

Therapeutic Area	Main Findings
Stress and anxiety	↓ Cortisol, ↑ serotonin; ↓ symptoms (PSS, GAD-7, HAM-A, DASS-21)
Cognitive function	Improved attention and memory (CANTAB)
Fatigue and physical performance	↑ VO <sub>2</sub> max, ↑ muscle strength, ↓ fatigue (Chalder Scale); ↑ testosterone
Thyroid function	↓ TSH, ↑ T <sub>3</sub> and T <sub>4</sub> in subclinical hypothyroidism
Cardiovascular health	↓ Diastolic BP; ↓ inflammatory markers; HPA axis modulation
Immunomodulation & inflammation	↓ Pro-inflammatory cytokines; ↑ immune regulation via HPA & PI <sub>3</sub> K/AKT pathways
Skin & anti-aging	↓ Wrinkles, ↑ hydration and elasticity with topical cream (8% ARE)
Antiviral activity (COVID-19)	<i>In silico</i> inhibition of viral proteases (Mpro, PLpro); interaction with α <sub>7</sub> -nAChR
Reproductive health	↑ Testosterone, LH (in men); ↑ ERα (in animal model)
Safety & toxicity	Generally well tolerated; a few reports of liver injury with supplement use

Table n.1 - Summary table: Therapeutic Effects of Ashawagandha