

Propranolol

Propranolol and is a blood pressure medicine that also helps psychiatric symptoms. It helps physical symptoms of anxiety like racing heart and tremor, and can be taken two hours before an anxiety-provoking performance, like giving a speech.

It relieves restless feelings which are caused by other medications (akathisia). Propranolol is also used to treat anger and aggression.

Betaxolol is another medicine that is similar to propranolol.

Side Effects and Warnings

Dizziness, constipation, dry mouth, nausea, stomach upset. Propranolol can lower blood pressure, which may lead to unexpected fainting. Rarely, propranolol causes depression or mental slowing.

Caution if you have asthma or Raynaud's disease (a condition of reduced blood flow to the fingers and toes).

Dosing

Propranolol is taken 2-3 times per day. It is also available as a once-daily long-acting form. It can be taken with or without food.

—Chris Aiken, MD, updated 6/28/2025