

Title:

Ayurveda As Alternative Anxiety Treatment

Word Count:

564

Summary:

There are a few experts in the medical community that are starting to recognize the potential

Keywords:

anxiety medication

Article Body:

Whenever someone speaks of something like an alternative system of medicine, such as Ayurveda,

Anxiety, in the context of Ayurveda, is rooted in movements of things within a person's percep

How, then, would Ayurveda propose to fix this problem? Like Traditional Chinese Medicine, Ayur

Ayurveda's philosophy with dealing with something like anxiety reflects a staple of psychiatri

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