(Oct 12, 2024 07:17 AM)Mooooookie Wrote: [\[CITE\]](#) Sounds like it's working, would appreciate if you kept us updated with continued progress with them. This has definitely caught my interest.

I will provide an update in a couple of weeks.