

MEDICINAL PLANTS TO TREAT SLEEP DISORDERS IN VALENCIAN COMMUNITY

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INTRODUCTION

Medicinal plants have been used since the beginning of time to treat different pathologies. Nowadays, sleep disorders are quite common. In fact, more than 4 million people in Spain suffer from some kind of sleep disorder. It could generate important problems in health. Treatment of insomnia often involves prescription drugs such as benzodiazepines or hypnotics, however, these have many adverse side effects. There are many medicinal plants for these disorders, as valerian, passionflower, goldshower, ashwagandha or hops. However, not all people use and know about these plants.

OBJECTIVE

The main goal of this study is to determine which medicinal plants are used by the population for these disorders, as well as whether they use them alone or in combination. Furthermore, how they have come to know the medicinal plants as well as how they are administered.

METHODOLOGY

- Semi-structured face-to-face survey in the 542 municipalities of the Community between July 2020 and November 2021.
- Frequency analysis.
- *Use value*: to analyze the local relative importance of medicinal plants mentioned.
- Knowledge of medicinal plants.
- Way of administration.

OUTCOMES

- Main medicinal plants employed are: valerian, linden, chamomile, lemon balm and passionflower.

Plant	Frequency	Use value
Valerian	385	0.547
Linden	309	0.439
Chamomile	239	0.339
Lemon balm	205	0.291
Passionflower	195	0.277



VALERIAN



LINDEN



PASSIONFLOWER

- Many combinations were found with each other and with other medicinal plants, such as valerian, passionflower and lemon balm.
- These plants are also used with bitter orange and lemon grass.
- Chamomile and linden are both plants that people usually employ alone.
- Mainly herbal teas and subsequently tablets were the main ways of medicinal plant consumption.
- People know medicinal plants through family habit, advice from an acquaintance and advice from a pharmacist. Other participants responded that they are familiar with medicinal plants for doctor or another health professional advice and advertisement.



CHAMOMILE



LEMON BALM

CONCLUSIONS

1. The predominant medicinal plants used to treat sleep disorders and anxiety are valerian, followed by linden and chamomile in Valencian Community.
2. People usually take them in herbal teas.
3. Individuals know usually them from family habit.

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