

## **Effect of Valleriana Officinalis Mother Tincture In Cases Of Chronic Primary Insomnia in Age Group Of 20-60 Years: A Case Series**

Miss Khan Sabukta, Miss Ansari Madiha, Dr.Subhash Yadav, Dr. G.B. Prasad, Dr.Mita Gharte, Dr.Smitha Nair, Dr.Vaishali Zodgekar, Dr.Ashwini Aher, Dr.Noozat Shaikh

### **ABSTRACT-**

**Background:** Insomnia is a sleep disorder in which a person experiences inadequate amount of sleep or have a trouble in falling asleep. Symptoms of Insomnia include, waking too early in the morning, un refreshing sleep, - trouble falling or staying asleep, Fatigue or day time sleepiness, Poor attention or concentration, Impaired performance resulting in problems with work or social life. Insomnia is very common, with nearly 15-30% of general population complaining insomnia, requiring treatment. Valeriana Mother Tincture is a Homoeopathic remedy that has been used for its potential calming and sedative effects. Valeriana officinalis has mild sleep-promoting effects that make it a choice of remedy for insomnia. Present study was aimed at studying the effectiveness of Valeriana Mother Tincture in cases of Insomnia. **Objectives:** to study the efficacy of Valeriana officinalis Mother tincture in Chronic Primary insomnia and to find out the increase in duration of sleep. **Materials and Methods:** 30 patients of which 25 females and 5 males fitting in the inclusion criteria, according to Insomnia Severity Index (ISI) scale were included in the study. Specific homoeopathic medicines Valleriana officinalis Mother tincture, 10 drops in a cup of water, was prescribed before bed time for initial 15 days and the effect was seen in six follow ups at interval of 15 days for six months. **Result:** At the end of the study, it was observed that out of 30 patients, 25 patients were improved (83.33%). 5 patients did not improve (16.66%). **Conclusion:** The study found Homoeopathic specific medicine Valleriana officinalis Mother Tincture is effective in reducing insomnia.

**Keywords:** Homeopathic Medicine, Valleriana officinalis. Mother Tincture, Chronic Primary Insomnia, Insomnia Severity Index

**Material and methods:** 30 patients in the age group of 20-60 of all sexes, suffering from Chronic Primary Insomnia were recruited from the Out Patient Department of Motiwala (National) Homoeopathic Medical College Hospital. Insomnia Severity Index (ISI) scale<sup>1</sup> was applied at the time of recruitment to diagnose the cases of Chronic Primary Insomnia. The Insomnia Severity Index (ISI) scale is a 7-item self-report questionnaire assessing the nature, severity and impact Insomnia. Each item is marked 0 to 4 by the patients according to his or her assessment. The severity is arrived at by totaling the responses given by the patient. Total score categories are 0-7 is No clinically significant insomnia, 8-14 is Sub threshold insomnia, 15-21 is Clinical insomnia (moderate severity), and 22-28 is Clinical insomnia (severe). The patients suffering from moderate severity and severe insomnia with scores ranging from 15 to 28 were included in the study. 16 patients were suffering from moderate severity insomnia and 14 patients were suffering from severe clinical insomnia. Valleriana Mother Tincture 10 drops in a cup of water were prescribed to the patient, to be taken 30 minutes before bed time. The patients were followed for six months

at an interval of fifteen days. According to the severity the patients were advised to continue use of valleriana officinalis Mother tincture. At the end of the study Insomnia Severity Index (ISI) scale was applied to note the changes in the severity index from the base line scores.

**Result:** out of 16 patients suffering from moderate clinical insomnia, patients reported to have no clinically significant Insomnia, 10 patients were found to have sub Threshold insomnia and 3 remained to suffer from moderate clinical Insomnia. Of the 14 patients who were suffering from severe Clinical Insomnia one patient reported to have no clinically significant Insomnia, 5 patients were found to have sub Threshold insomnia and 6 patients were suffering from moderate clinical Insomnia. Two patients remained to suffer from severe Clinical Insomnia.

**Discussion:** Insomnia is very common condition met in about 15-30% of general population. People suffering from insomnia are unable to sleep or may have episode of wakefulness during night. Insomnia affects the life of individual with altered daily functioning like day time fatigue, mood disturbance, inability to function at work. The present study was aimed to know the efficacy of valleriana Mother Tincture in reliving patients of their insomnia. Passiflora Mother Tincture and coffea cruda pills<sup>2</sup> are the well known Homoeopathic medicines for insomnia. The available literature also mention about valleriana Mother Tincture as a calming agent and sedative useful in cases of Insomnia<sup>3</sup>. In this study it is aimed at knowing the effect of Valleriana mother tincture in treatment of insomnia.

30 patients suffering from insomnia according to Insomnia Severity Index (ISI) scale were recruited for the study. Valleria na Mother Tincture, 10 drop in cup of water before bed time was advised to the patients suffering from moderate to severe insomnia according the scores obtained using, Insomnia Severity Index( ISI ) scale. The patients were followed for six months at an interval of fifteen days to see the effect of Valleriana. Out of 16 patients suffering from moderate clinical insomnia, 3 patients reported to have no clinically significant Insomnia, 10 patients were found to have sub Threshold insomnia and 3 remained to suffer from moderate clinical Insomnia. Of the 14 patients who were suffering from severe Clinical Insomnia one patient reported to have no clinically significant Insomnia, 5 patients were found to have sub Threshold insomnia and 6 patients were suffering from moderate clinical Insomnia. Two patients remained to suffer from severe Clinical Insomnia. .

It was found that the Valleriana Mother Tincture produced positive effect in 14 people suffering from severe clinical Insomnia where in 1 patient repeated to suffer from no significant clinical insomnia and 5 patients became sub threshold clinical insomniac. There was no effect of Valleriana Mother Tincture on 2 patients who remained to suffer from severe insomnia. Of the, 16 patient who at the start of the study were suffering from the moderate clinical insomnia 3 patients reported to have no clinically significant insomnia, 10 persons became sub threshold insomniac and 3 remained to suffer from moderate insomnia.

The result was put to statistical analysis and calculated “t - value” (5.28) is being greater than the table “value of- t” (2.042), the Null hypothesis is rejected, proving efficacy of Valleriana officinalis Mother Tincture. Clinically, as there was a change in sleeping pattern of all the patients suffering from Clinical insomnia except two patients suffering from severe clinical insomnia and three patients suffering from moderate clinical insomnia, the Valleriana officinalis Mother Tincture in treatment of insomnia seems to be effective in reducing wakefulness during sleep.

#### **STATISTICAL ANALYSIS:**

INTERPRETATION:

As calculated t- value (5.28) is greater than the table value of – t (2.042), Null hypothesis is rejected.

Degree of Freedom=DF=30-1=29 Standard deviation (SD) =8.6

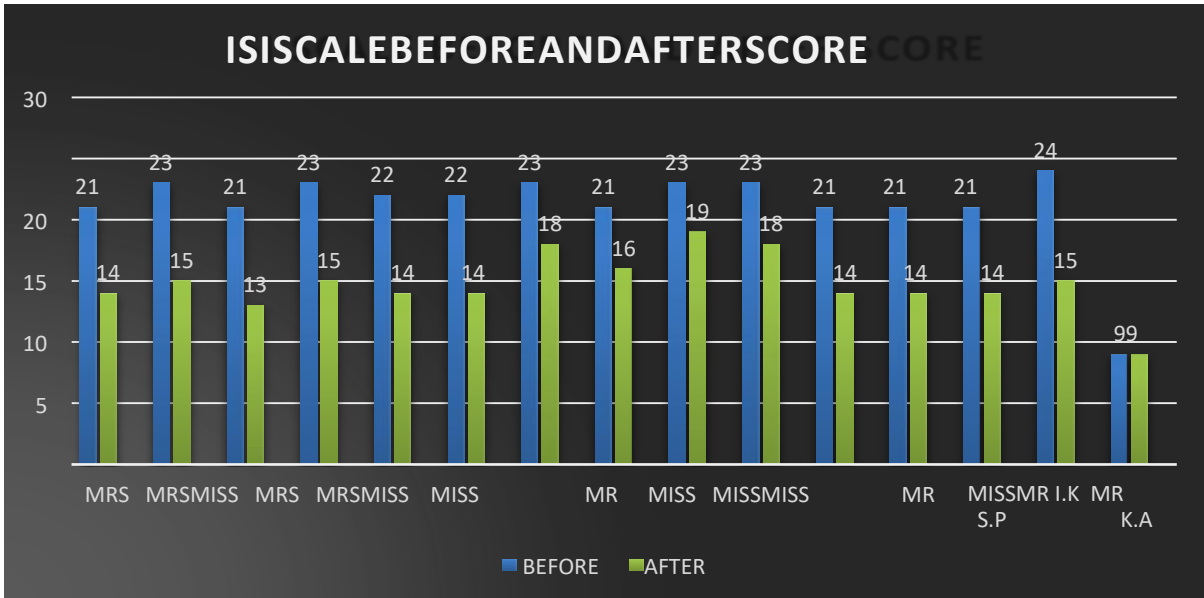


Fig: Bar graph representing ISI Scale Before and After Study

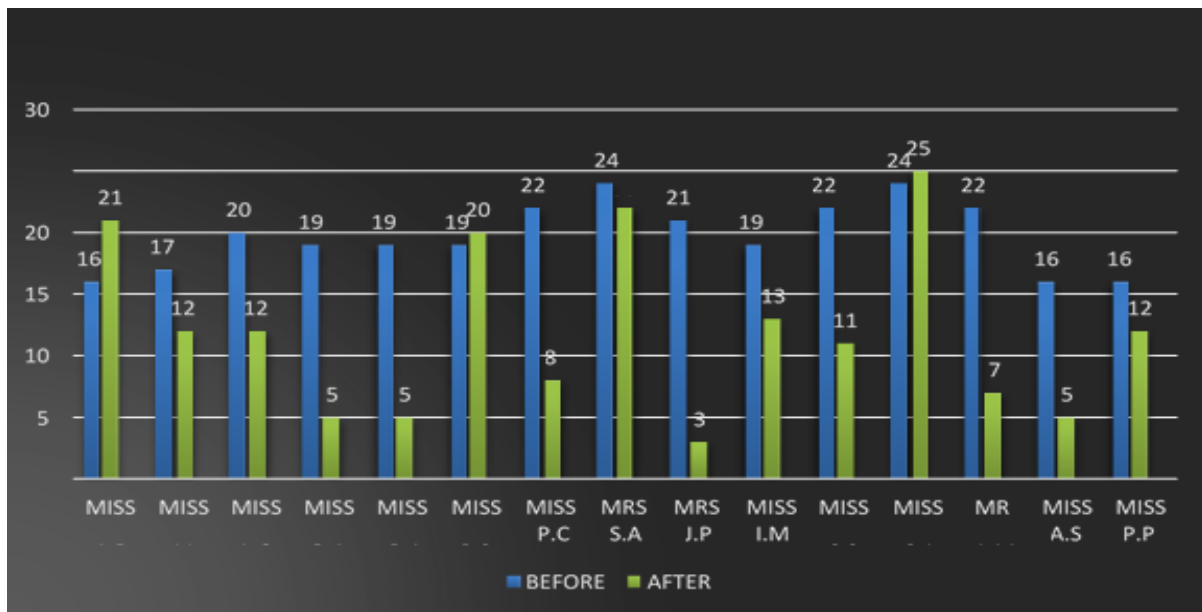


Fig: Bar graph representing ISI Scale Before and After Study

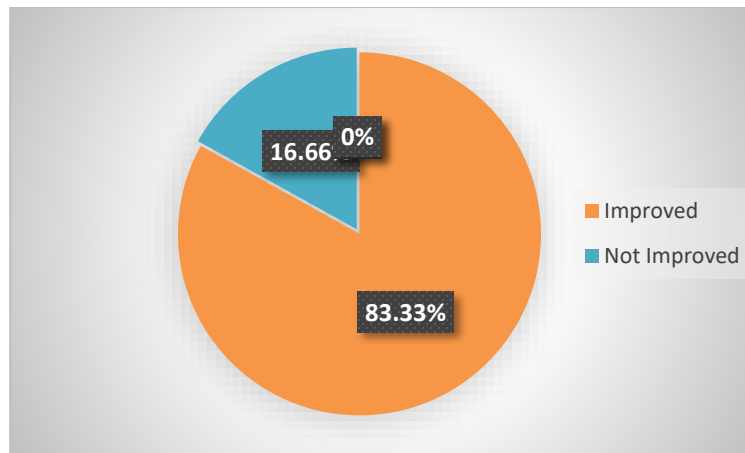


Fig: Graphical representation of the result of the treatment

**CONCLUSION:** Homeopathic medicine *Valleriana officinalis* Mother Tincture is effective in treating case of chronic Primary Insomnia when given in a dose of 10 drop in cup of water before bed time

#### **Bibliography:**

1. .Morin CM, Belleville G, BélangerL, Ivers H. The Insomnia Severity. Index: psychometric indicators to detect insomnia cases and evaluate treatment response. *Sleep*.
2. Arshi Pathan, Gulafsha Ansari: Effectiveness Of *coffea cruda* in Cases of Insomnia- a Case Series Study
3. Feyzabadi Z, Jafari F, Feizabadi PS, Ashayeri H, Esfahani MM, BadieeAval S. Insomnia in Iranian traditional medicine. *Iran Red Crescent Med J*. 2014 Mar;16(3):e15981. Doi:8.5812/ircmj.15981. Epub 2014 Mar 5. PMID: 24829786; PMCID:PMC40054483. Cooper
4. K L, Relton C. Homeopathy for insomnia: a systematic review of research
5. Kent, J., 2007. *Lectures on homoeopathic materiamedica*. New Delhi: B. Jain Publisher(11/11/22)5:25PM
6. Allen, H., 1999. *Keynotes rearranged and classified with leading remedies of the materia medica & bowel nosodes*. New Delhi: B. Jain Publisher (P.) Ltd., pp. 149,531,532
7. Kent JT. *Repertory of the homoeopathic materiamedica*. B. Jain Publishers; 1992. Pg.no1251,1252,1253,1254.(12/11/22)7:43PM