

# The Hidden Helper Bringing Peace to Worried Dogs

Explore what the science says about this ancient herb, and how it helps calm your canine companion's anxiety and boost their health. Get practical tips on how to make it part of your dog's daily routine.

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## STORY AT-A-GLANCE

- Stress and anxiety affect many dogs, often triggered by loud noises, separation, or routine changes — leading to emotional strain, immune suppression, and chronic health problems
- Ashwagandha, an ancient adaptogenic herb, naturally helps dogs manage stress by balancing cortisol levels, calming the nervous system, and reducing inflammation without sedation
- In a 2022 veterinary study, dogs receiving standardized ashwagandha extract showed lower stress hormone levels, less fear and anxiety, and improved comfort compared to placebo
- Regular ashwagandha use can support joint health, strengthen immunity, promote restful sleep, and balance hormones for happier, more resilient dogs
- Safe, pet-formulated ashwagandha supplements — such as chews, powders, or drops — offer an easy, natural way to nurture calm and emotional wellness in your furry companion

If you've ever seen your dog trembling during a thunderstorm, pacing when you leave the house, or barking frantically at strange noises, you know how painful it is to see your best friend anxious or afraid. Just like humans, dogs can experience stress and anxiety that affect their physical and emotional health. But unlike us, they can't talk about it — so it's up to you to notice the signs and help them find calm.

You can support your pet's emotional balance with a natural approach. Traditional medicine has used this approach for centuries. Veterinary research now supports it.

It's called ashwagandha, a remarkable herb that's quietly becoming a hero in pet wellness. Known for its ability to restore balance and bring peace to both mind and body, ashwagandha is now showing real promise in helping dogs manage stress, anxiety, and even chronic inflammation.

## Understanding Stress in Pets

You might think of stress as a human problem — work deadlines, bills, or family worries. Animals feel stress, too. Loud noises, car rides, separation from you, and changes in routine often trigger stress in dogs.

According to veterinary studies, as many as 14% of dogs suffer from separation anxiety, and another 10% show specific fears or phobias, like fear of thunder, fireworks, or unfamiliar environments.<sup>1,2</sup>

## How Stress Affects the Body

When your dog feels anxious, their body reacts just like yours does under pressure. The brain activates the hypothalamic-pituitary-adrenal (HPA) axis, flooding the bloodstream with stress hormones like cortisol and adrenaline. In short bursts, this “fight-or-flight” response helps animals survive — for example, by avoiding a predator.

But when stress lasts too long — days, weeks, or even months — it becomes chronic, and that’s when the damage begins. Chronic stress:<sup>3</sup>

- Weakens your dog’s immune system
- Causes digestive upset or bowel problems
- Triggers inflammatory skin conditions
- Affects sleep and healing
- Leads to anxiety-driven behaviors like barking, pacing, or destruction
- Increases the risk of diseases such as arthritis or inflammatory bowel disease

Chronic stress also affects the gut microbiome, changing how your dog digests food and absorbs nutrients. Over time, this vicious cycle can impact not just their mood but also their physical health and longevity.

## Spotting the Signs of Anxiety

Dogs show stress in subtle and not-so-subtle ways. Sometimes, you can see it in their body language; other times, it’s in their behavior. Knowing what to look for is the first step toward helping them. Below are some signs to be aware of:<sup>4</sup>

- **Physical signs**
  - Tucked tail or pinned-back ears
  - Panting, trembling, or drooling
  - Dilated pupils and wide eyes
  - Restless pacing or circling
- **Behavioral signs**
  - Barking or whining excessively
  - Hiding, freezing, or attempting to escape
  - Destructive chewing or digging
  - Changes in appetite (refusing meals or overeating)
  - Following you constantly or panicking when left alone

If you’ve noticed one or more of these behaviors, your dog may be trying to tell you they’re overwhelmed. The good news is that there are natural ways to help restore balance — and that’s where ashwagandha comes in.

## An Ancient Herb with Modern Benefits

Ashwagandha (*Withania somnifera*) is an evergreen shrub native to India, the Middle East, and parts of Africa. In Sanskrit, its name translates to “smell of the horse,” symbolizing its ability to impart strength and vitality.

In traditional Ayurvedic medicine, ashwagandha has been used for over 3,000 years to reduce stress, enhance energy, and improve resilience. It’s often called an adaptogen, a natural compound that helps the body adapt to stress by balancing hormones and supporting the nervous system. What makes ashwagandha so special are two key types of compounds:<sup>5</sup>

- Withanolides are natural anti-inflammatory molecules that protect tissues from damage
- Adaptogens are plant compounds that help regulate the body’s stress response by moderating cortisol and other hormones

While humans have used it for centuries, only recently have veterinarians begun exploring its benefits for dogs — and the results are promising.

## Science Backs the Bark — Ashwagandha in Veterinary Research

A groundbreaking 2022 study published in the *Journal of Veterinary Behavior* investigated how a standardized ashwagandha root extract affected dogs experiencing anxiety and stress. The trial followed 24 dogs over four weeks, each receiving either a placebo or ashwagandha at 15 mg per kilogram of body weight daily. The results were eye-opening:<sup>6</sup>

- **Stress hormones dropped significantly** — Dogs taking ashwagandha showed a marked decrease in urine cortisol-to-creatinine ratio, a key indicator of chronic stress.
- **Less fear and anxiety** — Scores from behavior questionnaires (CBARQ) showed a significant drop in fear-related behaviors compared to the placebo group.
- **Pain levels improved** — Ashwagandha also reduced pain severity and interference, showing benefits beyond emotional wellness.
- **No adverse effects** — None of the dogs experienced negative side effects, making it a safe option for long-term use.

The study concluded that ashwagandha may help attenuate stress and anxiety in dogs, improving both emotional and physical comfort. In short, science confirms what holistic practitioners have said for centuries — this humble herb helps restore calm and balance naturally.

## The Link Between Stress and Disease

Chronic stress doesn’t just make your dog nervous — it affects their whole body. Over time, elevated cortisol levels suppress immunity, disrupt hormones, and cause inflammation. When this happens, your dog becomes more vulnerable to:

- Skin allergies and infections
- Joint pain and arthritis

- Digestive issues such as colitis or diarrhea
- Slower wound healing
- Changes in weight and appetite

Stress also alters your dog's gut-brain connection, leading to irritability and erratic behavior. This mind-body relationship means that supporting emotional calm can also improve digestion, immune function, and overall vitality.<sup>7</sup> That's why managing stress is more than just a behavioral issue — it's a key part of long-term wellness.

## How Ashwagandha Helps Your Dog Feel Calm and Balanced

Ashwagandha works by gently restoring the body's equilibrium. Instead of forcing a reaction (as many pharmaceuticals do), it helps the body self-regulate. Here's how it helps your dog on multiple levels:<sup>8</sup>

1. **Calms the nervous system** — Ashwagandha supports neurotransmitters like GABA and serotonin, both known for their calming effects. This helps ease fear, restlessness, and hyperactivity, making it easier for your dog to stay relaxed during stressful moments, such as thunderstorms or car rides.
2. **Lowers stress hormones** — By balancing the HPA axis, ashwagandha helps regulate cortisol, the hormone responsible for your dog's "fight or flight" response. Lower cortisol means a calmer mood, steadier energy, and better immune defense.
3. **Reduces inflammation** — Ashwagandha's anti-inflammatory compounds, such as withanolides, soothe tissues and joints. That means less stiffness and discomfort, which is — a massive win for senior dogs dealing with arthritis or mobility issues.<sup>9</sup>
4. **Supports immune health** — Stress suppresses immunity, but ashwagandha does the opposite. It helps stimulate disease-fighting cells while reducing harmful inflammation. A stronger immune system means your dog can bounce back faster from illness and resist infection.
5. **Improves sleep and recovery** — Many anxious dogs struggle to settle down or sleep through the night. Ashwagandha promotes relaxation and restorative sleep, helping your pet wake up refreshed and less reactive to stressors.
6. **Balances hormones naturally** — Ashwagandha helps regulate not only cortisol but also sex and growth hormones, supporting the body's internal balance. In both male and female dogs, this balance contributes to better energy, mood stability, and long-term health.<sup>10</sup>

## Signs Your Dog Might Benefit from Ashwagandha

Ashwagandha isn't just for dogs with extreme anxiety. It can support almost any pup experiencing stress, tension, or age-related decline. You might consider it if your dog:

- Panics during fireworks or storms
- Hates being left alone
- Gets carsick or anxious during travel
- Acts aggressively or fearfully around strangers
- Struggles with chronic pain or stiffness

- Has low immunity or frequent infections
- Seems restless, hyperactive, or easily startled

Even if your dog is healthy, ashwagandha can serve as preventive care, helping them stay resilient and emotionally balanced in an unpredictable world.

## Choosing the Right Ashwagandha for Dogs

Not all ashwagandha is created equal. In fact, the form and concentration matter greatly for safety and results. The clinical studies mentioned earlier used a standardized extract called KSM-66® Ashwagandha, known for its purity, safety, and bioavailability.<sup>11,12</sup> Here's what to look for when shopping:

- **Pet-specific formulas** — Avoid human supplements, as they often contain higher concentrations or added ingredients that are unsafe for dogs.
- **Trusted sources** — Choose products certified for quality and safety. KSM-66, for example, carries over 40 certifications worldwide.
- **Proper dosage** — Follow serving guidelines based on your dog's weight or consult your veterinarian before starting.
- **Gradual introduction** — Start with a small dose and observe how your pet responds over several days.

Ashwagandha can easily become part of your dog's daily routine and it comes in different forms, such as:

- **Chewable supplements** — These are easy to give like treats. Some brands offer all-in-one chews that include ashwagandha along with vitamins, probiotics, and omegas.
- **Powder** — Sprinkle over kibble or mix with yogurt, peanut butter, or homemade dog treats.
- **Drops** — Liquid formulas can be added directly to your dog's food or administered by mouth.
- **Enriched treats** — Some calming treats include ashwagandha, chamomile, or L-theanine for added effect.

Always check labels to ensure the product is pet-safe and free of fillers or artificial additives.

## When To Be Cautious

While ashwagandha is generally safe, it's not for every dog. You should avoid it or consult your veterinarian if your dog is:<sup>13</sup>

- Pregnant or nursing, as it may cause uterine contractions
- On prescription medication, especially for thyroid or blood pressure
- Prone to sensitive digestion, as mild stomach upset can occur initially

Start slow and monitor your dog closely for any changes in energy, appetite, or stool consistency.

## Give Your Pet the Gift of Calm

Your dog doesn't understand why you leave for work, why thunder rumbles, or why strangers sometimes come to visit. But they do understand love, consistency, and the comfort of your care.

By helping them manage stress naturally with ashwagandha and mindful attention to their emotional world, you're giving them more than a calmer day. You're giving them a longer, healthier, and happier life.

So the next time your dog tucks their tail or trembles at a storm, remember: Nature has already given us a helper. Quietly powerful, endlessly gentle, and full of healing potential, ashwagandha is the hidden ally bringing peace to worried pets everywhere.

### Sources and References

<sup>1,4,5,9,10,13</sup> [Vetericyn](#), December 16, 2025

<sup>2,6,12</sup> [Journal of Veterinary Behavior](#), Volume 51, May 2022, Pages 8-15

<sup>3,7,8,11</sup> [Animal Wellness Magazine](#), December 2, 2025

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