



DIMENSIÓN FUNGI · USAGE MANUAL

# Ashwagandha

How to take it depending on what you're after, at what time of day, and which habits to pair it with so it actually pays off.

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# 1 What Ashwagandha is

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Let's start with what trips most people up: **ashwagandha is not a mushroom**. It's the root of a shrub, *Withania somnifera*, that grows in India and in dry parts of Africa. We keep it alongside our mushrooms because it solves something they don't solve as well — sustained stress — not because it's family.

It's classed as an **adaptogen**: the idea is that it helps the body handle load better, rather than pushing it in one direction. It's also the supplement on this list with the most human studies, and one of the few where not everything rests on questionnaires: several measured **cortisol in blood**, the hormone that climbs when the body has spent too long on alert.

What people describe is neither euphoria nor drowsiness, but that **things stop weighing so much**: same day, same load, less of that engine-revving feeling. That shows up over weeks, not with the first capsule.

## 2 How to take it

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Our general recommendation is **1 to 2 capsules a day**. One is a good starting point if you've never taken it; two is the usual once you know how it sits with you, and it's what the training studies used, split across two doses.

### 1 capsule a day

To start out, or if your goal is sleep and lowering stress. Take it late afternoon or at night.

### 2 capsules a day

When you're after something specific and sustained. Better split: one in the morning and one at night.

## With food or without?

Better with food. Ashwagandha is one of those that can sit heavy on an empty stomach — few people, but it happens — and taking it with a meal settles it without changing anything else.

## Morning or night?

It depends on why you're taking it, which is why this is the question most worth answering properly. If you're after rest or lowering the day's tension, it goes at night. If you're taking it for training, split it morning and night. It's not a sedative that knocks you out, but it doesn't wake you up either: it goes along, it doesn't push.

## For how long?

The studies worked with periods of **6 to 12 weeks**, and the longest ran to 90 days. As a practical benchmark, give it at least 8 straight weeks before drawing conclusions. It needs no scheduled breaks or cycles.

About the amount: each piece of research used its own extract and its own dose — 240, 300 or 600 mg a day — so they aren't directly comparable to each other or to our capsules. The 1-to-2-a-day recommendation is meant for daily use that's sustainable over time.

## 3 Depending on your goal

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Not everyone takes it for the same reason, and the best time of day depends on what you're after. Find yours below: you'll get when to take it, what to expect and — above all — which habits to pair with it. The root does one part; the rest is what you build around it.

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## Sustained stress

*«I want to stop living with the engine revving»*

This is why most people look for it, and where the measurement is hardest: alongside the questionnaires, a **drop in morning cortisol** was observed. That matters because cortisol doesn't depend on how you feel that day — it sidesteps the problem that anyone who knows they're taking something tends to report feeling better.

### WHEN TO TAKE IT

**At night, with dinner**

### HOW MUCH

**1 to 2 capsules**

**Timeframe:** The reference study measured at 60 days. Give it eight straight weeks: there's no before and after on day one here.

### HABITS THAT PAIR WITH IT

- Sleep at fixed hours — stress and poor sleep feed each other, and breaking that loop through sleep is the fastest way in
- Walk 20 or 30 minutes outdoors: it's what most lowers accumulated tension without you having to try
- Caffeine only until midday — if you're running on alert, coffee keeps you there
- A stretch each day with no screen and no task, even ten minutes. It isn't a luxury: it's when the body comes down from the revs

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Backing: Cureus, 2019

*«I want to sleep and wake up rested»*

It's worth being clear about what kind of help this is, because **it is not a sleeping pill**: it doesn't knock you out or make you drowsy in half an hour. What two separate studies observed is that sleep quality improves, and the most reasonable explanation is that it lowers whatever was keeping you switched on at bedtime.

### WHEN TO TAKE IT

**An hour before bed**

### HOW MUCH

**1 capsule at night**

**Timeframe:** Measured at 60 and at 90 days. If you've been sleeping badly for years, eight weeks is the minimum to know whether it works for you.

### HABITS THAT PAIR WITH IT

- Go to bed and get up at the same time, weekends included — the body answers to the schedule, not to good intentions
- Screens out for the last hour, or at least away from the bed
- A dark, cool room: you sleep better slightly cold than warm
- Ease off alcohol at night — it helps you fall asleep and ruins the second half of the night

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Backing: Evidence-Based Complementary and Alternative Medicine, 2021 ·  
Cureus, 2019

## Tension and anxiety

*«I want to feel less tense, with less of a knot in my chest»*

Different from the first case: that one is about load that accumulates, this one about the sharp feeling. It's the use where we have to be clearest about what the research actually says: the most cited trial was run **in people with a diagnosed anxiety disorder**, not in people having a bad day.

### WHEN TO TAKE IT

**At night; if your tension is daytime, split morning and night**

### HOW MUCH

**1 to 2 capsules**

**Timeframe:** Measured at 6 weeks. If you're in treatment or think you might need it, this goes alongside — it doesn't replace: talk it through with your health professional before adding it.

### HABITS THAT PAIR WITH IT

- Breathe with a longer exhale — twice as long as the inhale — for two or three minutes: it's the fastest thing you have to hand
- Move every day, even a little. The body discharges what the head can't let go of
- Write down whatever is circling before bed: getting it out of your body and onto paper turns the volume down
- Careful with stacking coffee — excess caffeine produces exactly the feeling you're trying to lower

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Backing: PLoS ONE, 2009

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## Training

*«I want to gain strength and recover better»*

This is the case that surprises anyone who knows it only as «the stress one». In young men who trained for eight weeks, the strength gain on bench press was **almost double** that of the placebo group, with more muscle mass and lower markers of damage after effort.

### WHEN TO TAKE IT

**Two doses: one in the morning, one at night**

### HOW MUCH

**2 capsules a day, split**

**Timeframe:** Eight weeks, training. That's the key: the changes came from the training, and the supplement went along with it. Without a training plan, this case doesn't apply.

### HABITS THAT PAIR WITH IT

- Train with progression: add load or reps. The supplement doesn't replace the stimulus
- Enough protein spread across the day — without it there's no muscle to build
- Sleep 7 to 8 hours: muscle grows in recovery, not in the gym
- Rest between hard sessions instead of training the same group every day

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Backing: Journal of the International Society of Sports Nutrition, 2015

## A clear head under pressure

*«I want to think well even when I'm carrying a lot»*

This case isn't about making you smarter, but about getting back what stress takes. In 125 stressed adults, memory was measured with a computerised battery — not with surveys — and the active group improved over placebo, while perceived stress and cortisol came down.

### WHEN TO TAKE IT

**At night, continuously**

### HOW MUCH

**1 to 2 capsules**

**Timeframe:** Ninety days. It's the longest study with the most people we've gathered on ashwagandha, and also the one that asks for the most patience.

### HABITS THAT PAIR WITH IT

- Sleep well before anything else: memory is consolidated while you sleep
- Work in blocks with real breaks, rather than being available for eight straight hours
- One thing at a time — jumping between tasks feels productive and is what drains you most
- Aerobic exercise most days: it's what research backs most for head and stress at once

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Backing: Evidence-Based Complementary and Alternative Medicine, 2021

## 4 How to combine it

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Ashwagandha gets along with our mushrooms, and it's one of the easiest to fit in because it goes at night, once the rest have done their job. The simple rule: **what wakes you up goes in the morning, what calms you goes at night.**

### With Lion's Mane

Lion's mane in the morning, ashwagandha at night. For a clear head by day without reaching the evening wired.

### With Cordyceps

When the tiredness comes from sustained stress: cordyceps gets the day going, ashwagandha closes it.

### With Reishi

Both at night. It's the most requested pair for anyone who has been sleeping badly for a while.

### With Maitake

If you also want metabolic and immune support, maitake goes in the morning and competes with nothing.

## 5 Questions

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### Is ashwagandha a mushroom?

No. It's the root of a shrub, *Withania somnifera*, and we keep it alongside the mushrooms for what it solves, not for its family. If someone recommended it to you as «the stress mushroom», now you know where the mix-up comes from.

### How long until I feel something?

The studies worked with 6 to 12 weeks. As a practical rule, give it 8 straight weeks before deciding whether it works for you. Anyone expecting to notice it on the first night usually concludes it doesn't work.

### Does it make you drowsy? Can I take it during the day?

It's not a sedative and shouldn't knock you out. You can take it during the day without trouble — in fact, for training it's split morning and night. If you feel a little off your edge in the first weeks, move it all to the night and that's that.

### Is there anyone who shouldn't take it?

Yes, and it's worth saying plainly. We don't recommend it in **pregnancy or breastfeeding**. If you have a **thyroid** or **autoimmune condition**, or you have **surgery scheduled**, check with your doctor first. This isn't boilerplate: ashwagandha does interact with those situations.

### Can I take it if I'm on medication?

Talk to whoever prescribed it, especially for sleep, anxiety, thyroid, blood pressure or blood sugar. It's not that they're forbidden together: it's that the effect can add up, and that has to be adjusted by whoever manages your treatment.

## Can I take it with alcohol?

Better not on the same night. Alcohol ruins exactly what ashwagandha supports — rest — and if your goal is sleeping better, that's the habit that will pay you most to change.

## Does it need cycles or breaks?

No. Unlike our microdoses, ashwagandha can be taken continuously, with no scheduled pauses. That said, if you've been taking it for months it's worth stopping for a few weeks to see how you are without it: it's the only way to know which part was you.

## How long does a bottle last?

Our ashwagandha comes in a 60-capsule bottle: a month if you take 2 a day, two months if you take 1. In [the Dimensión Fungi app](#)

([guias.dimensionfungi.com.co/en/app/](https://guias.dimensionfungi.com.co/en/app/)) you can log your routine and it warns you when the bottle is running low, so you don't run out midway.

## Can I take it alongside other mushrooms?

Yes, that's the most common thing. See the combinations section: the idea is to spread them across the day, not to stack them all into the same dose.

## Can I stop taking it abruptly?

Yes. It doesn't create dependence and no rebound effect has been described. What does happen is that what you gained loosens over the weeks, so if it's working for you, the logical thing is to keep it going.

# 6 The studies behind this manual

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Everything this manual says about timing and windows comes from these papers. Each one has its own page with what it measured, in how many people and what it found — including which

population it was studied in, which isn't always the same as the one taking it — and from there you can go to the original article.

#### EVIDENCE-BASED COMPLEMENTARY AND ALTERNATIVE MEDICINE · 2021

### **Ashwagandha, memoria y sueño en adultos con estrés**

En 125 adultos con estrés, 300 mg diarios durante 90 días mejoraron la memoria asociativa, redujeron el estrés percibido (19,5 a 13,0;  $p < 0,0001$ ), bajaron el cortisol y mejoraron la calidad de sueño frente al placebo.

[guias.dimensionfungi.com.co/estudios/ashwagandha-cognicion-2021/](https://guias.dimensionfungi.com.co/estudios/ashwagandha-cognicion-2021/)

#### CUREUS · 2019

### **Ashwagandha, cortisol y sueño en adultos con estrés**

En 60 adultos con estrés, 240 mg diarios de extracto estandarizado durante 60 días redujeron la ansiedad medida con HAM-A ( $p = 0,040$ ) y el cortisol matutino ( $p < 0,001$ ) frente al placebo, sin eventos adversos.

[guias.dimensionfungi.com.co/estudios/ashwagandha-salve-2019/](https://guias.dimensionfungi.com.co/estudios/ashwagandha-salve-2019/)

#### JOURNAL OF THE INTERNATIONAL SOCIETY OF SPORTS NUTRITION · 2015

### **Ashwagandha y entrenamiento de fuerza en hombres jóvenes**

En 57 hombres jóvenes que entrenaron ocho semanas, 600 mg diarios de extracto de raíz casi duplicaron la ganancia de fuerza en press de banca frente al placebo (46,0 kg contra 26,4 kg) y aumentaron más la masa muscular y la testosterona.

[guias.dimensionfungi.com.co/estudios/ashwagandha-fuerza-2015/](https://guias.dimensionfungi.com.co/estudios/ashwagandha-fuerza-2015/)

#### PLOS ONE · 2009

### **Extracto de ashwagandha y ansiedad: ensayo con placebo**

En 39 personas con trastorno de ansiedad, seis semanas de extracto etanólico de Withania somnifera lograron que el 88,2% alcanzara el criterio de respuesta, frente al 50% del grupo placebo, con buena tolerancia.

[guias.dimensionfungi.com.co/estudios/ashwagandha-anxiolitico/](https://guias.dimensionfungi.com.co/estudios/ashwagandha-anxiolitico/)

## Still have questions?

Message us and we'll help you choose based on what you're after.

**WhatsApp +57 324 440 0734**

Read it in full at

[guias.dimensionfungi.com.co/en/manual-ashwagandha/](https://guias.dimensionfungi.com.co/en/manual-ashwagandha/)

This manual is informational material about a wellness product. It does not replace guidance from a health professional.