

Effects of the *Rehmannia glutinosa* Libosch (生地黃) for the Treatment of Insomnia

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Objective: In clinical settings, *Rehmannia glutinosa* Libosch (生地黃), a Chinese herbal medicine with the effect of “heat-clearing and blood-cooling” (清熱涼血), has been used to treat patients with sleep disorders, dizziness and palpitations for thousands of years. The purpose of this study was to evaluate the efficacy of *Rehmannia glutinosa* Libosch in treating insomnia.

Materials and Methods: *Rehmannia glutinosa* was used to treat patients with insomnia, 1 g to 5 g daily, BID or TID, for 1-2 weeks. We reviewed the medical records of 18 patients who had used this traditional Chinese medicine. Among them, a total of 10 successfully treated cases were analyzed. We asked patients to subjectively assess insomnia symptoms using the Visual Analog Scale (0-10 VAS). These scores were used to compare the improvement in symptoms during treatment.

Results: Analyzing the characteristics of the patients, they were 45-72 years old, and often suffered from insomnia. Patients reported that their insomnia began to improve after taking the herbs for around a week. Subjective insomnia assessment VAS scores improved (mean VAS score decreased from 6.8 to 3.2). In addition, only one patient experienced mild diarrhea during the treatment. No other side effects such as abdominal distension or loose stools were recorded.

Conclusion: In clinical practice, *Rehmannia glutinosa* Libosch (生地黃) could successfully improve the insomnia symptoms in some patients.

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