

3 Herbs That Beat Anxiety

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Doctors Reveal 1 Weird Compound to Calm Anxiety That May Surprise You.



Neuropathy Herbal

Garcinia Cambogia Warning

Immediate Anxiety Relief

Document details

Title

Herbal triple combination: An effective alternative to benzodiazepines.

Foreign Title

Pflanzliche 3er-Kombination: Wirksame Alternative zu Benzodiazepinen.

Authors

Wähling, C.; Wegener, T.; Tschalkin, M.

Journal

Zeitschrift für Phytotherapie 2009 Vol. 30 No. 2 pp. 69-72

ISSN

0722-348X

DOI

10.1055/s-0029-1222466

URL

<http://www.thieme-connect.de/ejournals/toc/phyto>

Record Number

20093118453

The paper reports on the results of an observation study on 107 patients in Germany treated with **Kytta-Sedativum®** tablets during and after a benzodiazepine treatment. Benzodiazepines are among the most administered drugs against sleeping disorder, however side effect can be considerable reaching from doziness during the day to dizziness and muscle disorders (amyasthenia). **The herbal triple combination of Kytta-Sedativum® consists of valerian, hops and passion flower** and the aim of the study was to research if this triple combination could be an effective alternative to benzodiazepines. The 107 patients sample consisted of 59 women and 48 men with an average age of 54 years. Results showed that the sleep quality could be increased. During the first two weeks of declining benzodiazepine treatments the reported sleep quality only increased slightly by 5.2%, but then in the subsequent weeks a 31.4% increase of sleeping quality

About this document

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Publication type

Journal article

Publisher

**Hippokrates Verlag
GmbH**

was reported with the sole use of Kytta-Sedativum®.

Year of publication:

2009

**Location of
publication:**

Stuttgart

**Country of
publication**

Germany

**Language of
publication**

German

**Language of
summary**

English

Geographical location

Germany

**Subject Category
(CABICODE)**

**FF003 - Horticultural
Crops, (New March
2000)**

UU500 - Women

Organism descriptor

Humulus

Humulus lupulus

man

Descriptor

drugs

hops

muscles

women

Identifier

disorders

Abstract
medicines
pharmaceuticals

Broad term

Cannabidaceae

Urticales

dicotyledons

angiosperms

Spermatophyta

plants

eukaryotes

Humulus

Homo

Hominidae

Primates

mammals

vertebrates

Chordata

animals

Developed Countries

European Union

Countries

OECD Countries

Western Europe

Europe

Benzo Addiction Treatment

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