

Herbal Drugs in Management of Anxiety Disorders

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Abstract: *Anxiety disorders are a major public health concern worldwide, and conventional treatments often have side effects. Herbal drugs have been traditionally used to manage anxiety, and recent studies have validated their efficacy. This review aims to summarize the current evidence on herbal drugs used in the treatment of anxiety. Herbal drugs such as Ashwagandha (*Withania somnifera*), Passionflower (*Passiflora incarnata*), Kava (*Piper methysticum*), Valerian (*Valeriana officinalis*), and Bacopa monnieri have been found to have anxiolytic effects. These herbal drugs act through various mechanisms, including modulation of the GABAergic system, reduction of cortisol levels, and inhibition of the hypothalamic-pituitary-adrenal (HPA) axis*

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