



Asian countries commonly treat [insomnia](#) with [Chinese herbs](#) more affordably and without the side-effects associated with prescriptions. A study done in Taiwan showed patients complaining of insomnia were successfully treated with Chinese herbs. This study included 16,134 participants who received a total of 29,801 Chinese Herbal Medicine prescriptions. This large-scale study which used data assembled by the National Health Insurance of Taiwan, evaluated the frequency and patterns of Chinese herbs in treating insomnia. What's unusual about this study is not just the sheer numbers of participants but the amount of data collected.

The reason the study has such a large group of participants is simply because Taiwan has instituted a unique computerized data entry system as part of their health care system. Patients can choose to visit either a Western hospital or a Traditional Chinese Medicine hospital. All data from patient visits are recorded in a national computer data base. Because data is readily available in electronic form, large scale analysis is easy. Data in this study covers the course of one year. The numbers reflect the patients who, according to diagnostic codes for insomnia, were treated with Traditional Chinese Herbal Medicine in 2002.

Included in this data are the following:

- How many patients complained of insomnia, demographics on age, sex etc?
- How many patients were prescribed various Chinese herb formula combinations in packets? (herbal packets are the preferred delivery method of Chinese herbs in Taiwan hospitals and clinics.)
- How many patients were prescribed single Chinese herbs in packets?
- Which Chinese herb formula was the most prescribed?
- Which individual herbs were often added to the prescribed Chinese herbal medicine formula?

Conclusion:

The data concluded the most common individual Chinese herbs prescribed for insomnia were Polygonum multiflorum used 23.8% of the time, followed by Ziziphus spinosa (18.3%) and Poria cocos (13.3%). Suan Zao Ren Tan was the most commonly prescribed formula. It's no coincidence, these are the same Chinese herbal ingredients found in [I Sleep](#) from PacHerbs.