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## Ayurveda Has The Solution For Bodybuilding & Muscle Gain! Read To Find Out

Posted By: [Sraviva Sivaram](#) Published: Tuesday, July 11, 2017, 13:05 [IST]

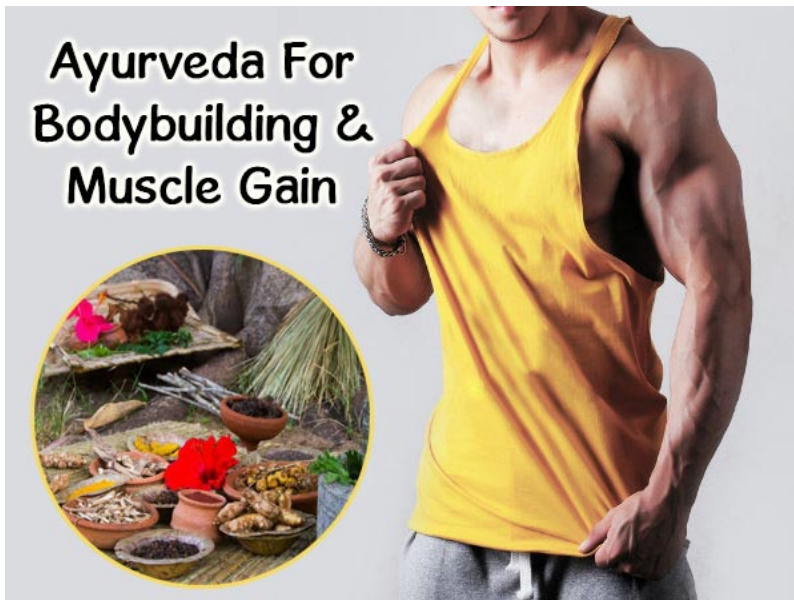
Most of the bodybuilders and sportspersons out there make use of supplements for bodybuilding, as these help in increasing muscle strength, stamina and endurance.

These supplements include protein powders, vitamins, minerals and many more. People also make use of anabolic steroids that are considered to be unsafe and illegal to use. It has even led to fatal death in some cases.

When it comes to Ayurvedic supplements, they are derived from natural sources like food items, herbs and minerals. They are not like the performance-enhancing drugs that give immediate results.

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Ayurvedic supplements act slowly and naturally and target at improving overall health and body strength. Ayurveda only provides with safe, legal and effective options to increase body strength, build muscle mass, improve endurance and also increase the physical stamina naturally.

According to Ayurveda, muscle gain is not just dependent on a high-protein diet, but also on the intake of essential nutrients like vitamins, minerals, carbohydrates, etc. There are certain herbs that are prescribed by Ayurveda to

help boost energy and build muscle mass.

You can either consume them as tablets or mix them into your morning smoothie.

Now, read further to know more on how to make use of Ayurveda for bodybuilding and muscle gain.



### **1. Ashwagandha Herb:**

This herb is popularly known as Indian ginseng and is a perennial herb. It is widely used in all bodybuilding medicines and supplements. This herb also has the potency to improve testosterone levels to inturn promote the stamina levels.

Further, it also helps in enhancing the heart health and helps in the quick recovery from strenuous workout sessions.

Also, take a look at the different medicines that are made use of with ashwagandha.



### **a. Ashwagandha Avaleha:**

This is an Ayurvedic supplement that is used by bodybuilders and

sportspersons for improving stamina, endurance capacity, physical strength and vigour. It also helps in building the muscle mass and aids with regular workouts. It is one of the best Ayurvedic medicines for bodybuilding.



#### **b. Ashwagandha Pak:**

This is known to be a popular bodybuilding medicine that promotes muscle mass, body strength and stamina. People who perform anaerobic workouts to build muscles will also find this medicine very useful.



#### **c. Ashwagandha Arjuna Ksheer:**

This Ayurvedic medicine for bodybuilding is enriched with antioxidants and helps in enhancing anaerobic and aerobic workout capacities. It is also used as a cardio tonic and helps in improving the anaerobic running capacity.





## 2. Shatavari:

Shatavari is popular among bodybuilders and is very rich in antioxidants. It also helps in rectifying the damaged cells. This natural herb is a source of chromium, vitamins K, E, C and A.

It is also loaded with amino acids that can absorb excess salt and water in the body and also flushes out urine. It also helps you in achieving that ripped look. It is one of the top Ayurvedic herbs for muscle building.

Take a look at the different medicines that are prepared out of shatavari.



### a. Kameshwar Modak:

This is known to be an Ayurvedic aphrodisiac medicine that helps to improve muscle strength as well. This is prepared with several beneficial herbs like Shatavari, Vidarikand, Ashwagandha, Talamkhana, Nagbala and Yashtimadhu.

This medicine is known to improve muscle quality, sports performance, endurance and stamina.



### **b. Madnanand Modak:**

This is a restorative tonic that acts as an Ayurvedic herbo-mineral formulation. It also has aphrodisiac capacity and promotes vitality, strength and vigour.



### **3. Gokhru:**

This is a popular bodybuilding herb that is a part of supplements and medicines of Ayurveda. It is known to support muscle mass and improve endurance levels.

It is also known to provide a fresh burst of oxygen supply to the blood circulation. It also helps in keeping the tissues hydrated. Gokhru pak is the medicine that is prepared using gokhru.



#### **a. Gokhru Pak:**

This is a powerful bodybuilding medicine that helps lower the fatigue caused by exercise and also improves vigour. It offers an incredible strength to the body muscles and promotes muscle mass gain.



#### **4. Salab Panja Root:**

This Ayurvedic herb helps in promoting the muscle mass. It helps in improving the anabolic effect during the formation of tissue to induce bodybuilding. It also helps promote muscle strength and increases body weight slowly. Salab pak is its derivative.



#### **a. Salab Pak:**

This bodybuilding medicine is prepared using ingredients like Salab Panj, dry fruits like almond, pista, walnut, ashwagandha and gokshura. It also helps in providing a good relief from physical and mental exhaustion that occurs after a workout.

It also helps in preventing muscle pain. It is one of the top Ayurvedic medicines for muscle growth.



#### **5. Safed Musli:**

Safed musli is referred to as 'Divya Aushad' in the literature of Ayurveda. It is enriched with several beneficial properties and has a high medicinal value. It is also an Ayurvedic supplement herb that can strengthen the muscles and also support the tissue formation.





### a. Musli Pak:

This Ayurvedic formulation is known to nourish the physical strength and it also has aphrodisiac properties. This Ayurvedic supplement is known to enhance the performance, strength and stamina. It helps in improving the muscle mass.

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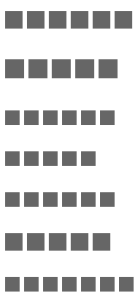
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Story first published: Tuesday, July 11, 2017, 13:05 [IST]

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