

Ayurveda for Anxiety

The psychiatric approach to anxiety involves diagnosis and treatment. However, these don't really fluctuate from day to day. For example, you take the same medications for your diagnosis on a daily basis. However, our experience of anxiety fluctuates drastically from day to day, despite consistent diagnosis and treatment. Why is this? Ayurveda is the best system of medicine that I have encountered that helps us control the day-to-day risk factors that make our anxiety better or worse. In this video, we'll explore a four basic Ayurvedic principles that can reduce your tendency towards anxiety: diet, digestion, routine, and technology.

References and further reading

- [Ayurvedic Doshic Questionnaire](#)
- Foster, J. A., & Neufeld, K. A. M. (2013). Gut-brain axis: how the microbiome influences anxiety and depression. *Trends in neurosciences*, 36(5), 305-312.
- Pratte, M. A., Nanavati, K. B., Young, V., & Morley, C. P. (2014). An alternative treatment for anxiety: a systematic review of human trial results reported for the Ayurvedic herb ashwagandha (*Withania somnifera*). *The Journal of Alternative and Complementary Medicine*, 20(12), 901-908.
- Aulinas, A. (2019). Physiology of the Pineal Gland and Melatonin. Endotext.
- Ostrin, L. A. (2019). Ocular and systemic melatonin and the influence of light exposure. *Clinical and experimental optometry*, 102(2), 99-108.

Glossary

Ayurveda

Dosha

Kapha

Pitta

Vata

Dx

Tx

Ama

Fenugreek (*Trigonella foenum-graecum*)