Effects of the Yi-Gan San for the Treatment of Insomnia

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***Objective*:** In clinical settings, Yi-Gan San, a Chinese herbal medicine with the effect of calming the mind, has been used to treat patients with sleep disorders and irritability for thousands of years. However, there is a lack of relevant literatures in medical science. The purpose of this study was to evaluate the efficacy of Yi-Gan San for insomnia.

***Materials and Methods*:** Medical records were reviewed for 15 patients who had used traditional Chinese medicine to treat insomnia. A total of 10 successful cases were analyzed. We assessed subjectively insomnia by using the Visual Analog Scale (0-10 VAS). Scores were used to compare the degree of improvement in symptoms during treatment.

***Results*:** The characteristics of the patients were analyzed. They were 20-70 years old, and the insomnia lasted for half a year to 10 years. Patients reported that their insomnia began to improve after taking Yi-Gan San for around a week. Subjectively insomnia assessment VAS scores improved (mean VAS score decreased from 7.3 to 3.5). In addition, only one patient reported mild fatigue for a period of time during the day. No other side effects such as dry mouth, constipation, diarrhea and dizziness occurred.

***Conclusion*:** Yi-Gan San can subjectively improve insomnia.

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