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THE EFFICACY OF PLANT EXTRACT IN THE MANAGEMENT OF INSOMNIA

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Insomnia is a widespread issue. Its impact extends beyond just a lack of sleep; it often leads to a cascade of problems that can significantly affect daily life. One of the primary reasons caused by insomnia is the increase in anxiety and stress. This leads to decreased productivity at work or school, increased absenteeism, and difficulties in maintaining social relationships. It has also been linked to various medical conditions, including heart disease, obesity, and diabetes, as lack of sleep disrupts metabolic processes and immune system function.

In a systematic review and meta-analysis examine the effectiveness of valerian for improving sleep quality through a analysis of 16 randomized placebo-controlled trials involving 1,093 patients. The aggregated data indicated a relative risk of 1.8 (95% CI, 1.2-2.9) for improved sleep quality with valerian compared placebo. Notable studies contributing to this finding include Leathwood et al., which reported a nine-point scale for subjective sleep latency showing no statistically significant difference between valerian and placebo groups, and Francis et al., where valerian notably reduced the mean time to fall asleep to 23.4 minutes compared to 39.1 minutes with placebo. These results suggest that valerian is an effective alternative for improving sleep quality, although further investigation into its efficacy and methodology is warranted.

The systematic review and meta-analysis indicate that valerian significantly improves sleep quality in individuals with insomnia. The findings suggest that those taking valerian are nearly twice as likely to report better sleep compared to those on placebo, with a favorable safety profile and minimal adverse effects. Overall, valerian emerges as a promising and effective natural alternative for enhancing sleep health.