Article Side

Is There Any Effective Herbal Remedy for Insomnia?

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Insomnia or sleeplessness can be described as an underlying cause of disease. It can affect both men and women of all ages. As per the duration of symptoms, this health disorder is divided into different types. Chronic insomnia, short term insomnia and transient insomnia are three main types of insomnia. Symptoms shown by a person suffering from insomnia vary from one person to another. Common symptoms due to insomnia trouble include poor memory focus, impaired motor coordination, irritability and fatigue. Physical as well as psychological factors play significant roles in forming this health disorder. Parkinsonâ€™s disease, anxiety, stress and narcolepsy are some among the common causes leading way to insomnia. Following healthy lifestyle is one among the best remedial measures for insomnia troubles. Choosing herbal remedies helps in preventing insomnia with zero side effects on user.

Valerian, one among the commonly used herbal supplements is an effective herbal remedy for insomnia. Active compounds present in valerian act as mild sedative and provide good sleep. It is a perfect cure prescribed by health practitioners to cure insomnia due to nervous disorders like stress, anxiety and depression. Long term result with zero adverse action is the main health benefit of using this herbal supplement. Today you can easily get valerian from market in the form oftea powders and as capsules. Apart from curing insomnia troubles, this herbal supplement also helps in curing other health disorders like epileptic seizures and gastrointestinal spasms. In order to achieve satisfactory result, it is advised to intake valerian supplement consistently for two to five weeks duration.

Kava is an effective herbal remedy used for curing insomnia risks due to anxiety. Patients suffering from insomnia are advised to intake this herbal supplement as per the correct dosage level. If you need assistance in knowing about the correct dosage level, never hesitate to seek guidance from a health practitioner. Over intake of kava may induce health disorderslike liver failure in user. Kavalactones, a major compound present in kava induce fast asleep and cure user from insomnia problems.It affects the functioning of neurotransmitters, calms down nerve cells and prevents insomnia. Intake of this herbal supplement also helps in improving the mood stability of person and relieves nervous disorders like stress, anxiety and depression.

Chamomile tea is a safe and effective herbal remedy for insomnia. This herbal cure can be used by people of any age group. Dried leaves and flower parts of chamomile plant are mainly used for the preparation of tea powders. For attaining best result, it is recommended to intake chamomile tea atleast two to three times per day. Apart from drinking chamomile tea, body massaging with chamomile oil andusing chamomile tincture are other herbal remedies for insomnia troubles. Hops isanother safe herbal remedy for insomnia troubles. It calms down nerve cells and helps in relieving insomnia troubles due to nervousness. Patients suffering from insomnia are advised to drink a cup of hops tea thirty minutes before going to bed. Passion flower, lemon balm and lavender are other effective herbal remedies for insomnia.

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