

EFFECT OF VALERIAN ON SLEEP QUALITY IN MENOPAUSAL WOMEN: A RANDOMIZED PLACEBO- CONTROLLED CLINICAL TRIAL

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Sleep problems, can lead to low quality of life in Menopausal women. There are a wide variety of pharmacologic and non-pharmacologic methods for solving it. Some of Herbal Medicine, which have low side effect, may be useful for management of sleep disturbance during this time.

Aim: To evaluate effects of valerian extract on improvement of sleep quality in menopause women.

Material and methods: In this randomized, triple- blind, controlled trials 100 volunteer menopause women with age 50- 60, who had insomnia and selected from 250 volunteers, had been visited in Public clinics of West of Tehran. Instrument includes demographic form and Pittsburg sleep quality index (PSQI). Samples randomly divided to two groups. Each group received twice a day for four weeks 530 mg of concentrated Valerian extract or 50 mg Starch as placebo in capsules.

Results: Equality of personal characteristics and sleep quality before intervention were checked and there were no differences in two groups. Valerian led to significant decrease in average of PSQI in compared to placebo (Valerian before intervention: 9.8 ± 3.6 , after one month intervention: 6.02 ± 2.6) (Placebo before intervention: 11.14 ± 4.3 , after one month intervention: 9.4 ± 3.9) ($p=0.000$). Also 30% of valerian group and 4% of placebo group had important improvement in sleep quality, which was decreasing of 5 score of PSQI. There were significant difference between two groups ($p=0.00$).

Conclusion: Findings from this study add to the scientific evidence that support use of valerian in the clinical management of insomnia especially in menopausal women.