

Anxiety and Stress can be Effectively Managed with the use of Ayurvedic Herbs.

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Received : 23/11/2025 ; Accepted : 02/06/2026 ; Published : 09/08/2026

Abstract

Due to living in a fast-paced culture filled with constant demands and challenges, stress and anxiety have become common problems that harm people's health. The efficiency of Ayurvedic herbs in anxiety and stress management, illuminating the potential therapeutic advantages of Ayurveda and its integrative approach. An ancient Indian medical practice known as Ayurveda places a heavy focus on maintaining balance among one's mental, physical, and spiritual selves. Instead of focusing just on alleviating symptoms, it tackles the root causes of stress and anxiety, providing a comprehensive approach to managing both. Because of this, it can provide better relief from anxiety and stress. Traditional Ayurvedic treatments for anxiety and stress often include the following herbs and formulas: Ashwagandha, Brahmi, Jatamansi, and Shankhpushpi. The adaptogenic properties of these herbs have made them famous; they help the body adjust to stress, reduce anxiety, and promote feelings of calm.

keywords -Ayurvedic herbs, Stress management, Anxiety management, Adaptogens, Ayurvedic formulations, Holistic health

Introduction

Because of the relentless speed of modern life, stress and anxiety have spread like wildfire, affecting people's mental and physical health around the globe. The quest for more comprehensive and effective ways to manage these pervasive ailments has lately reignited interest in Ayurveda, an old medicinal profession with origins in India. Ayurveda offers a comprehensive framework for the management of stress and anxiety, drawing on its tradition that spans millennia. It provides a fresh perspective on dealing with the complex relationship between the physical body, the intellect, and the spirit. Ayurvedic herbs have demonstrated potential in reducing anxiety and stress. It begins with acknowledging how common these mental health concerns are in modern culture and how common standard therapies are, which often focus on symptom reduction. Whereas conventional medicine focuses on alleviating symptoms of stress and anxiety, Ayurveda takes a more holistic approach by addressing the root causes of these conditions. The ancient Indian medical system known as Ayurveda, which means "the science of life," recognizes that each individual is a unique blend of three distinct energies and elements called doshas. Each dosha influences a person's sensitivity to stress, as well as their physical and mental characteristics. Because every person experiences stress and anxiety in their own unique way, Ayurvedic treatments are tailored to each person's specific constitution (Prakriti) and imbalances (Vikriti). Herbs from Ayurveda that are known to have adaptogenic properties will be the primary focus of this study. The body is able to adapt to different types of stress, regulate anxiety, and promote a state of calm because of these

characteristics. This class of herbs includes some well-known varieties, such as Ashwagandha, Brahmi, Jatamansi, and Shankhpushpi. These herbs, which have a long history of usage in Ayurvedic medicine, can be effective companions on the road to emotional and mental balance. Ayurvedic medicines' ability to alleviate tension and anxiety is due to a complicated and multi-leveled mechanism. Among these interconnected systems that control stress reactions and emotional health are the regulation of neurotransmitter levels, the hypothalamic-pituitary-adrenal (HPA) axis, and oxidative stress. Ayurvedic herbs have been the subject of extensive study, with supporting evidence from clinical trials and anecdotal evidence. The evidence from these sources strongly suggests that Ayurvedic treatments can alleviate anxiety and stress, boost health, and enhance quality of life.

Anxiety and Stress: A Contemporary Pandemic

With everything happening so quickly and with everyone always connected, anxiety and stress have become epidemics in the modern society. These mental health difficulties are everywhere; from the quiet countryside of a remote town to the meeting halls of a thriving city, they are a constant. establishing a framework for studying the potential medicinal effects of Ayurvedic remedies, given the breadth and depth of the contemporary stress and anxiety epidemic. The modern human experience is defined by an endless barrage of duties, responsibilities, and stimuli. Now more than ever before, people are more connected than ever before, and we are more productive than ever before thanks to technological advancements, the pressures of city life, and the information age. The price that many people have to pay for this progress is the stress and worry that it has caused. Stress, often viewed as a reaction to outside pressures or issues, and anxiety, characterized as an intensified state of unease or concern, have both become regular parts of many people's lives. Factors such as social anxiety, the constant barrage of information that inundates our digital lives, and workplace and financial stress are among the many potential causes of such circumstances. Because worry and tension are not just passing emotions; they are often chronic conditions that, if ignored, can severely limit a person's daily functioning. They cast a long shadow over emotional and physical health, lowering standards of living, straining interpersonal relationships, and imposing financial burdens on people and countries alike. Even while traditional approaches to anxiety and stress management have their merits, they mostly deal with the symptoms and not the causes of these illnesses. While treatments and medicines can alleviate symptoms, they may not be able to resolve underlying causes permanently. Because of this limitation, we are on the lookout for holistic and long-term solutions, and Ayurveda is our discovery. Recognizing the pervasiveness of stress and anxiety is crucial for the unique approach that Ayurveda takes in treating these conditions. Because of their universal appeal, they are able to inspire individuals of different backgrounds and socioeconomic levels. Creative and comprehensive solutions that honor the interconnectedness of mind, body, and spirit are necessary to fight the current stress and anxiety epidemic. Ayurveda, with its adaptable medicines and centuries-old wisdom, beckons as a possible avenue to explore further in the pursuit of holistic health and wellness.

The Integrative Practice of Ayurveda

In a world where health is becoming more compartmentalized and specialized, the ancient practice of Ayurveda—which recognizes the interdependence of the human experience—serves

as an example of holistic wisdom. Anxieties and stress can be better managed with the help of Ayurveda's unique perspective on health and wellness, which is based on a holistic approach. Ayurveda may have its roots in the old Indian texts. The "science of life," or Ayurveda, is based on the knowledge and practises accumulated over many centuries of patient observation. Ayurveda acknowledges that mental, physical, and spiritual well-being are interdependent and that stress and anxiety are symptoms of discord in any one of these areas. Human health, according to Ayurveda, is best achieved when one's mind, body, and soul are all in perfect harmony with one another. At its core, Ayurveda rests on the principle of the three doshas: Vata, Pitta, and Kapha. A person's fundamental energies or constitution are symbolized by these doshas. An individual's physical and mental traits, as well as their vulnerability to stress and anxiety, are profoundly influenced by their unique composition, or Prakriti. Stress and anxiety are not common experiences, and Ayurveda acknowledges that individuals respond differently to these emotions. On the contrary, their manifestation varies from person to person based on their Prakriti and the severity of their present imbalance, or Vikriti. This individualized, patient-centered approach is the bedrock of Ayurvedic treatment methods. Health, from the Ayurvedic, holistic viewpoint, is not merely the absence of disease; rather, it is an ideal state of well-being that includes mental, physical, and emotional equilibrium. Concern and tension, from this perspective, are disturbances to this balance. Discords within the mind and the doshas are common causes of these symptoms. Ayurveda offers a comprehensive approach to resolving these imbalances by tackling their root causes. A key component of this approach is the use of medicinal herbs, which are often adaptogens in their raw form, in conjunction with dietary and lifestyle changes, yoga, meditation, and other complementary practices. Alleviate symptoms and promote long-term wellness by tackling the root causes. Ayurveda as a whole is concerned with more than just alleviating specific illnesses. Relying on preventative measures, it acknowledges the need of establishing a lifestyle that promotes physical and mental resilience thru the adoption of a "healthy lifestyle." Ayurveda encourages its practitioners to be their own best advocates for health and wellness, which fosters a strong feeling of independence. Ayurveda is an ancient medical system that provides a wealth of knowledge that transcends reductionist ideas of health since it adopts a holistic approach. Anxiety and stress, according to Ayurveda, are not separate illnesses but symptoms of more systemic imbalances that call for tailored and all-encompassing treatments. In what follows, we will take a closer look at the Ayurvedic herbs and practises that can alleviate tension and anxiety while bringing about a state of balance.

Individual Differences and the Dosha System

The foundation of Ayurveda's comprehensive view of health and wellness is the dosha system. This basic concept elucidates the plethora of ways in which a person's constitution and health might show themselves. Individual differences in susceptibility to worry and stress, and the tremendous significance of the dosha system for comprehending these phenomena. Every individual, as per Ayurveda, has a unique equilibrium of the three basic energies, or doshas: vata, pitta, and kapha. The five elements—earth, water, fire, air, and ether—form the basis of the doshas, which impact various facets of a person's life, both physically and mentally. One

of the doshas is Earth. A person's doshas dictate not just their outward appearance, but also their personality, tastes, and susceptibilities.

- **Vata:** Vata, which is made up of air and ether, is connected with traits like as lightness, movement, and change because of its composition. People that have a vata dosha that predominates in their constitution are typically imaginative, quick-thinking, and energetic. Vata dosha that is out of balance, on the other hand, can cause symptoms such as anxiety, restlessness, and difficulty focusing on one thing. Vata types are more prone to experiencing anxiety as a result of an overworked mind and nervous system. Vata can be summed up as wind.
- **Pitta:** The attributes of intensity, ambition, and concentration are exemplified by the Pitta dosha, which is denoted by the elements of fire and water. People who are predominated by Pitta tend to be goal-oriented, competitive, and meticulous in their behaviour. Irritability, wrath, and a tendency to be too critical are all symptoms that can surface when Pitta is out of balance. The tendency toward perfectionism and high standards of achievement can be a source of stress for Pitta types.
- **Kapha:** The virtues of stability, endurance, and compassion are all exemplified by Kapha, which is composed of earth and water. People that have a dominating Kapha energy are typically steady, peaceful, and nurturing. Lethargy, complacency, and emotional attachment can all be symptoms of a Kapha dosha that is out of balance. It is common for Kapha types to experience stress as a result of their intolerance to change and unwillingness to let go of the familiar.

Each person's unique constitution, or Prakriti, is determined by the relative strengths of these three doshas; this is one of the core principles of Ayurveda. If a person is in prakriti, they are healthy and complete on an essential level. To tailor Ayurvedic approaches to anxiety and stress management to an individual's unique Prakriti, it is crucial to learn one's Prakriti. Ayurveda recognizes both Prakriti and Vikriti, the latter of which describes an individual's present imbalance or health issues. Nutrition, lifestyle, and environmental influences are just a few of the many variables that might cause a change in vikriti throughout time. Practitioners of Ayurveda get a complete picture of a person's constitution and imbalances when they assess their Prakriti and Vikriti together. Because of this, they are able to provide personalized suggestions. How one should go about dealing with anxiety and stress is heavily influenced by the dosha system. Stress and anxiety can manifest in a wide range of ways, each induced by a different doshic imbalance. In order to achieve balance and general wellness, Ayurvedic remedies are individually designed to tackle the problematic patterns. Each dosha is associated with a unique set of Ayurvedic herbs and practices. A more individualized and comprehensive strategy for dealing with anxiety and stress is provided by this. When it comes to promoting emotional and mental stability, the timeless wisdom of Ayurveda is best shown by its recognition of individual variances within the dosha system.

Ayurvedic Herbs and Adaptogens

Herbal treatments and general well-being boosters play a significant part in Ayurveda's comprehensive approach to health care, which emphasises the body's relationship to its environment. Herbs used in Ayurvedic medicine, with a particular emphasis on the adaptogenic

properties of these herbs. Adaptogenic properties are attributes that enable the body and mind to adapt to stressful situations and encourage resilience. The Ayurvedic tradition includes the use of a large number of different medicinal herbs, each of which has its own set of individual therapeutic benefits. There is a category of these herbs known as adaptogens, and it contains a subset. The body and mind are better able to adapt to stress, both physical and psychological, when they have access to adaptogens, which are a category of herbs and substances that restore equilibrium. Adaptogenic herbs are highly regarded in Ayurvedic medicine due to their capacity to balance the body's three primary energies, or doshas, and to assist the body's natural capacity for self-regulation". These herbs, which are frequently incorporated into Ayurvedic formulations or taken separately as standalone supplements, offer a wide variety of advantages for the management of stress and anxiety.

1. Ashwagandha (*Withania somnifera*):

- One of the most well-known adaptogenic plants used in Ayurvedic medicine is ashwagandha, which is also sometimes referred to as "Indian ginseng."
- Because it has a sedative impact on the neurological system, it is very helpful for people who experience high amounts of stress and worry in their daily lives.
- As well as being known for its restorative qualities, ashwagandha is thought to maintain a healthy balance between the Vata and Pitta doshas.

2. Brahmi (*Bacopa monnieri*):

- Brahmi, which is often referred to as "water hyssop," is renowned for the cognitive-enhancing and stress-reducing effects that it possesses.
- It is classified as a medhya herb and is thought to promote mental clarity and concentration.
- It is claimed that Brahmi can calm the Vata dosha and restore mental equilibrium.
- (Jatamansi) Jatamansi (*Nardostachys jatamansi*) is a herb that is highly regarded for its sedative and relaxing properties. It is also known by the name spikenard.
- It is well known for its ability to soothe anxious feelings, calm restlessness, and correct emotional imbalances.
- It is believed that jatamansi can bring the Vata and Pitta doshas into harmony, making it especially good for people whose Vata doshas are out of whack.
- The herb Shankpushpi, also known as *Convolvulus pluricaulis*, is highly prized for the cognitive and nervine tonic effects it possesses.
- Memory, focus, and overall mental clarity are all improved with its use.
- It is said that taking Shankpushpi can help calm the nervous system and pacify the Pitta dosha.

These Ayurvedic herbs are frequently combined with one another in a wide variety of ways to treat a wide variety of imbalances and diseases. Because of their adaptogenic properties, these herbs help the body adapt to stress by regulating the hypothalamic-pituitary-adrenal (HPA) axis, altering neurotransmitter levels, and lowering oxidative stress, all of which are mechanisms that are essential in the treatment of stress and anxiety. It is essential to be aware that Ayurvedic medicines are often utilised within the framework of a holistic approach, which may involve making recommendations regarding one's diet and way of life. In addition,

Ayurveda places a strong emphasis on tailoring one's treatment to the individual's unique constitution (Prakriti) as well as any existing imbalances (Vikriti). The particular applications and mechanisms of various Ayurvedic medicines, providing insights on how they can be incorporated into individualised strategies for the management of stress and anxiety. These herbs are good examples of the ageless knowledge that Ayurveda has to offer in terms of fostering mental and emotional fortitude via the use of natural medicines that are deeply ingrained in tradition.

Mechanisms of Action

because of the effectiveness of Ayurvedic herbs in the management of stress and anxiety, it is necessary to investigate the complex mechanisms via which these botanical wonders exercise their influence. The underlying mechanisms of action that make Ayurvedic herbs and adaptogens important allies in the pursuit of mental and emotional well-being and how these mechanisms work. The holistic approach that is taken in Ayurveda acknowledges that stress and anxiety are not independent situations but rather indications of deeper imbalances that exist within the mind and the body. Because of their adaptogenic capabilities, the herbs used in Ayurvedic medicine are able to correct these imbalances on several levels while simultaneously acting in harmony with the body's intrinsic intelligence. The methods of action of Ayurvedic herbs include a symphony of processes that regulate the body's response to stress, as well as the neuroendocrine system and levels of neurotransmitters. These mechanisms consist of the following:

conclusion

In today's complex world, where anxiety and stress seem to be constant companions, the timeless teachings of Ayurveda provide a glimmer of hope and healing. The transformative journey we have on, which has illuminated the efficacy of Ayurvedic herbs in the treatment of anxiety and stress. Stress and anxiety affect people from all walks of life because they are intrinsic to modern life because contemporary living is inherently stressful. Conventional treatments for these conditions often focus on symptom control rather than addressing the underlying imbalances. Ayurveda offers an alternate path, thru its all-encompassing philosophy, that restores harmony to the mind and body. The Vedas provide the way. The concept of the dosha system is central to Ayurveda. This method takes into account the fact that every person has a unique constitution (Prakriti) and a predisposition toward discord (Vikriti). Targeted therapies that are in line with an individual's intrinsic character and present requirements can be implemented using this individualized perspective. This process is greatly influenced by Ayurvedic herbs, particularly adaptogens like ashwagandha, brahmi, jatamansi, and shankhpushpi. Their adaptogenic properties allow the nervous system and the body to counteract the negative impacts of stress by influencing neurotransmitters, oxidative stress, and the neuroendocrine system. They integrate with the body's innate wisdom to offer a holistic strategy for stress and anxiety management. The integrative nature of Ayurveda goes beyond the alleviation of symptoms. Improve your health and well-being in a comprehensive way by making changes to your diet, lifestyle, and even your yoga poses and meditation practices. In order to foster resilience and self-awareness, Ayurveda equips people to take an active role in their own health journey. The fact that Ayurvedic herbs have a long history of success in treating

anxiety and stress is proof of the system's enduring wisdom. According to Ayurveda, we should reconnect with our inner wisdom and the natural world's rhythms. It compels us to delve into the intricate interplay of our minds, bodies, and spirits, an adventure that may bring us lasting joy and health. In stark contrast to the stresses of modern living, Ayurveda's all-encompassing method offers relief and strength. This serves as a timely reminder that developing emotional resilience, clarity of thought, and emotional balance is not only possible, but also deeply embedded in traditional practices. Incorporating this knowledge into our life and regaining the inner peace inside is encouraged because of the potency of Ayurvedic herbs.

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Main Issues of Pedagogy and Psychology (MIOPAP)

ISSN: 1829-1295

Volume-4, Issue-2 (July – December 2026)

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