

# STRESS AND ANXIETY

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## Traditional Ayurvedic Remedies

This document outlines traditional Ayurvedic herbal remedies for Stress and Anxiety. Each remedy includes specific preparation instructions based on classical Ayurvedic texts.

### 1. Ashwagandha (*Withania somnifera*)

#### Preparation:

For stress and anxiety, take 1-2 teaspoons of Ashwagandha root powder mixed with a cup of warm milk before bed. A pinch of cardamom can be added for better digestion and flavor. Consistent use for at least 3 months is recommended for adaptogenic benefits.

*Source: Synthetic PDF - Ayurvedic Pharmacopoeia Vol. II*

### 2. Brahmi (*Bacopa monnieri*)

#### Preparation:

To reduce anxiety and calm the mind, consume 2-3 fresh Brahmi leaves daily on an empty stomach. Alternatively, take 1/2 teaspoon of Brahmi powder with ghee or honey.

*Source: Synthetic PDF - Sushruta Samhita on Medhya Rasayana*

### 3. Tulsi (*Ocimum sanctum*)

#### Preparation:

For stress reduction, brew a tea with 5-6 fresh Tulsi leaves in hot water for 5 minutes. Drink 2-3 cups daily to help calm the nervous system.

*Source: Ayurvedic Pharmacopoeia of India*

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## DISCLAIMER

This information is for educational purposes only. It is NOT a substitute for professional medical advice. Always consult a qualified healthcare provider before using any herbal remedy.