

P-1348 - THE EFFECTS OF HERBAL MEDICIN AND HOMEOPATHIC REMEDY ON INSOMNIA

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Introduction: Insomnia is one of the most common sleep complications which are defined as a problem in the beginning of sleep or its permanence.

Aims: The aim of this study was the effects of herbal medicine (*Valeriana officinalis*) and homeopathic remedy (*Coffea cruda*) on insomnia.

Methods: This is a single blind clinical trial study, conducted on 90 students who suffered on insomnia. They were chosen by volunteer sampling and randomly allocated in two groups. One group received homeopathic remedy *Coffea cruda* drop and placebo capsule and other ones used allopathic medicine *Valeriana officinalis* capsule and placebo drop. Both groups used one capsule one hour before sleep every night and one drop every 8 hours for one month. The ethical committee of the university approved the study. Data were collected through 3 questionnaires: Demographic, Petersburg sleep quality index and Standard Insomnia Severity Index (ISI). Content validity and test-retest methods were used for validity and reliability. Data analysis using descriptive and inferential statistics.

Results: Before usage, the quality and severity average of Sleep in *Valeriana officinalis* group was mean =11.78 and 15/14 before and 7.56 and 8/6 after a period of 1 months. The quality and severity average of Sleep in *Coffea curada* group was mean =11/51 and 14/53 before usage and 5.51 and 6/05 after a period of 1 months. We have obtained a significant difference between 2 groups 1 month after the start of consumption ($P < 0/05$).

Conclusion: The results of this study suggested, *Cafea cruda*, is more and low side effect methods than herbal medicine.