

THE EFFECT YA-HOM NAVAGOTH (THAI TRADITIONAL MEDICINE) TO INSOMNIA SYMPTOMS

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ABSTRACT

This study aimed to study Thai Hom Navagoth Pharmacopeia's effectiveness in treating insomnia at Suan Sunandha Rajabhat University, Dusit Sub-district. Dusit Bangkok A questionnaire was used to collect data from 30 individuals with a PSQI (Pittsburgh Sleep Quality Index) score of more than five according to the University of Pittsburgh Sleep Quality Index (PSQI) criteria and analyze the data using a statistical program.

The results revealed that:

1. According to the respondents, there were 15 female personnel, representing 50 Percentage, and 15 males, representing 50 Percentage. 15 people between 20-30 years old or Percentage Age range 31-60 years 15 people Percentage. 15 students accounted for Percentage University staff 15 students accounted for Percentage. Single status 21 persons (Percentage) Marital status 9 persons (Percentage). 17 undergraduate students, accounting for 56.67 Percentage, and postgraduate education 13 students, accounting for 43.33 Percentage. 10 people exercised, accounting for 33.33 Percentage, not exercising 20 people, accounting for 66.67 Percentage. Twenty-seven people drank coffee, accounting for 90 Percent; did not drink coffee; 3 people, accounting for 10 Percent. Twenty-six people drank alcohol, accounting for 86.67 Percent; did not drink alcohol; 4 people, accounting for 13.33 Percent. 2 smokers accounted for 6.67 Percent; non-smokers, 28 people accounted for 93.33 Percent.

Subjective sleep quality Before taking Hom Navakot, most people scored sleep quality at 3 points for 17 people. After taking Hom Navagoth, most scored sleep quality at 1 point for 22 people, which is a lower score. Better sleep quality. Sleep latency before taking Hom Navagoth was mainly rated at 3 points. Most of them scored 2 points for sleep performance. Fifteen students who were on a lower score had better sleep performance. Sleep duration Before taking Hom Navagoth, most scored 3 points for sleep duration. And after taking Hom Navagoth, most scored sleep time at 1 point. There were 20 students on a reduced score. Have a better sleep interval. Habitual sleep efficiency Before taking Hom

Navagoth, most scored 3 points on sleep behavior. And after taking Hom Navagoth, most scored sleep behavior at 1 point. There were 20 students with a lower score. Have better sleep habits. Before taking Hom Navagoth, most scored sleep disturbance at 2 points. And after taking Hom Navagoth, most scored sleep disturbances at 1 point. Twenty-three students were on a lower score. Sleep disturbances improve. Use of sleeping medication Before taking Hom Navakot, most people scored 1 and 2 points for sleeping pills. 9 people each. After taking Hom Navakot, all 30 subjects scored sleeping pills at 0, which is on a lower scale. The use of sleeping pills improves. Most daytime dysfunction before taking Hom Navakot was scored 3 points for ineffective daytime work. Most of them scored 1 point for ineffective daytime work. Eighteen students were on a reduced score—improved daytime work. The Global PSQI score before taking Hom Navakot was mainly scored on overall sleep quality. 16-20 of 22 people with total average sleep quality score ($\bar{x} \pm SD$) = 15.93 ± 2.45 and after taking Hom Navakoth pills with total sleep quality score in the range of 6-10 for 17 people with a decrease in average sleep quality $\bar{x} \pm SD$ = 6.17 ± 1.97 , which is within the lower score range. It has an overall score of better sleep quality.

Keywords : Ya-hom Navagoth, insomnia symptoms, sleep

INTRODUCTION

Currently, the trend of insomnia is increasing in about 30 percent of the population who have experienced insomnia problems, and 6-10 percent of the population has severe insomnia problems that require treatment. Many reasons, such as stress, cause insomnia problems. Disturbances from physical symptoms such as pain and frequent urination at night and psychiatric disorders such as anxiety disorders, panic disorder, and depressive mood disorders. There are a lot of disturbing thoughts before bedtime, going to bed and not waking up at the right time, etc. There is a higher risk rate due to a decrease in the hormone melatonin. Melatonin is a hormone that helps cause sleep, which is different from conventional sleeping pills. (Surachai Keosirikul)

Insomnia can occur in people of all ages, especially the elderly. The range of sleep will change. Middle-aged and elderly people are the most affected. The duration of deep sleep is less than that of those in childhood or adolescence, and the elderly are more vulnerable to other factors that influence their sleep, such as diseases, psychological state, Stress, etc. Adequate sleep is not determined by the number of hours spent sleeping but by how refreshed it is to wake up and go about daily life. (Surachai Keosirikul)

Hom Navagoth medicine is an herbal medicine recipe from the announcement of the Ministry of Saranasuk. The National Drug System Development Board's recommendation on the National List of Primary Medicines B.E. 2561 (2018) for medicines for treating circulatory system syndrome (wind cure). The Navagoth Hom Medicine Recipe has the following discreet herbs: the 9 koths, the 9 candles, the agar, and the krachampak. Hot herbs include nutmeg, sandal flower, cardamom, pollen, 5 pollen, coriander, chrysin, and bitter herbs, including Rajadad ball, red sandal, and wormwood nutmeg. Basket (Announcement of the National Drug System Development Board on the National Master Drug Account, B.E. 2561)

OBJECTIVE

To study the effectiveness of Thai Hom Navagoth Pharmacopoeia on insomnia.

LITERATURE REVIEW

The effect of Ya-hom Navagoth (Thai Traditional Medicine) on insomnia symptoms was studied in related textbooks and research. The following are to guide the research: [1]. Sleep can be considered an essential factor of living. Sleep directly affects physical and mental health. If we get a good night's sleep. On the other hand, sleep problems such as insomnia, snoring, or restless sleep will affect other health consequences. Lack of concentration at work makes it impossible to work at total capacity. And if it occurs continuously for some time, it will affect health, causing illnesses and diseases quickly. In general, When people experience anxiety or stress due to various causes, whether it is work, health, or family problems, it can cause insomnia. When all worries or problems are resolved. The insomnia will disappear and return to good sleep. However, some people may still have insomnia even though their fears are gone because those worries have been transformed into concerns about not being able to sleep instead. [2]. The Pittsburgh Sleep Quality Index (PSQI) is a one-month assessment of sleep quality and disorders divided into two forms: a self-assessment with 19 questions and an evaluation by people who share a bedroom. 5 questions focusing on 7 key factors related to sleep are :

1. Subjective Sleep Quality
2. Sleep Latency
3. Sleep Duration
4. Habitual Sleep Efficiency
5. Sleep disturbances
6. Use of Sleeping Medication
7. Daytime Dysfunction

The questions for each component will be counted separately and then combined with the Global PSQI score, which will have a range of 0-21 points for the sleep quality assessment. If the score is ≤ 5 , the sleep quality is good. If you combine > 5 times, it is poor sleep quality. [3]. Aromatic medicines are set up to treat wind-related diseases that differ in detail.

1. Basic medicine is a fragrant herb. Most of them have a discreet taste. Group medicines are basic medicines intended to keep our body in balance, that is, not too hot or too cold. Herbs in this group include the five koths, the five candles, agar, khondok, kralampak, and cinnamon.

2. Herbs to increase the activity of the wind element are hot or spicy medicines such as smiling, sorn, vera, kaempferol, and fragrant brittle. Suramrit Khaton Nutmeg Orange zest This group of drugs is the primary drug because Hom medicine is a drug that adjusts the function of the wind element into balance. If there are a lot of these drugs, adding a lot of these drugs will make the recipe quite hot, which will be suitable for treating dizziness and fainting.

3. Elemental modifiers, which are usually taken from the coordinates of Benjakul (Sakan Slow Plu Ginger, deep lee, red flame jet) or Triphala coordinate (anchor pipe) Thai anchor Amla) The tri coordinates chosen to adjust the element are usually Triphala coordinates in aromatic medicines used for solving blood and wind problems because this coordinate is used to change in case of problems with the fire element.

4. Ingredients that are put only in the recipe for specific use, such as pollen coordinates or various types of flowers, such as the Great Swan, Kalong, etc., make this type of fragrant medicine discreet, relaxed, and heat-tasting, cooling, and calming the hot mind.

Bitter or cold herbs to reduce fever and heat, such as kratom, wormwood, raided bird's foot grass, white sandal, red sandal, fang, Thai kham flower, blood nourishing properties. It is found in aromatic medicines for menstrual problems, chestnut, truffle properties, and nourishment.

Since the main elements 1 and 2 are similar, but the elements in items 3 and 4 are different, all fragrant medicines have properties to relieve dizziness. However, some may need to be combined with water, as there are too few anti-dizzy agents. In addition, some aromatic drugs are specific in their choice.

Hom Navakot medicine consists of 58 types of medicines; there are discreet medicines such as the 9 months, the 9 candles, Krishna, kralampak, khon dok, and hot medicines such as nutmeg and moonflower. Cardamom balls, cloves, pine essence, pollen of 5 bitter medicines, namely Rajadad balls, red sandal, sweet moon, wormwood, and lobsters to reduce heat and fever. Extinguish internal toxins, nourish elemental fire, appetite. Coriander balls to solve the tidal waves. It has the exact coordinates as date medicine. It is used to relieve nausea by dissolving the medicine with coriander ball water or boiled black candle because in the recipe, there is an anti-nausea drug called coriander balls, and there are other balancing drugs, including chrysanthemum coordinates to help adjust the elements. Born after a fever In the recovery period, because there are bitter medicines such as wormwood that nourish bile and appetite, nourish elemental fire, improving metabolism, chrysanthemum coordinates help adjust the elements, making the body return to normal faster.

The research report found that Hom Navakot increased the strength of the heart and slightly increased blood pressure, causing the small blood vessels that supply the brain to dilate and the amount of blood to the brain to increase. Hom Navakoth depresses the central nervous system, causing good sleep, reducing acid secretion, and inhibiting small bowel contractions. [4]. Wisdom heritage that has been scientifically proven. Sunthon Charoenont The Department of Diagnostic Pharmacy, Faculty of Pharmacy, Mahidol University, conducted a study on the effects of Hom Nawakot Pharmacopoeia and found that Hom Navakot extract has a more significant impact on the central nervous system than Hom Date Pharmacopoeia extract. Nawakot and date medicine extracts shorten the duration of the action of sleeping pills. Pentobarbital lasts longer and is extracted in 100, 300, 1,000, and 3,000 mg kilograms. It affects the central nervous system by having the activity of animal movements. In the Locomotor activity test, the Hom Date Pharmacopoeia extract did not have such activity, indicating that the Hom Navakot extract affects the system. The central part is more than the date fragrant medicine recipe extract. [5].

Effect of elixir recipes on sleep quality in older adults with insomnia. It was found that the elderly with insomnia Therefore, the elixir recipe can be used as an alternative treatment for insomnia in the elderly (Rosrin Jaiyen, Supalak Phakkam, Yongyut Watcharadul).

Based on the study of concepts, theories, and related research to guide research on the effectiveness of Thai pharmacopeia on insomnia. {The effect Ya-hom Navagoth (Thai Traditional Medicine) on insomnia symptoms]

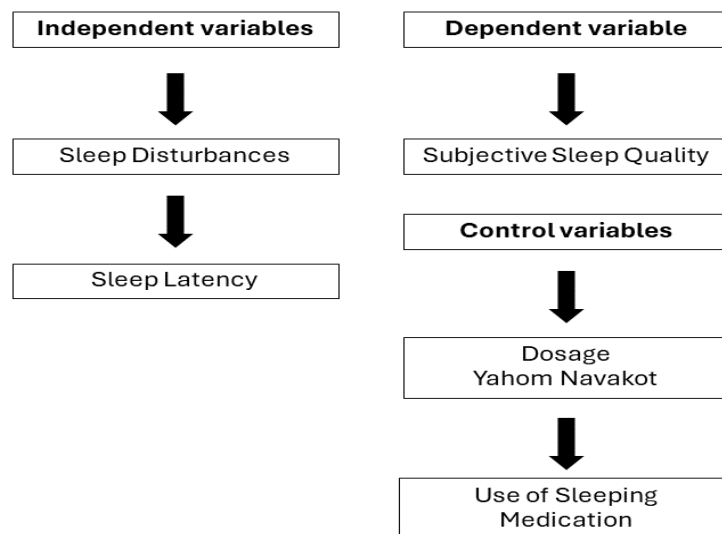


Figure 1 Research Conceptual Framework

RESEARCH METHODS

Step 1: Study information and procedures from relevant personnel to design a questionnaire, then propose the questionnaire to the management for review and suggestion.

Step 2: Select both male and female populations with insomnia aged between 20 and 60 in Suan Sunandha Rajabhat University, Dusit Sub-district. Dusit, Bangkok, has a PSQI (Pittsburgh Sleep Quality Index) score of more than five according to the University of Pittsburgh Sleep Quality Index (PSQI) criteria of 30 students.

Step 3: Thirty selected people were given three capsules of Hom Navakot daily (capsule No. 0 500 mg) at bedtime for seven days.

Step 4: A survey was conducted on 30 people who took three capsules of Hom Navakot daily (capsule No. 0 500 mg) at bedtime for 7 days.

Step 5: Analyze and calculate data collected from questionnaires using a set of statistics.

RESULTS

According to the respondents, there were 15 female personnel, representing 50%, and 15 males, representing 50%.

Table 1

o.	Gender	Num ber	Percen tage
	female	15	50
	male	15	50

15 people between 20-30 years old or 50% Age range 31-60 years 15 people 50%

Table 2

o.	Age	Num ber	Percen tage
	20-30 years	15	50
	31-60 year	15	50

15 students accounted for 50% University staff 15 students accounted for 50%

Table 3

o.	Occupation	Num ber	Percen tage
	student	15	50
	University staff	15	50

Single status 21 persons (70%) Marital status 9 persons (30%)

Table 4

o.	status	Num ber	Percen tage
	single	21	70
	marry	9	30

17 undergraduate students, accounting for 56.67%, postgraduate education 13 students, accounting for 43.33%

Table 5

o.	Level of education	Num ber	Percen tage
	Bachelor's degree	17	56.67
	Postgraduate	13	43.33

10 people exercised, accounting for 33.33%, and not exercising, 20 people did, accounting for 66.67%.

Table 6

o.	Exercise	Num ber	Percen tage
	exercise	10	33.33
	Not exercising	20	66.67

Twenty-seven people drank coffee, accounting for 90%, and three did not, accounting for 10%.

Table 7

o.	Drinking coffee	Num ber	Percen tage
	Drink coffee	27	90
	Don't drink coffee	3	10

Twenty-six people drank alcohol, accounting for 86.67%, and four people did not drink alcohol, accounting for 13.33%.

Table 8

o.	Drinking alcohol	Num ber	Percen tage
	Drinking alcohol	26	86.67
	Do not drink alcohol.	4	13.33

Two smokers accounted for 6.67%, non-smokers 28 people accounted for 93.33%.

Table 9

o.	smoking	Num ber	Percen tage
	smoke	2	6.67
	Non- smoking	28	93.33

Subjective sleep quality Before taking Hom Navakot, most people scored sleep quality at 3 points for 17 people. After taking Hom Navakot, most scored sleep quality at 1 point for 22 people, which is a lower score. Better sleep quality

Table 10

o.	Subjective sleep quality	Rating level value
	Sleep quality before taking Yahom Nawakoth	3
	Sleep quality after taking Yahom Nawakoth	1

Sleep latency before taking Hom Navakot was mainly rated at 3 points. Most students scored 2 points for sleep performance. Fifteen students who scored lower had better sleep performance.

Table 11

o.	Sleep latency	Rating level value
	Sleep quality before taking Yahom Nawakoth	3
	Sleep quality after taking Yahom Nawakoth	2

Sleep duration Before taking Hom Navakot, most scored 3 points for sleep duration. After taking Hom Navakot, most scored sleep time at 1 point. There were 20 students on a reduced score. Have a better sleep interval.

Table 12

o.	Sleep duration	Rating level value
	Sleep quality before taking Yahom Nawakoth	3
	Sleep quality after taking Yahom Nawakoth	1

Habitual sleep efficiency Before taking Hom Navakot, most scored 3 points on sleep behavior. And after taking Hom Navakot, most scored sleep behavior at 1 point. There were 20 students with a lower score. Have better sleep habits.

Table 13

o.	Habitual sleep efficiency	Rating level value
	Sleep quality before taking Yahom Nawakoth	3
	Sleep quality after taking Yahom Nawakoth	1

Sleep disturbance: Before taking Hom Navakot, most scored sleep disturbance at 2 points. After taking Hom Navakot, most scored sleep disturbances at 1 point. Twenty-three students scored lower. Sleep disturbances improve.

Table 14

o.	Sleep disturbance	Rating level value
	Sleep quality before taking Yahom Nawakoth	2
	Sleep quality after taking Yahom Nawakoth	1

Use of sleeping medication Before taking Hom Navakot, most people scored 1 and 2 points for sleeping pills. 9 people each. After taking Hom Navakot, all 30 subjects scored sleeping pills at 0, which is on a lower scale. The use of sleeping pills improves.

Table 15

o.	Use of sleeping medication	Rating level value
	Sleep quality before taking Yahom Nawakoth	1, 2
	Sleep quality after taking Yahom Nawakoth	0

Before taking Hom Navakot, most daytime dysfunction students scored 3 points for ineffective daytime work, and most scored 1 point for ineffective daytime work. There were 18 students who scored reduced. Improved daytime work.

Table 16

o.	Daytime dysfunction	Rating level value
	Sleep quality before taking Yahom Nawakoth	3
	Sleep quality after taking Yahom Nawakoth	1

The Global PSQI score before taking Hom Navakot mainly was scored on the overall sleep quality. 16-20 of 22 people with total average sleep quality score ($\bar{x} \pm SD$) = 15.93 ± 2.45 and after taking Hom Navakoth pills with total sleep quality score in the range of 6-10 for 17 people with a decrease in average sleep quality ($\bar{x} \pm SD$) = 6.17 ± 1.97 , which is within the lower score range. It has an overall score of better sleep quality.

Table 17

o.	Details	$\bar{x}$		SD
	Sleep quality before taking Yahom Nawakothh	1 5.93		2.4 5
	Sleep quality after taking Yahom Nawakothh	6. 17		1.9 7
Totals		1 1.05		2.2 1

DISCUSSION

Based on the hypothesis of studying the effectiveness of Thai Homnawakot medicine in improving sleep quality. In people with insomnia, It was found that the results of the comparison of sleep quality using the PSQI (Pittsburgh Sleep Quality Index) questionnaire of Pittsburgh University to measure sleep quality before and after the subjects who ate Hom Navakot showed a statistically significant difference with a decrease in the value of the sleep. This allowed subjects who could not sleep to fall asleep faster. Waking up in the middle of the night is less and less. Turn over, reduce it, and sleep more soundly. Spend less time sleeping again after waking up in the middle of the building. The duration of sleep is more

appropriate. Feeling refreshed after waking up from enough sleep Study on the effectiveness of Thai Pharmacopoeia Hom Navakot It improves sleep quality in people with insomnia, which is effective in today's society facing stress and insomnia problems in adolescents to the elderly. It improves health and quality of life, brightens the mind, has a positive attitude, and helps slow aging.

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