



# Understanding Benzodiazepine Withdrawal:

## How the Nervous System Reacts — and Recovers

**Monday, Jan. 19 at 7 PM Eastern,  
we are excited to welcome Dr.  
Valsa Madhava back to BWC!**

Dr. Madhava is the author of an important recent study describing mechanistic pathways of benzodiazepine withdrawal, with implications for treatment. Importantly, her findings show that withdrawal is not just a dose-reduction process but reflects underlying stress, excitatory, autonomic, and immune pathways. Please join us for a presentation about this study and a Q&A afterwards.



This is a **FREE** event open to all BWC Members. For anyone else who would like to attend, please invite them to join BWC here:

<https://www.benzowarrior.com/>

**Dr. Valsa Madhava, MD, MPH, MS, IFMCP**, is a board-certified internist and addiction medicine physician specializing in complex benzodiazepine withdrawal and neuroimmune stabilization.

Her work integrates:

- mechanistic stress neurobiology
- functional and systems medicine
- clinical neurophysiology
- patient-centered recovery

**Her mission is simple:**

*Make recovery safer by stabilizing the nervous system.*

**Her 2025 study** introduced

the **Five-Axis Framework** —

the first biologically grounded model of benzodiazepine withdrawal phenotypes, mapping CRH–adrenergic activation, excitatory–neuroinflammatory responses, autonomic instability, cerebellar–basal ganglia motor/gating changes, and MCAS–overlap patterns.

**Read the study here:**

**Benzodiazepine Withdrawal Symptom Clusters: Distinct Phenotypes**

**with Treatment Implications** <https://www.medrxiv.org/.../2025.10:07.25336923v1.full>

Please go to the “events” tab to RSVP and find the Zoom link. Hope to see you all