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