



# 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