

Herbs for Anxiety

In this video, I'll go over the basics of some herbs that have scientific support for being effective for anxiety. I'll cover the following herbs: Brahmi, Gotu kola, Galphimia, chamomile (*Matricaria recutita*), passionflower (*Passiflora incarnata*), kava (*P. methysticum*), and ginkgo (*Ginkgo biloba*)

Remember that you should always consult a doctor before taking herbs for anxiety. Also, remember that herbs are best as a part of a comprehensive treatment plan that often includes things like diet, exercise, meditation, medications, or psychotherapy.

References and further reading

- Liu, L., Liu, C., Wang, Y., Wang, P., Li, Y., & Li, B. (2015). Herbal medicine for anxiety, depression and insomnia. *Current neuropharmacology*, 13(4), 481-493.
- Pittler, M. H., & Ernst, E. (2003). Kava extract versus placebo for treating anxiety. *The Cochrane Database of Systematic Reviews*, 2003(1), CD003383. [Link](#)

Glossary

Negative Self Attitude (NSA)

Benzodiazepines

Gamma-Aminobutyric Acid (GABA)

Alprazolam

Nootropic

Dopamine

Acetylcholine

Noradrenaline/Norepinephrine

Serotonin

Midazolam

Nitrous Oxide

Brahmi (*Bacopa monnieri*)

Gotu kola (*Centella asiatica*)

Galphimia (*Galphimia glauca*)

Chamomile (*Matricaria recutita*)

Passionflower (*Passiflora incarnata*)

Kava (*Piper methysticum*)

Ginkgo (*Ginkgo Biloba*)