

Can ashwagandha increase muscle mass?



There are so many articles about building muscle mass that you can say that everything is already clear and clear. However, are you sure? Is something missing from us that makes building muscle mass even better and, above all, more effective? What is the role of ashwagandha in the process of building muscle mass? You can read about it in this article.

Regeneration and building muscle mass

Building muscle mass is a long-term process, during which you should be patient. Hard workouts and a caloric surplus are indispensable elements of increasing muscle mass, without which you can not move. However, a very important aspect during the period of building muscle mass is also regeneration, so that the muscles have the right environment for growth.

Regeneration is also very important due to the control of the appropriate level of human hormones, such as cortisol or testosterone, so you should take care of them not only during the period of building muscle mass but every day. What is the importance of ashwagandha in the process of building muscle mass? Ashwagandha is one of the adaptogens - natural substances

that adapt the body to an increased level of stress and restore the body's homeostasis. It is for these functions that ashwagandha can be associated with the process of building muscle mass.

Already at the beginning of the article, I indicated how important it is to regenerate and allow the body to build muscle mass. What causes strength training in the process of building muscle mass? This can be compared to the process of building a house, where each new brick brings you closer to the goal. It is similar to training, which gives you an impulse to increase muscle mass. However, for this process to take place, apart from strength training, you need a caloric surplus and hormones at the appropriate level.

Excessive fatigue with strength training, as well as the lack of adequate regeneration may lead to the reduction of efforts that are to lead to an increase in muscle mass. As a result of insufficient regeneration, the human body increases the secretion of cortisol, which is the so-called stress hormone.

Here, at this point, I must point out that cortisol should not only be slandered because it is needed in crisis situations, which is to stimulate us to live. It is also called the fight-and-flight hormone for a reason. However, in the process of building muscle mass, it is not desirable in too much, because it reduces the level of testosterone, and growth hormone, and also disturbs sleep, and thus regeneration.

The role of Ashwagandha in the process of building muscle mass

In the first part of the article, you have already learned what are the basics of building muscle mass, i.e. a proper diet with a caloric surplus, strength training and regeneration. Where's the place for **Ashwagandha** here? There is a place for ashwagandha in terms of building muscle mass, and although you hear little about it, it really is.

Ashwagandha contributes to the regulation of stress levels in the body, and as I mentioned above - it has a positive effect on testosterone levels. It is very important in terms of building muscle mass. Ashwagandha also has a beneficial effect on the cardiovascular system and has an antioxidant, calming and anxiolytic effect.

It also has a positive effect on fertility and sexual function. So we can see that ashwagandha can have a positive effect on building muscle mass, but I will write about it in more detail in the study, the result of which showed that ashwagandha plays a positive role in the process of building muscle mass.

Research on the effect of ashwagandha on building muscle mass

Scientific research shows the positive effect of ashwagandha in the process of building muscle mass. In this study, 57 young men (18-50 years old) with little experience in resistance training were randomized to treatment (29 people) and placebo (28 people).

People in the treatment group received 300 mg of ashwagandha root extract 2 times a day, and the placebo group received a placebo that starch. Both groups performed resistance training for 8 weeks, and measurements were taken at the beginning and end of the study, in which the basic measures were muscle strength, muscle size, body composition, serum testosterone measurement and muscle regeneration.

The study showed that ashwagandha supplementation increased muscle mass and strength, and the group taking ashwagandha recovered faster after the training unit.

Ashwagandha is undoubtedly one of the supplements worth introducing into your daily supplementation. It not only has a positive effect in terms of building muscle mass but above all on general well-being. Remember, however, that supplementation is not everything and for it to be effective, you should also look at other aspects of everyday life.