

Forum:[Hack Forums](#)

Thread: [Ashwagandha - Helped with Anxiety and Sleep](#)

JoshAllen - November 23, 2025, 12:47 pm

I was really struggling with my anxiety that I am not medicated for.

Was taking a moderate amount every day for 2 weeks and in that time it helped with my anxiety a lot and sleep.

I was able to fully sleep and feel well rested in the morning. For my anxiety, I don't feel my heart pounding hard when stressed.

My only problem I have with it in the 2 weeks, and not 100% sure if it is related, but it was really messing with my head and making it foggy.

I could have also just a head cold or something, so I am just taking a break before starting again.

Undead - November 23, 2025, 10:32 pm

How much did you take, in which form and did you take it at night time. I have noticed those kind of symptoms with herbal meds.

JoshAllen - November 24, 2025, 9:37 am

(Nov 23, 2025 11:32 PM)Undead Wrote: [\[CITE\]](#) How much did you take, in which form and did you take it at night time. I have noticed those kind of symptoms with herbal meds.

300mg which I believe is the recommended amount. I was also only taking it once a day but says you can take twice.

Karwus - November 30, 2025, 10:40 pm

Panax Ginseng is also awesome, works the same

TheCoz - December 14, 2025, 9:04 am

I have also had good luck with ashwagandha! I helped me a lot during a very stressful time in my life.

It is best to cycle it, i used to do 8 weeks on 2 weeks off. I think some people do other cycle periods, i'm not sure though.

Eran - December 16, 2025, 1:01 pm

I've heard somewhere that you have to take it for a longer period of time to really feel the effects, what's your experience with this?

JoshAllen - December 16, 2025, 1:10 pm

(Dec 16, 2025 02:01 PM)TRS Wrote: [\[CITE\]](#) I've heard somewhere that you have to take it for a longer period of time to really feel the effects, what's your experience with this?

I haven't personally noticed anything really yet besides the reduced anxiety and better sleep.

MoOne - January 23, 2026, 12:39 am

Interesting, I might have to try take some of this