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Research Article

How Extensively is Herbal Medicine Used as a Therapy for Insomnia? A Bibliometric Study

Arman Yurisaldi Saleh[1]*, Dwi Arwandi Yogi Saputra[2], Riezky Valentina[3], Tirta Darmawan Susanto[4]

ABSTRACT

Introduction: This bibliometric study explores the use of herbal medicine as a treatment for insomnia, identifying trends and gaps in existing literature. It provides a comprehensive overview of the current state of research, guiding future efforts and improving care quality for insomnia patients. **Materials and methods:** This research aims to explore the evolution of scientific disciplines by finding and identifying trends, patterns and correlations in scientific texts related to certain topics. The focus of this study was on insomnia, therapy, and "herbal medicine" using both quantitative and qualitative analysis. **Results and discussion:** The study evaluates the use of herbal medicine for insomnia, finding a significant increase in publications but a lack of information on correct dosage. This highlights a gap in literature and calls for further research on dosage and methodological standards to improve its effectiveness.; and **Conclusions:** The study confirms the effectiveness of herbal medicine as an insomnia therapy, but highlights the need for further research on appropriate dosage for safer and more effective treatment. This research was conducted in January 2025.

Keywords: Carbamazepine, Topiramat, Riluzole, Antiepileptic, Neuroprotective, Bibliometric.

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INTRODUCTION

Insomnia is a prevalent sleep disorder that affects millions of people worldwide, leading to significant health and economic burdens(1). Despite the availability of various treatment options, many individuals turn to herbal medicine as a complementary or alternative therapy due to its perceived safety and natural origin.(2). However, the efficacy and safety of herbal medicine for insomnia remain uncertain, necessitating further research in this area(2). This bibliometric study aims to explore the extent to which herbal medicine is used as a therapy for insomnia and to identify trends and gaps in the existing literature.

The importance of this study lies in its potential to provide a comprehensive overview of the current state of research on herbal medicine for insomnia. By analyzing the bibliometric data, we can identify key research areas, influential authors, and institutions, as well as the most frequently cited articles. This information can help guide future research efforts and inform healthcare professionals and policymakers about the potential benefits and limitations of herbal medicine for insomnia.

Moreover, this study addresses a gap in the literature by focusing on herbal medicine for insomnia, a topic that has not been extensively explored in indexed Scopus documents(2). The findings of this study can contribute to the growing body of evidence on the use of herbal medicine for sleep disorders and help improve the quality of care for individuals suffering from insomnia.

In conclusion, this bibliometric study on the use of herbal medicine for insomnia is essential for advancing our understanding of this complementary therapy. By providing a comprehensive analysis of the existing literature, this study can help identify research priorities and inform future studies, ultimately contributing to better treatment options for individuals with insomnia.

MATERIALS AND METHODS

METHODS

Bibliometric research is a methodological approach that employs scientific publishing data to delineate and examine the evolution of a scientific discipline. This research seeks to find and delineate trends, patterns, and correlations within scientific texts pertaining to specific subjects. This research focuses on the subject of insomnia, therapy, and "herbal medicine". This study utilizes data from www.scopus.com, a prominent and reputable database for scientific articles. This research was executed in end of January 2025.

To carry out bibliometric research, the steps to follow are as follows:

1. Determine search keywords. In this research, the keywords used are focused herbal medicine as a therapy for insomnia. These keywords are entered into the search column on the www.scopus.com site by selecting the topic field (title, abstract, keywords).
2. Filter search results. In this study, Were not filtered.
3. Retrieve the data from the search results. This study involves the retrieval of search result data in three distinct formats, namely:

- CSV (comma-separated value), which contains basic information about the document, such as title, author, affiliation, year, source, abstract, and keywords.

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- RIS (research information system), which contains detailed information about a document, including the references cited by the document.

Data Collection

A search was conducted on the Scopus website using the specified terms, with the understanding that this platform encompasses research that is deemed to possess validity: TITLE – ABS – KEY (insomnia) AND TITLE – ABS – KEY (therapy) AND TITLE – ABS – KEY ("herbal medicine") are the titles of the products that are under consideration. Two hundred and eighty seven documents were received by us. We then save the document from Scopus in the form of a file with the extension.csv following this step.

Data Analysis

Both the Biblioshiny and Vosviewer software packages were utilised in the analysis process.

Quantitative Analysis

Documents by Year

Figure 1 indicates a rise in the number of documents, culminating in 41 papers by 2024. The earliest document dates back to 1990 and entitled A flower extract (Melbrosia®) in the treatment of climacteric complaints by Muller, W(3)., and the latest document in 2025 entitled Chinese herbal medicine for obstructive sleep apnoea: a systematic review with meta-analysis written Birling, Y., Wu, Y., Rahimi, M., Syringa oblata Lindl extract alleviated corticosterone-induced depression via the cAMP/PKA–CREB–BDNF pathway written by A., R.-H. et;., Pharmacological Effects and Mechanisms of Salviae Miltiorrhizae Radix et Rhizoma and Its Active Components in Treating Depression:A Review written by Huang, Z. , Wang, Z. , Li, Z. , Xu, E., Comparative efficacy and safety of Chinese patent medicines for primary insomnia: A systematic review and network meta-analysis of 109 randomized trials written by Ma, N. et al., Treatment of Menopausal Symptoms with Herbal Medicines: A Review written by Wal, P. , et al(4-8).

Most Relevant Sources

According to Figure 3. Medicine (United States) occupies the foremost position. : The journal Medicine (United States) has been indexed in Scopus since 1922. The latest SCImago Journal Rank (SJR) value for Medicine (United States) is 0.441. The journal is published by Lippincott Williams and Wilkins Ltd. The journal "Medicine (United States)" accepts manuscripts on a wide range of medical topics.

The second is Journal of Ethnopharmacology. The journal Journal of Ethnopharmacology has been indexed in Scopus since 1979. The latest SCImago Journal Rank (SJR) value for Journal of Ethnopharmacology is 0.936. The journal is published by Elsevier Ireland Ltd.

And next is Journal of Evidence-Based Complementary and Alternative Medicine. The journal Journal of Evidence-Based Complementary and Alternative Medicine has been indexed in Scopus since 1995. The latest SCImago Journal Rank (SJR) value for Journal of Evidence-Based Complementary and Alternative Medicine is 0.469. The journal is published by SAGE Publications Inc

Factorial map of the most cited documents

According to Figure 3, The most cited document Herbal Medicine in the United States: Review of Efficacy, Safety, and Regulation - Grand Rounds at University of California, San Francisco Medical Center written by Bent, Stephen. The document was published in the "Journal of General Internal Medicine. It was published in the year 2008. The document appears in Volume 23, pages 854-859(9).

The document reviews the efficacy, safety, and regulation of herbal medicine in the United States. It highlights the increasing popularity of herbal products, which are now used by approximately 20% of the population. Herbal products are complex mixtures of organic chemicals derived from various parts of plants, including leaves, stems, flowers, roots, and seeds. Under current law, herbs are classified as dietary supplements, allowing manufacturers to produce, sell, and market them without demonstrating safety and efficacy, unlike pharmaceutical drugs(9).

The review discusses the perception of herbs as "natural" and therefore safe, but notes that many side effects have been reported due to active ingredients, contaminants, or interactions with drugs. The document also points out the limited scientific evidence available to establish the safety and efficacy of most herbal products. Of the top 10 herbs, five (ginkgo, garlic, St. John's wort, soy, and kava) have scientific evidence suggesting efficacy, but concerns over safety and consideration of other medical therapies may influence the decision to use these products(9).

The conclusion emphasizes that herbal products are unlikely to become a significant alternative to standard medical therapies unless there are changes in regulation, standardization, and funding for research on these products(9).

Factorial Map Of The Documents With The Highest Contributes

In Figure 4, The most contributed manuscript based on title entitled Labor analgesia for the parturient with herbal medicines use: What does an obstetrician need to know? Written by Kuczkowski, K.M. The document was published in the Archives of Gynecology and Obstetrics. The document appears in Volume 274, pages 233-239(10).

The document reviews the use of herbal medicines during labor and their implications for labor analgesia. It highlights the widespread and increasing use of herbal medicines in the developed world, including during pregnancy. Herbal medicines encompass a wide range of substances, from home-made teas to medicinal substances approved by national regulatory bodies. The use of herbal self-therapy is common among pregnant women, with many consuming multiple agents simultaneously(10).

Despite the widespread use of herbal medicines, there has been surprisingly little research into their outcomes or potential risks during pregnancy. The document discusses the potential for herbal remedies to cause alterations in maternal hemodynamics (e.g., hypertension, tachycardia) and increased bleeding tendencies (e.g., spinal-epidural hematoma) during labor. It emphasizes the importance for obstetricians and obstetric anesthesiologists to be familiar with the effects of herbal medicines and to specifically inquire about their use during prenatal and preanesthetic assessments(10).

The review attempts to summarize current data on special considerations for labor analgesia in parturients using herbal medicines, including the effects of popular plant-derived products such as echinacea, garlic, ginseng, ginkgo biloba, St. John's Wort, ephedra, kava, valerian, and ginger(10).

Documents by Author

According to Figure 5. Here are 3 authors with the most writings. The first is the writing o Zhang, Anthonylin Lin with 5 documents. Next we write 5 documents by the author: Oral Chinese herbal medicine combined with donepezil for mild cognitive impairment: A systematic review and meta-analysis., Chinese Medicine Syndrome Differentiation for Early Breast Cancer: A Multicenter Prospective Clinical Study., Chinese herbal medicine for symptom management in cancer palliative care systematic review and meta-analysis., Updated clinical evidence of

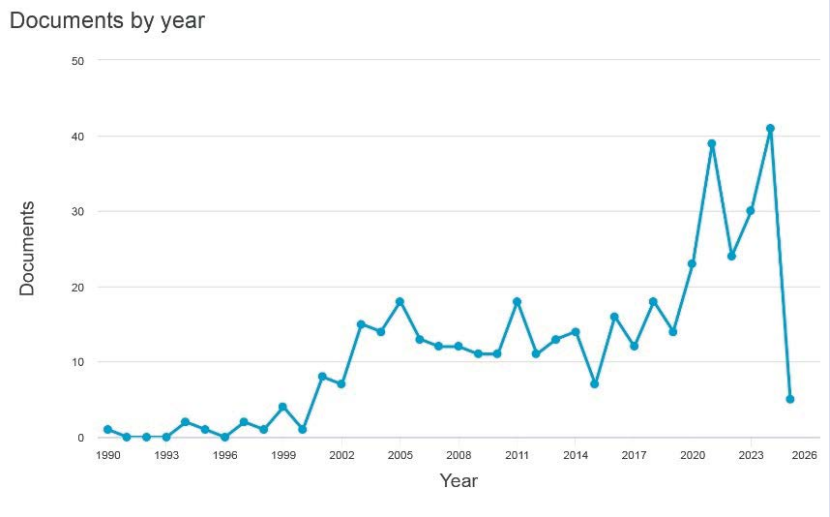

Figure 1. Documents by year

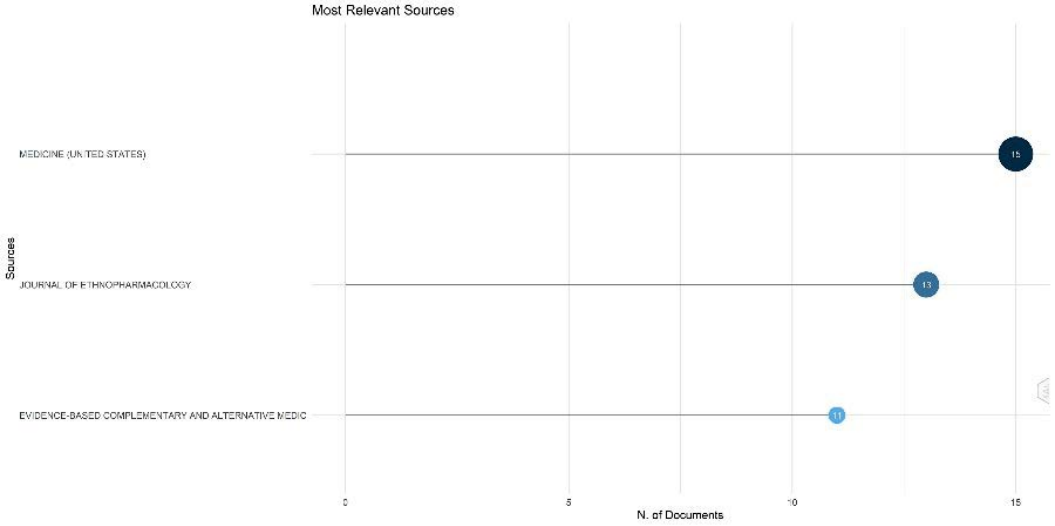

Figure 2. Most Relevant Sources

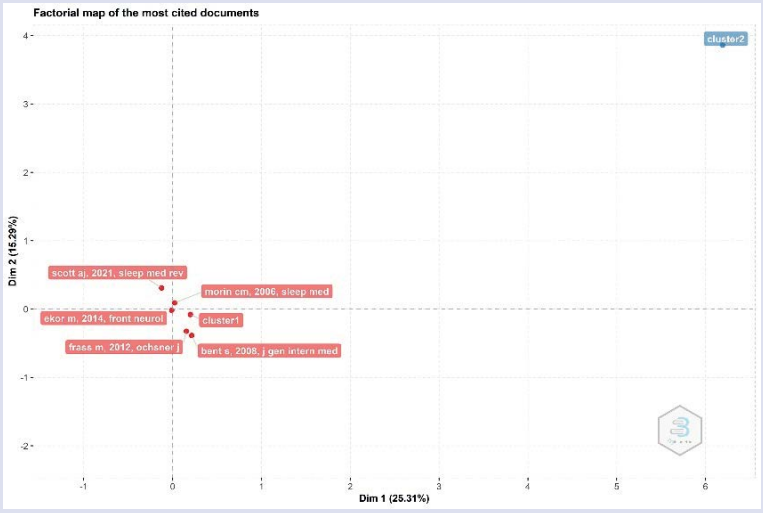

Figure 3. Factorial map of the most cited documents

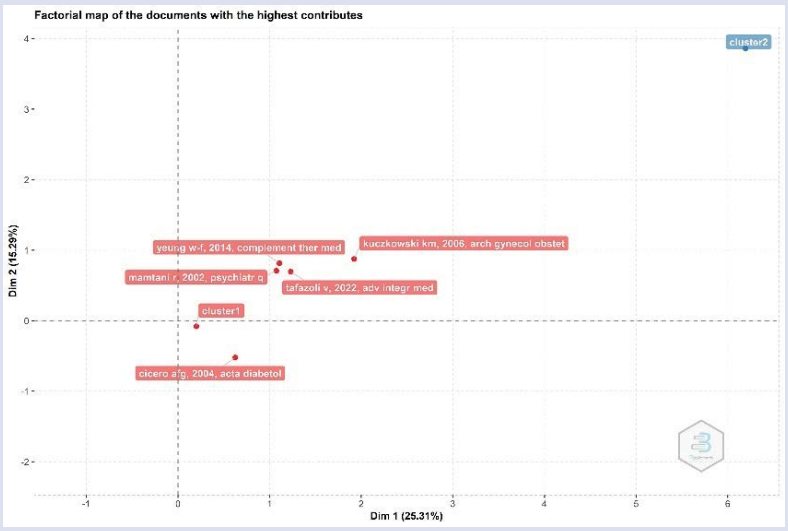

Figure 4. Factorial map of the documents with the highest contributes

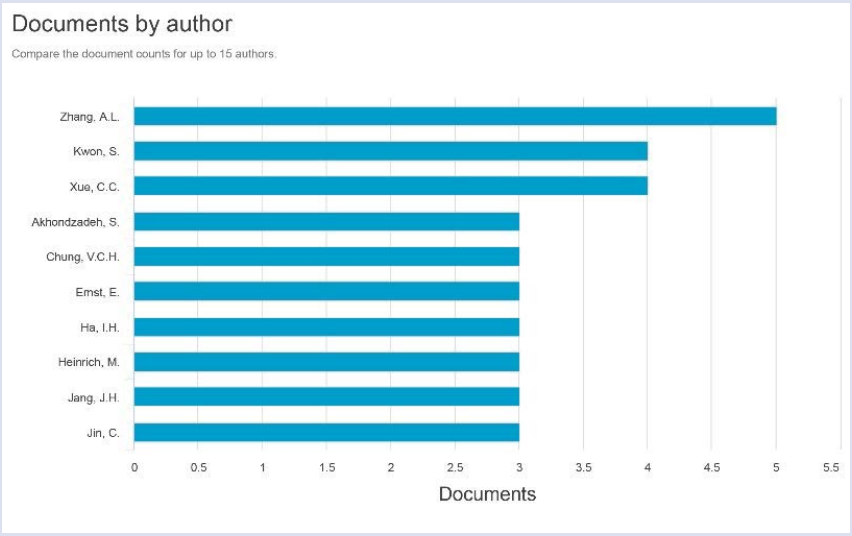

Figure 5. Documents by Author

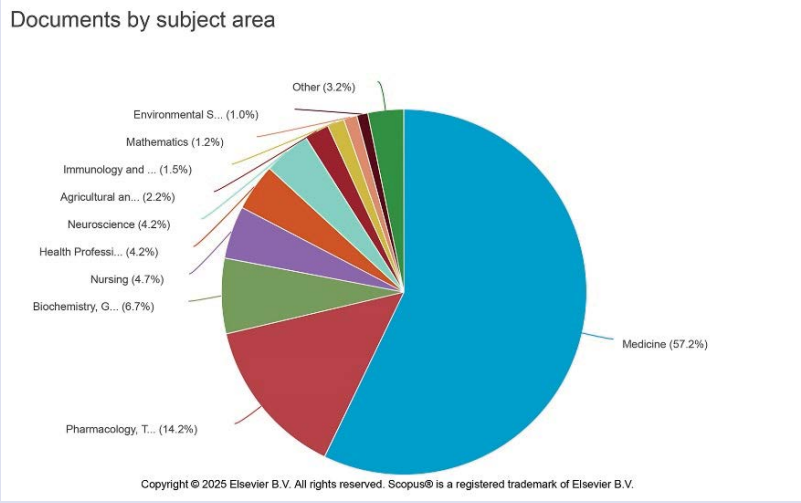

Figure 6. Documents by Subject Area

Chinese herbal medicine for insomnia: A systematic review and meta-analysis of randomized controlled trials., Oral Chinese herbal medicine combined with pharmacotherapy for stable COPD: A systematic review of effect on BODE index and six minute walk test(11-15).

Next there is the author Kwon, S.. with 4 documents, Here are some articles he wrote: Efficacy of Kami Guibi-tang as an Add-On Therapy to Acetylcholinesterase Inhibitor for Cognitive Function in Mild Alzheimer's Disease: A Pilot Study., Successful treatment of restless leg syndrome with the traditional herbal medicines Dangguijakyak-san and Shihogyeji-tang: A case report (CARE-compliant)., Haloperidol discontinuation in a herpes simplex encephalitis patient with atypical abnormal movements using the herbal medicine Ukgansan-gami: A case report., Influence of herbal complexes containing licorice on potassium levels: A retrospective study(16-19).

Next there is the author Xue, C.C.. with 4 documents, Here are some articles he wrote: Oral Chinese herbal medicine combined with donepezil for mild cognitive impairment: A systematic review and meta-analysis., Chinese Medicine Syndrome Differentiation for Early Breast Cancer: A Multicenter Prospective Clinical Study., Updated clinical evidence of Chinese herbal medicine for insomnia: A systematic review and meta-analysis of randomized controlled trials., Oral Chinese herbal medicine combined with pharmacotherapy for stable COPD: A systematic review of effect on BODE index and six minute walk test(11, 12, 14, 15).

Documents by Subject Area

According to Figure 7, The image is a pie chart titled "Documents by subject area." It shows the distribution of documents across various subject areas. The chart is divided into several segments, each representing a different subject area and its corresponding percentage of the total documents. Here are the details: Medicine: 57.2%, Pharmacology: 14.2%, Biochemistry: 6.7%, Nursing: 4.7%, Health Professions: 4.2%, Neuroscience: 4.2%, Agricultural and Biological Sciences: 2.2%, Immunology and Microbiology: 1.5%, Mathematics: 1.2%, Environmental Science: 1.0%, and Other: 3.2%

This chart provides a visual representation of the distribution of documents across different subject areas, highlighting the dominance of Medicine in this context. This information is useful for understanding research trends and the focus areas of academic publications.

Documents by affiliation

According to Figure 8, in first place, the producer of the most documents is affiliated with China Academy of Chinese Medical Sciences with 17 documents; next in second place is affiliated with Kyung Hee University with 14 documents; and next is the Beijing University of Chinese Medicine and Korea Institute of Oriental Medicine with 13 documents.

Network Visualization

Figure 9 indicates that the examined areas remain unassociated with other regions delineated by edges. The domain encompasses: hypericum, hypericum perforatum extract, acetylsalicylic acid, phenobarbital kava extract, theophylline, sabal extract, stroke, heart arrest, anaphylaxis, hyperthermia, cognitive therapy, tryptophan, opiate, citalopram, trazodone, omega 3 fatty acid, serotonin uptake inhibitor, ataxia, drug contraindication, alcohol, kava, stress, cimicifuga racemosa extract, cyanocobalamin, valerian, melatonin, sleep hygiene, hypnotic agent, actigraphy, sleep latency, estradiol, hot flash, severity of illness index, self-rating anxiety scale, parallel design, comparative study, clinical outcome, follow up, body weight, clinical article, prospective study, overall survival, aspartate aminotransferase blo, reactive protein, recurrence risk, loss of appetite, dyspnea, alopecia, cancer chemotherapy, antineoplastic agent, chinese drug, neoplasms, cancer prevention, elevated blood pressure, nausea and vomiting, abdominal pain, heart palpitation, ginger extract, drug use, duodenitis, bronchitis, epistaxis, urticarial, hepatitis, allergic reaction, heart infarction, angina pectoris, vertigo, tremor, sedation, sexual dysfunction, somnolence, antidepressant agent, sleep disorder, sleep initiation and maintenance, sleep, child, preschool, adolescent, lifestyle, pathophysiology, symptom, practice guideline, treatment, psychological assessment, behavior therapy, sleep agents, sleep disorder.

Overlay Visualization of Scopus, Database Using Vosviewer

According to Figure 11. In the overlay visualization, it appears that the keywords that are being researched a lot approaching 2020 are the parts colored yellow, namely sleep initiation and maintenance, sleep, sleep latency, severity of illness index, hot flashes, comparative study, self-rating anxiety scale, parallel design, follow up, clinical outcome, clinical article, prospective study, overall survival.

Density Visualization

As illustrated in Figure 12. In the visual circulation density, it appears that the part that is already saturated with research is yellow, while the part that is not yet saturated is slightly yellow and dominantly green, namely keywords : Valerian, sedation, sexual dysfunction, hypericum perforatum extract, tremor, vertigo, ginseng extract, hypertension, bleeding, ginger extract, diarrhea, abdominal pain, heart palpitation, fever, dyspnea, chinese medicine, chinese drug, antineoplastic agent, buspirone, tryptophan, opiate, citalopram, trazodone, omega 3 fatty acid, serotonin uptake inhibitor, atonia, hypericum, drug contraindication, alcohol, kava, stress, irritability, heart arrhythmia, acetylsalicylic acid, naproxen, phenobarbital, kava extract, seizure, theophylline, coma, sabal extract, diuresis, stroke, heart infarction, drug use, ulcer, antihemoboycit agent, hepatitis, heart arrest, allergic reaction, anaphylaxis, bronchitis, cognitive therapy, psychological assessment, behavior therapy, antidepressives agents, melatonin, chamomile, progesterone, treatment, hypnotic agent, actimetry, antidepressant agent, somnolence, practice guideline, symptom, acupuncture, anxiety, emotional disorder, sleep disorder, chronic disease, pathophysiology, lifestyle, adolescent, cyanocobalamin, sleep, child, preschool, estradiol, sleep latency, clinical trial, headache, lethargy, unindexed drug, nausea and vomiting, dyspepsia, rheumatoid arthritis, epistaxis, elevated blood pressure, cancer chemotherapy, neoplasm, neoplasms, cancer radiotherapy, cancer prevention, cancer outcome, loss of appetite, chronic obstructive lung disease, aspirate aminotransferase blo, c reactive protein, recurrence risk, alopecia, doxorubicin, fluorouracil, clinical article, prospective study, follow up, iran, parallel design, body weight, palliative care, plant leaf, tea, Rosemary, Faintness, Alkaloid, common cold, angina pectoris, gastritis, asthma.

Thematic Map

According to Figure 13, On the thematic map based on the title, the following is an explanation for each keyword in each quadrant in the thematic map resulting from bibliometric. Here is an explanation of the meaning of each quadrant in the thematic map and examples of document titles relevant to keywords in each quadrant.

Niche Themes

Premenstrual syndrome: Refers to a group of symptoms that occur in women, typically between ovulation and a period. Example document title: "Management of Premenstrual Syndrome with Herbal Remedies. CAM (Complementary and Alternative Medicine): A group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. Example document title: "The Role of CAM in Modern Healthcare. TCM (Traditional Chinese Medicine): A broad range of medicine practices

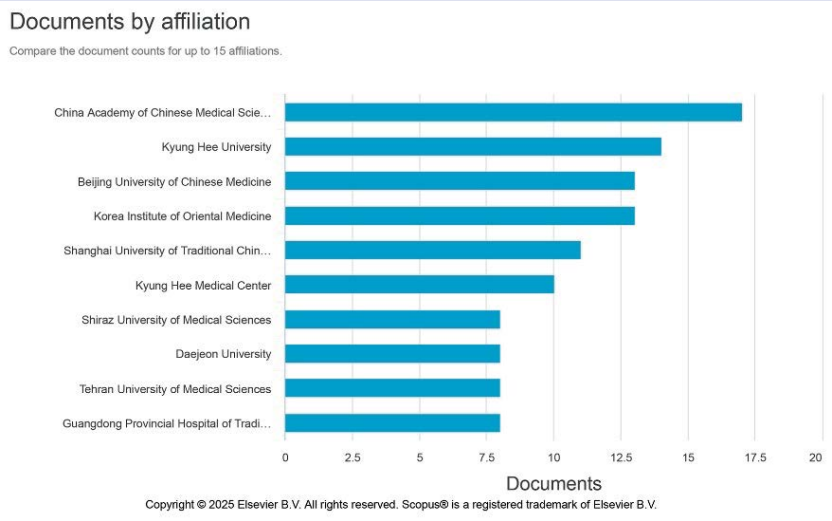

Figure 7. Documents by affiliation

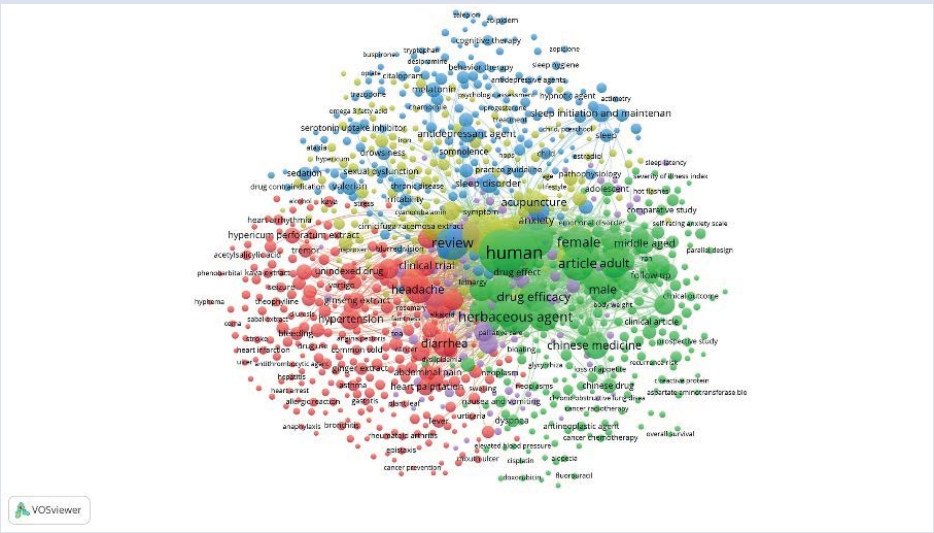

Figure 8. Network Visualization

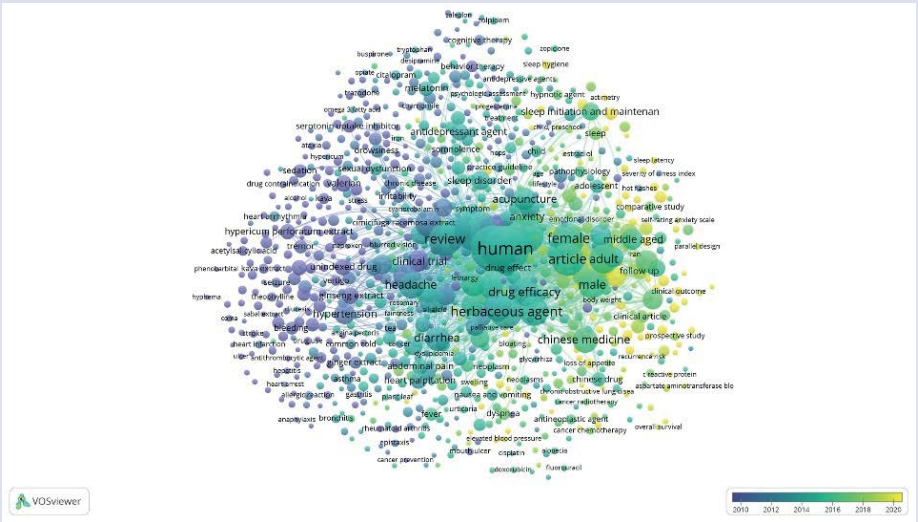

Figure 9. Overlay visualization of scopus, database using Vosviewer

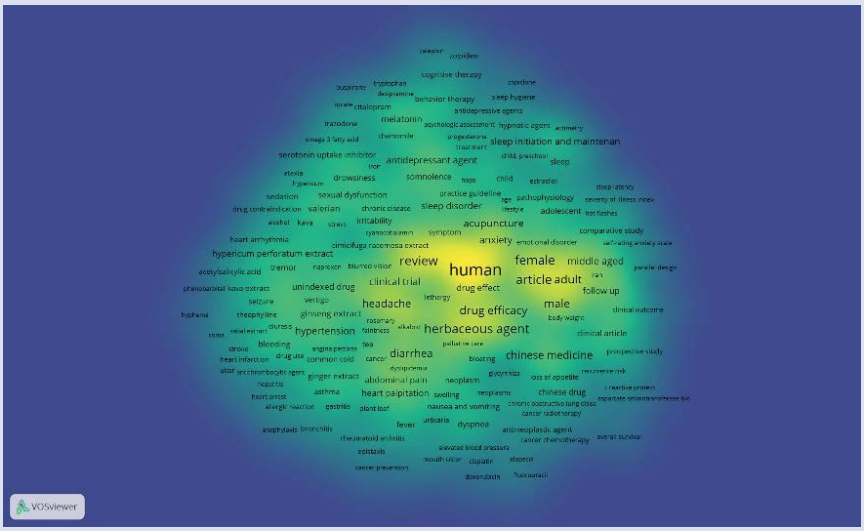

Figure 10. Density visualization

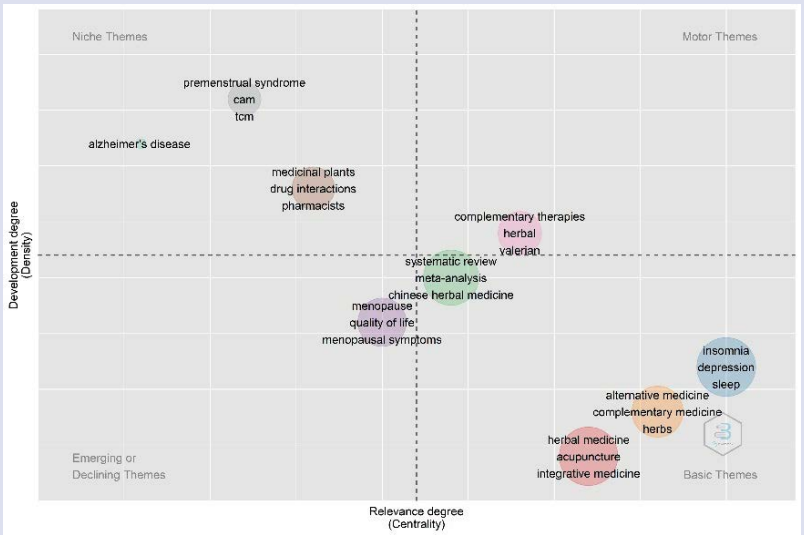

Figure 11. Thematic map

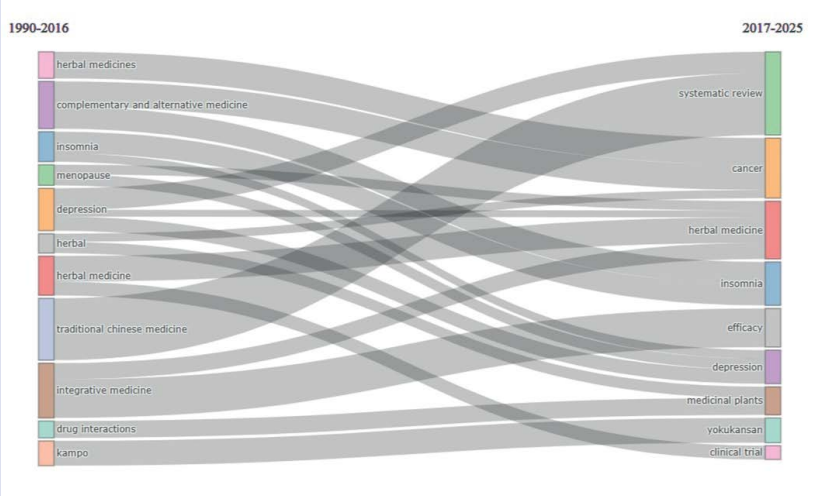

Figure 12. Thematic Evolution

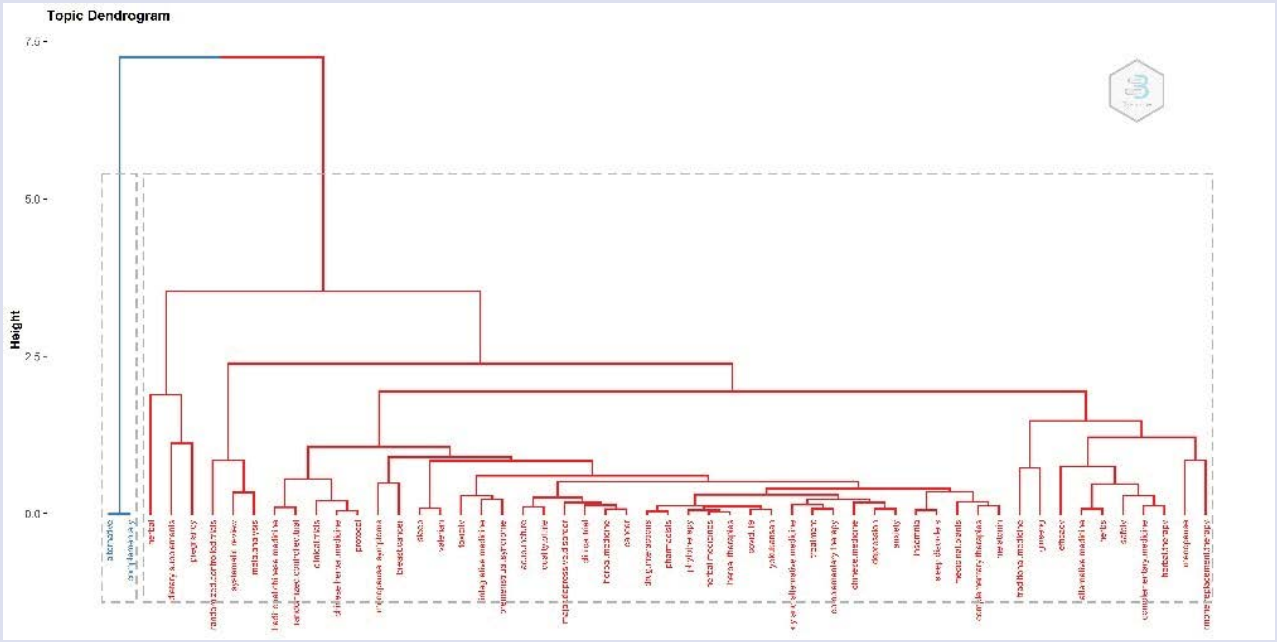

Figure 13. Dendogram

Tabel 1. Qualitative analysis of Insomnia disorders treated in research.

No.	Insomnia disorders treated in research	Reference no
	The study does not address any insomnia disorders. It specifically focuses on obstructive sleep apnoea (OSA).	(7)
	This study focuses on using ZDX extract to treat depression-related insomnia and other symptoms.	(8)
	The research addresses insomnia due to depression syndrome and blood stasis.	(6)
	The research addresses primary insomnia treated with Chinese patent medicines.	(5)
	The research addresses insomnia related to menopausal symptoms.	(4)
	The research addresses insomnia related to cancer treatment complications.	(20)
	The research addresses insomnia related to mild cognitive impairment (MCI).	(11)
	The research addresses insomnia related to depression, anxiety, and OTC medication use.	(21)
	The research addresses insomnia related to sleep paralysis as described in Persian medicine.	(22)
	The research addresses insomnia related to periodontitis and its systemic complications.	(23)
	The research addresses insomnia related to menopause-like syndrome (MLS) caused by hypoestrogenism from endocrine therapy in breast cancer patients.	(24)
	The research addresses insomnia related to sleep deprivation (SD) using the Banxia–Xiakucao Chinese herb pair (BXHP).	(25)
	The research addresses insomnia related to cardiotonic effects and safety of Crataegus-containing products.	(26)
	The research addresses insomnia related to depression, anxiety, and the use of herbal medicines.	(27)
	The research addresses insomnia related to symptom management during chemotherapy in children with cancer.	(28)
	The research addresses insomnia related to anxiety and sleep efficiency using Withania somnifera.	(29)
	The research addresses insomnia related to immune inflammatory disorders treated with acupuncture and Chinese herbal medicine.	(30)
	The research addresses insomnia related to mental health issues treated with medicinal plants in the MEA region.	(31)
	The research addresses insomnia related to PTSD-like behaviors treated with Cheonwangbosimdan (CWBSD).	(32)
	The research addresses insomnia related to post-COVID-19 syndrome and adjustment disorder (AD) treated with an integrative personalized medicine care (IPMC) approach.	(33)
	The research addresses insomnia related to stroke patients treated with Chinese herbal medicine (CHM) and acupuncture.	(34)
	The research addresses insomnia related to innovative sleep-aid intervention using Traditional Chinese Medicine (TCM) microneedle patches.	(35)
	The research addresses insomnia related to postoperative nausea and vomiting (PONV) after laparoscopic surgery treated with herbal medicines.	(36)
	The research addresses insomnia related to cancer patients and survivors using Cognitive-Behavioral Therapy for Insomnia (CBT-I).	(37)
	The research addresses insomnia related to alopecia areata (AA) treated with a combination of East Asian herbal medicine (EAHM) and steroid therapy (ST).	(38)
	The research addresses insomnia related to post-chemoradiotherapy leukopenia treated with Acupuncture-Moxibustion Therapy (AMT).	(39)
	The research addresses insomnia related to various herbal remedies acting on the central nervous system.	(40)
	The research addresses insomnia related to palliative care, integrative oncology (IO), and training programs for nurses.	(41)
	The research addresses insomnia related to Major Depressive Disorder (MDD) in women treated with Yukwool-tang (YWT).	(42)

The research addresses insomnia related to intranasal herbal medicines for CNS access and treatment of various diseases.	(43)
The research addresses insomnia related to behavioral insomnia in children under 6 years of age treated primarily with behavioral therapy.	(44)
The research addresses insomnia related to Traditional Chinese Medicine (TCM) treatments and the need for high-quality clinical investigations.	(45)
The research addresses insomnia related to minor CNS disorders treated with herbal medicines prescribed and dispensed by patients and herbalists.	(46)
The research addresses insomnia related to the use of acupuncture and herbal medicine (AHM) in various healthcare settings.	(47)
The research addresses insomnia related to treatment satisfaction among psoriasis patients, influenced by various factors and treatment options.	(48)
The research addresses insomnia related to advanced non-small cell lung cancer (NSCLC) treated with a combination of HAD-B1 and Afatinib.	(49)
The research addresses insomnia related to managing inflammatory bowel disease (IBD) with herbal bioactives.	(50)
The research addresses insomnia related to premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD).	(51)
The research addresses primary insomnia (PI) treated with Zao Ren An Shen (ZRAS) prescription.	(52)
The research addresses insomnia related to postoperative lung cancer patients treated with Chinese herbal medicine and Liuzijue exercise	(53)
The study addresses insomnia related to sleep disturbance treated with integrative group visits involving acupuncture, mind-body therapies, and herbal medicine.	(54)
The study focuses on insomnia related to the treatment of endometriosis symptoms.	(55)
The study investigates the treatment of insomnia in primary ovarian insufficiency (POI).	(56)
The study reviews the treatment of insomnia during menopause.	(57)
The study investigates the treatment of insomnia related to psychological behavior-boosting properties of Juncus decipiens.	(58)
The study focuses on the treatment of insomnia related to the symptoms of hypothyroidism (HTH) with Chinese Herbal Medicine (CHM) combined with Western Medicine (WM)	(59)
The study focuses on the treatment of insomnia related to irritable bowel syndrome-diarrhea predominant (IBS-D).	(60)
The study focuses on the treatment of insomnia related to cancer-related fatigue (CRF) in oncology patients using Traditional Chinese Medicine (TCM).	(61)
The study focuses on the treatment of insomnia related to chronic insomnia in adults using various therapies and medications.	(62)
The study focuses on the treatment of insomnia related to COVID-19 home isolation.	(63)
The study focuses on the treatment of insomnia related to perimenopausal insomnia (PMI) using acupuncture combined with traditional Chinese medicine.	(64)
The study investigates the treatment of insomnia related to sexual function disorders using phytoestrogens and non-phytoestrogens medicinal plants.	(65)
The study focuses on the treatment of insomnia related to viral myocarditis (VMC) with Chinese herbal medicine (CHM).	(66)
The study focuses on the treatment of insomnia related to allergic rhinitis (AR) using decoction herbal medicine (D-HM).	(67)
The study focuses on the treatment of insomnia related to the adverse effects of green tea.	(68)
The study focuses on the treatment of insomnia related to various clinical-intervention methods analyzed for effectiveness.	(69)
The study investigates the treatment of insomnia related to fatigue management using ginseng and ginseng herbal formulas.	(70)
The study focuses on the treatment of insomnia related to neurotransmitter system interactions.	(71)
The study focuses on the treatment of insomnia related to disaster survivors using Korean medicine (KM) protocols.	(72)
The study focuses on the treatment of insomnia related to systolic heart failure (HF) using Aloe vera gel (AVG).	(73)
The study mentions insomnia associated with "altered social functioning, pain, and financial difficulties."	(74)
The study targets "menopause-related insomnia due to hormone deficiency and serotonin imbalance."	(75)
The study targets "ADHD-related insomnia in children using East Asian Herbal Medicine."	(76)
The study targets "insomnia in children using prolonged-release melatonin treatment."	(76)
The study targets "febrile seizure-related insomnia in infants and young children."	(77)
The study focuses on non-pharmacological treatment methods for chronic insomnia.	(78)
The study addresses insomnia symptoms linked with anxiety and depression in hypertensive patients.	(79)
The study does not focus on treating insomnia; it addresses major depressive disorder (MDD).	(80)
This study does not address insomnia; it focuses on functional dyspepsia treatment.	(81)
The study focuses on insomnia as a common comorbidity in migraine patients.	(82)
This study does not focus on insomnia; it explores treatments for endometriosis-associated pain (EAP).	(83)
The study investigates Suanzaoren's short-term effectiveness for insomnia and sleep disturbances.	(84)
This study does not focus on insomnia; it evaluates herbal medicine based on syndrome differentiation for Parkinson's disease treatment.	(85)
The study addresses insomnia and nervousness as conditions treated by Kami Guibi-tang (KGT) in patients with mild Alzheimer's disease.	(16)
The study does not focus on insomnia; it explores the efficacy of processed rhubarb for treating hot flashes in postmenopausal women.	(86)
This study does not focus on insomnia; it reviews treatments for postmenopausal symptoms associated with estrogen deficiency.	(87)
Insomnia disorder treated with pharmacopuncture and acupuncture for effectiveness comparison.	(88)
CAM use among haemodialysis patients; prevalent herbal medicines and Calabar chalk	(89)
GBH granules' efficacy and safety for major depressive disorder tested.	(90)
Zhuang medicine herbal-thread moxibustion therapy effectively treats suboptimal health status insomnia	(91)
CAM therapies show potential for managing breast cancer treatment side effects	(92)
Herbal medicines show promise for OCD treatment, need further research.	(93)

Polygonatum sibiricum alleviates menopause symptoms without causing endometrial hyperplasia.	(94)
Saffron shows promise for depression, macular degeneration, asthma; needs confirmation	(95)
Herbal foods have potential as alternative therapies for constipation treatment.	(96)
Study standardizes CM syndromes in breast cancer treatment across stages	(12)
Herbal medicines may regulate HPA axis, improve PTSD symptoms and treatment.	(97)
TCM widely assessed for PSSDs; clinical studies indicate potential benefits.	(98)
Revising Rauwolfia serpentina's use for insomnia due to mixed findings	(99)
Zufa syrup shows no significant effect on mild COVID-19 symptoms.	(100)
Insomnia treatments include CBT, pharmacotherapy, herbal supplements, and orexin antagonists	(101)
The study focuses on herbal treatment for COVID-19 related insomnia	(102)
The study provides a Delphi consensus on IBS management in Belgium.	(103)
The review updates insomnia classification, causes, diagnosis, and treatments.	(104)
The article introduces Persian medicine and its holistic approach.	(105)
The study explores Yi-Gan-San's effect on Alzheimer's disease in fly models.	(106)
The study focuses on insomnia treatment related to ischemic stroke patients.	(107)
The study investigates insomnia treatment with ATRA and LD-RTX in ITP patients.	(108)
The study evaluates hypertension-related insomnia treatment with Chinese herbal medicine.	(109)
The study examines herbal treatments for anxiety and insomnia in Italy.	(110)
The study reviews insomnia treatment involving psychotropic medications and anesthesia.	(111)
The study links improved sleep to better mental health outcomes.	(112)
The study focuses on insomnia treatment with complementary and alternative therapies (CAT)	(113)
The study investigates Acupoint Herbal Patching (AHP) for treating Functional Dyspepsia (FD).	(114)
The study reviews insomnia treatments in Alzheimer's disease patients.	(115)
The study evaluates insomnia treatment with traditional herbal medicine in cancer patients.	(116)
The study examines insomnia treatment for post-schizophrenia depressive disorder patients.	(117)
The study compares favipiravir and Arbidol for COVID-19 treatment.	(118)
The study focuses on comorbid insomnia and obstructive sleep apnea (COMISA).	(119)
The study investigates insomnia treatment for metastatic colorectal cancer patients.	(120)
The study explores herbal treatment for chronic persistent insomnia.	(17)
The study explores herbal treatment for insomnia in pregnant women.	(121)
The study explores insomnia treatment during methadone to buprenorphine switch.	(122)
The study reviews plant-based therapies for treating insomnia and anxiety.	(123)
The study investigates herbal treatment for hyperthyroidism-related insomnia.	(124)
The study investigates insomnia treatment with non-pharmacologic approaches.	(125)
The study focuses on insomnia treatment in food allergy and eczema.	(126)
The study investigates insomnia treatment in dyspepsia patients.	(127)
The study evaluates insomnia treatment for idiopathic membranous nephropathy (IMN).	(128)
The study investigates insomnia treatment in fibromyalgia patients.	(129)
The case report discusses acute liver injury due to herbal supplements.	(130)
The study describes herbal treatment for insomnia using essential oils.	(131)
The study evaluates herbal medicine for psychological sequelae in COVID-19 survivors.	(132)
The study evaluates herbal treatment for insomnia in colon cancer patients.	(133)
The research addresses insomnia treated with herbal and alternative therapies.	(134)
The research doesn't address insomnia; it focuses on hepatocellular carcinoma treatment.	(135)
The research does not mention or address insomnia; it focuses on controlling COVID-19 through the activation of the cholinergic anti-inflammatory pathway (CAP).	(136)
The research focuses on sleep disorders treated with Chinese herbal medicine (CHM) and its impact on dementia risk.	(137)
The research covers insomnia related to cancer treatment, using TCM therapies.	(138)
The study details the treatment of insomnia caused by Alzheimer's disease.	(139)
The study focuses on neuroactive botanicals for treating insomnia.	(140)
The study details insomnia related to hemodialysis in patients with end-stage renal disease.	(141)
This study focuses on insomnia symptoms among prostate cancer (PCa) patients.	(142)
This study focuses on insomnia related to menopausal transition in pre-menopausal women.	(143)
This review discusses insomnia treatment through alternative medicine, such as Ayurveda, homeopathy, acupuncture, and herbal medicine.	(144)
This study focuses on treating insomnia with herbal remedies in South Vietnam.	(145)
This review discusses insomnia treatment through herbal medicine for patients with Behçet's disease.	(146)
This study discusses insomnia related to menopausal symptoms treated with traditional Chinese medicine (TCM).	(147)
This study discusses insomnia in the context of treating ulcerative colitis (UC) with Kushen-based traditional Chinese medicine (TCM) formulations.	(148)
This study discusses insomnia in the context of treating COVID-19 with Traditional Chinese Medicine (TCM), specifically the maxingshigan-weijing decoction.	(149)

This study focuses on insomnia treatment using medicinal plants in the Autonomous Community of Madrid, Spain.	(150)
This study reviews the efficacy and safety of Chaihu Longgu Muli decoction (CLMD) for treating insomnia.	(151)
This study assesses the benefits and risks of using herbal medicines as adjuvant treatment for COVID-19, including insomnia.	(152)
This study discusses insomnia in the context of treating COVID-19 with Xuanfei Baidu Decoction (XBD) combined with conventional medicine.	(153)
This study discusses the treatment of insomnia in the context of breast cancer using a combination of Traditional Chinese Medicine (TCM) and Western medicine.	(154)
This case study discusses the treatment of insomnia using Ukgansan-gami, an herbal medicine, in a patient with herpes simplex encephalitis.	(18)
This study evaluates the treatment of insomnia in post-percutaneous coronary intervention (PCI) patients with Chinese herbal medicines (CHMs).	(155)
This study reviews the effectiveness and safety of Traditional Chinese herbal bath therapy for treating insomnia.	(156)
This study focuses on insomnia treatment in children and adolescents with Autism Spectrum Disorders (ASD) using non-pharmacological interventions, over-the-counter drugs, and nutritional supplements.	(157)
This study reviews the treatment of insomnia using Danggui Liuhuang (DLH) decoctions for menopausal symptoms.	(158)
This study discusses insomnia treatment using Qigong practices.	(159)
This study evaluates the treatment of insomnia using Zao Ren An Shen (ZRAS), a Chinese herbal medicine formula.	(160)
This review discusses insomnia treatment in the context of using medicinal herbs for cardiovascular diseases (CVDs).	(161)
This study evaluates the treatment of insomnia in the context of coronary heart disease (CHD) complicated with anxiety, using Chinese herbal medicines (CHMs).	(162)
This study evaluates the treatment of insomnia using Chinese herbal medicine for patients with acute exacerbation of chronic obstructive pulmonary disease (AECOPD).	(163)
This review discusses the management of menopausal and postmenopausal syndromes using pharmaceutical interventions and herbal/complementary remedies for treating insomnia.	(164)
This review elaborates on insomnia in the context of managing COVID-19 using the Unani system of medicine. It highlights traditional preventive measures such as isolation, fumigation, and dietary restrictions.	(165)
The study focuses on insomnia related to mild to moderate depression.	(166)
The study focuses on insomnia related to interstitial cystitis/bladder pain syndrome (IC/BPS).	(167)
The study focuses on insomnia in cancer patients treated with Cheonwangbosimdan.	(168)
The study focuses on insomnia treated with Complementary and Alternative Medicine (CAM).	(169)
The study focuses on insomnia in cancer palliative care using Chinese medicine.	(170)
Insomnia types: Chronic insomnia treated with benzodiazepines, non-drug therapies like CBT, antihistamines.	(171)
The study focuses on insomnia in hypertensive elderly using herbal medicine.	(172)
The study focuses on insomnia treatment using CAM products recommended by pharmacists.	(173)
The study focuses on insomnia in children with Autism Spectrum Disorder (ASD) treated with UGSJB.	(174)
Insomnia type: Insomnia in older adults with subjective cognitive impairment (SCI) treated with supplements.	(175)
The study focuses on insomnia related to menopausal syndrome treated with Erxian decoction.	(176)
The study focuses on insomnia in children with ADHD treated with Crocus sativus.	(177)
The study focuses on insomnia treated with lotus plumule, specifically using neferine.	(178)
Insomnia type: Moderate to severe insomnia in diabetic peripheral neuropathy patients treated with Huangqi Guizhi Wuwu Decoction.	(179)
Insomnia type: Insomnia in children with neurosis, night crying, irritability treated with yokukansan (YKS).	(180)
Insomnia type: Insomnia treated with natural compounds from the Lamiaceae (mint) family for allergic diseases.	(181)
Insomnia type: Insomnia associated with psychiatric diseases like depression, anxiety, schizophrenia treated with diet modifications.	(182)
Insomnia type: Insomnia in cancer patients treated with Chinese Medicine (CM) therapies including herbal treatments and acupuncture.	(183)
The study focuses on insomnia treated with Melissa officinalis and Nepeta menthoides.	(184)
Insomnia type: Insomnia related to preventing type 2 diabetes mellitus (T2DM) using Coptidis Rhizoma-contained traditional formulae.	(185)
Insomnia type: Insomnia related to livedoid vasculopathy (LV) treated with Haechungtang (HC).	(186)
The study focuses on insomnia treated with CAMs during breastfeeding.	(187)
Insomnia type: Insomnia in Myasthenia Gravis (MG) patients treated with Chinese herbal medicines (CHMs).	(188)
Insomnia type: Insomnia treated with herbal preparations, baths, and teas used in Candomble practices.	(189)
Insomnia type: Insomnia related to acute asthma treated with PingchuanYiqi (PCYQ) granule.	(190)
The study focuses on insomnia in Parkinson's disease (PD) patients treated with Yokukansan (YKS) and Yokukansankachimpihange (YKSCH).	(191)
The study focuses on insomnia in adult cancer patients treated with traditional Chinese medicine (TCM).	(192)
The study focuses on insomnia in neurosis and anxiety disorders treated with yokukansan in combination with fluvoxamine.	(193)
The study focuses on insomnia in liver cancer patients treated with herbal medicine (HM).	(194)
The study focuses on insomnia in patients with ischemic stroke treated with Dengzhan Shenmai (DZSM) capsule.	(195)
The study focuses on insomnia treated with cancer-preventive effects of Chinese herbal medicine (CHM).	(196)
Insomnia type: Insomnia treated by Korean medical general practitioners (KMGPs) and Korean medical neuropsychiatry specialists (KMNPSs) using therapies such as acupuncture and herbal decoctions.	(197)
Insomnia type: Insomnia related to cancer-related symptoms treated with Complementary and Alternative Medicine (CAM).	(197)

The study focuses on insomnia in Parkinson's disease (PD) patients treated with Yokukansan (YKS).	(198)
Insomnia type: Insomnia in arthritis patients treated with herbal medicines and novel formulations.	(199)
Insomnia type: Insomnia in patients with mood-related disorders treated with complementary and alternative medicine (CAM) and herbal drugs.	(200)
The study focuses on insomnia treated with excitement transfer therapy involving cluster needling and sliding-cupping.	(201)
The study focuses on insomnia in pregnant women treated with herbal therapy.	(202)
The study focuses on insomnia in Parkinson's disease (PD) patients treated with the Chinese herbal formula SQJZ.	(203)
The study focuses on insomnia in patients using weight-loss complementary medicines (WLCMs) like garcinia, green tea, and chromium.	(204)
The study focuses on insomnia in multiple sclerosis (MS) patients treated with medicinal plants.	(205)
Insomnia type: Insomnia in children and adolescents with ADHD treated with pharmacological, psychological, and complementary and alternative medicine interventions.	(206)
Insomnia type: Insomnia related to mood, emotional, or mental health concerns treated with integrative medicine.	(207)
Insomnia type: Insomnia related to cancer treatment, addressed with integrative oncology including nutrition, supplements, herbal medicine, mind-body practices, and more.	(208)
Insomnia type: Insomnia in fibromyalgia (FM) patients treated with complementary and alternative medicine (CAM).	(209)
Insomnia type: Insomnia treated with green tea catechins in patients with high-grade prostate intraepithelial neoplasia (HG-PIN).	(210)
Insomnia type: Insomnia in non-small-cell lung carcinoma patients treated with Traditional Chinese Medicine (TCM).	(211)
Insomnia type: Insomnia in patients with immune thrombocytopenic purpura (ITP) treated with traditional Korean herbal medicines (TKM).	(212)
Insomnia related to antipsychotic-induced hyperprolactinemia in schizophrenic women	(213)
Insomnia related to menopausal symptoms in middle-aged and older women	(214)
Genetic, neurophysiological, neuroendocrine, neuroimmunological, and neuroimaging-associated acute and chronic insomnia	(215)
Insomnia in the elderly due to coexisting medical and psychosocial conditions	(216)
Comparing Nepeta menthoides extract with sertraline in treating major depression	(217)
Treating pediatric insomnia in children and adolescents with behavioral techniques.	(218)
Minimal insomnia side effects from Ganoderma lucidum in cancer patients.	(219)
The study examines plant-based therapies for menopausal symptoms, specifically hot flashes, night sweats, and vaginal dryness	(220)
This research is focused on treating tic disorders, not insomnia.	(221)
The study is about neuroferritinopathy, not insomnia. No insomnia treatment mentioned.	(222)
Insomnia treatment through acupuncture and related therapies in cancer patients.	(223)
This study reviews herbal therapy's efficacy in reducing inflammation in experimental colitis.	(224)
This study does not address insomnia; it focuses on breast cancer treatment.	(225)
Study evaluates Chaihuguizhiganjiang-suanzaoren granule's efficacy for primary insomnia.	(226)
No specific insomnia treatment is mentioned in the study you provided. The focus is on evaluating Chinese herbal medicine for menopausal symptoms.	(227)
This study evaluates Chinese herbal medicines for cancer-related symptoms; insomnia was not a focus.	(13)
Treatment of primary insomnia using Chinese herbal medicine (CHM) in this study.	(14)
The study focuses on herbal pharmacology for treating depression, anxiety, and insomnia.	(228)
This study addresses the treatment of headaches with Chuanxiong Chadiao Powder (CXCP), not insomnia.	(229)
The review focuses on the safety and efficacy of herbal medicines for obesity management.	(230)
Integrative approach using sleep hygiene, relaxation techniques, and herbal medicine for insomnia.	(231)
The study explores Melissa officinalis extract's effect on heart palpitations, anxiety, and insomnia.	(232)
Treating insomnia with empirical Chinese Medicine herbal formula adjustments.	(233)
Study on complementary and alternative medicine (CAM) use for insomnia in Hong Kong.	(234)
Systematic review of traditional plants for neuroendocrinological diseases related to HPA and HPG axes.	(235)
This study focuses on the effects of Chinese herbal medicine for chronic obstructive pulmonary disease (COPD), not insomnia.	(15)
The focus is on alternative therapies for insomnia, including melatonin, valerian, and acupuncture.	(236)
The study does not specifically address insomnia treatment details. It focuses on the safety and toxicity of herbal medicinal products.	(237)
The study does not mention insomnia treatment; it focuses on PMS/PMDD with acupuncture and herbal medicine.	(238)
The study addresses incidental, short-term, and chronic insomnia treatments.	(239)
The study addresses incidental, short-term, and chronic insomnia treatments.	(239)
The study focuses on Chinese herbal medicine (CHM) for depression, not insomnia.	(240)
The study focuses on the influence of licorice-containing herbal complexes on potassium levels, not on insomnia treatment.	(19)
Insomnia related to chronic conditions in pediatric headache patients.	(241)
The study assesses Zhengtian Pill's efficacy for migraine prophylaxis, not insomnia treatment.	(242)
The study focuses on insomnia treatment using herbal medicine in Traditional Persian Medicine.	(243)
Insomnia addressed via drug targets, focusing on receptors' structural properties to reduce side effects.	(244)
The study does not specifically address insomnia treatment; it focuses on the effects of acupuncture (AP) and Chinese herbal medicine (CHM) on hot flushes and quality of life in postmenopausal women.	(245)
The study does not focus on treating insomnia, but on the recurrence of pelvic endometriosis with Chinese and Western medicine.	(246)
The study focuses on complementary and alternative medicine (CAM) for cancer patients, with no specific insomnia treatment mentioned.	(247)

Insomnia treated by concurrent use of Chinese herbal products with hypnotics.	(248)
The study does not detail the type of insomnia treated. It focuses on anticonvulsant and sedative activities.	(249)
The study focuses on using Rhus verniciflua Stokes extract for maintenance therapy in advanced NSCLC patients, not on insomnia.	(250)
This study focuses on insomnia in breast cancer patients treated with CAM.	(251)
The study does not specify a particular type of insomnia treated. It focuses on Ayurveda in traditional medicine.	(252)
The study addresses systemic lupus erythematosus, not insomnia.	(253)
The study focuses on allergic rhinitis, not on any specific type of insomnia treatment.	(254)
The study does not specify a particular type of insomnia treated. It focuses on pharmacovigilance in herbal and traditional medicines.	(255)
The study discusses medicinal extracts of saffron, passionflower, valerian, and sage for mental health, not a specific type of insomnia.	(256)
Insomnia with psychological symptoms treated using Kami-shoyo-san herbal formula.	(257)
Primary insomnia treated by Chinese herbal medicine using various prescriptions.	(258)
The study addresses the nationwide clinical use of Kampo medicines for controlling cancer-related symptoms. It does not focus on insomnia treatment.	(259)
The study does not detail the specific type of insomnia treated. It focuses on nocturnal eating/drinking syndrome and restless legs syndrome improvement with Yi-Gan San.	(260)
The study does not specify the type of insomnia treated. It evaluates Chinese herbal medicine as adjunct therapy for Parkinson's disease.	(261)
The study focuses on pediatric palliative care for managing pain and symptoms, including insomnia.	(262)
The study does not specify a particular type of insomnia treated. It focuses on herb-drug interactions and botanical compounds' role in cancer treatment.	(263)
The study does not detail a specific type of insomnia treated. It focuses on adverse events from complementary and alternative medicine.	(264)
The study does not detail any specific type of insomnia treated. It focuses on the clinical approach to Chinese dietary therapy (CDT).	(265)
The study discusses insomnia treatment using CAM in general population and medical personnel.	(266)
The study focuses on insomnia experienced by cancer survivors using CAM therapies.	(267)
Insomnia in pregnant women treated with herbal therapy by midwives.	(268)
The study addresses insomnia as part of integrative mental health treatments.	(269)
The study does not specify a particular type of insomnia treated. It focuses on CAM for ADHD.	(270)
The study does not specify a particular type of insomnia treated. It focuses on ethnobotanicals for memory and cognitive functions in dementia.	(271)
Insomnia in premenstrual syndrome treated effectively with herbal drugs.	(272)
Insomnia, among other sleep disorders, described in multiple sclerosis patients.	(273)
The study does not detail a specific type of insomnia treated. It focuses on the use of CAM by people with epilepsy.	(274)
Insomnia treatment using effective herbal combinations identified through data mining.	(275)
The study does not detail a specific type of insomnia treated. It focuses on herbs and dietary supplements for epilepsy treatment.	(276)
The study does not detail a specific type of insomnia treated.	(277)
Insomnia in mood disorders treated with CAM techniques, including herbal remedies.	(278)
The study does not specify a particular type of insomnia treated.	(279)
Insomnia treated with kava (Piper methysticum).	(280)
The study does not specify a particular type of insomnia treated. It focuses on treatments and therapies for Alzheimer's disease.	(281)
The study examines chronic insomnia treated using various CAM interventions like acupressure, tai chi, yoga, acupuncture, and herbal medicines.	(282)
The study does not specify a particular type of insomnia treated.	(283-287)

sharing common concepts which have been developed in China and are based on a tradition of more than 2,000 years. Example document title: "Efficacy of TCM in Treating Chronic Diseases." Alzheimer's disease: A progressive disease that destroys memory and other important mental functions. Example document title: "Herbal Interventions in Alzheimer's Disease Management."

Motor Themes

Complementary therapies: Treatments that are used along with standard medical treatments but are not considered by themselves to be standard treatments. Example document title: "The Impact of Complementary Therapies on Cancer Treatment." Herbal: Relating to or made from herbs, especially those used in cooking and medicine. Example document title: "Herbal Supplements and Their Role in Modern Medicine." Valerian: A herb used as a remedy for various ailments, particularly sleep disorders. Example document title: "The Use of Valerian Root in Treating Insomnia."

Emerging or Declining Themes

Basic Themes

Insomnia: Persistent problems falling and staying asleep. Example document title: "Herbal Remedies for Insomnia: A Systematic Review." Depression: A mood disorder that causes a persistent feeling of sadness and loss of interest. Example document title: "The Role of Herbal Medicine in Managing Depression." Sleep: A naturally recurring state of mind and body, characterized by altered consciousness. Example document title: "Improving Sleep Quality with Herbal Medicine." Alternative medicine: Any of a range of medical therapies that are not regarded as orthodox by the medical profession. Example document title: "The Growing Popularity of Alternative Medicine." Complementary medicine: Treatments that are used along with standard medical treatments. Example document title: "Complementary Medicine in the Treatment of Chronic Pain." Herbs: Plants with savory or aromatic properties that are used for flavoring and garnishing food, medicinal

purposes, or for fragrances. Example document title: "Medicinal Herbs and Their Uses." Herbal medicine: The study or practice of the medicinal and therapeutic use of plants. Example document title: "Herbal Medicine: An Overview of Its History and Applications." Acupuncture: A system of complementary medicine that involves pricking the skin or tissues with needles. Example document title: "The Effectiveness of Acupuncture in Pain Management." Integrative medicine: A healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. Example document title: "Integrative Medicine: Combining Conventional and Alternative Approaches."

Central Area

Systematic review: A type of literature review that collects and critically analyzes multiple research studies or papers. Example document title: "Systematic Review of Herbal Medicine Efficacy." Meta-analysis: A statistical analysis that combines the results of multiple scientific studies. Example document title: "Meta-Analysis of Herbal Treatments for Anxiety." Chinese herbal medicine: The use of herbs originating from China for medicinal purposes. Example document title: "Chinese Herbal Medicine in Modern Healthcare." Menopause: The time that marks the end of a woman's menstrual cycles. Example document title: "Herbal Treatments for Menopausal Symptoms." Quality of life: The general well-being of individuals and societies. Example document title: "Impact of Herbal Medicine on Quality of Life in Chronic Illness." Menopausal symptoms: Symptoms experienced by women going through menopause. Example document title: "Managing Menopausal Symptoms with Herbal Medicine." Medicinal plants: Plants used for medicinal purposes. Example document title: "The Role of Medicinal Plants in Modern Medicine." Drug interactions: A situation in which a substance affects the activity of a drug when both are administered together. Example document title: "Herbal Medicine and Drug Interactions: Safety Considerations." Pharmacists: Healthcare professionals who specialize in the safe and effective use of medications. Example document title: "The Role of Pharmacists in Integrative Medicine."

Thematic Evolution

According to Figure 14, There was an evolution of changes in themes in research in 1990–2016 with the keywords herbal medicines, complementary and alternative medicine, insomnia, menopause, depression, herbal, herbal medicine, traditional Chinese medicine, integrative medicine, drug interactions, kampo. The theme then changed in 2017-2025 to systematic review, cancer, herbal medicine, insomnia, efficacy, depression, medicinal plants, yokukansan, clinical trial.

Topic Dendogram

According to Figure 15. There are 2 large clusters According to keywords. There are 2 clusters of blue and red.

RESULTS AND DISCUSSION

This study evaluates the use of herbal medicine as a therapy for insomnia based on data from the SCOPUS website. The results of the quantitative analysis showed a significant increase in the number of publications related to the use of herbal medicine for insomnia, although only a few mentioned the correct dosage. This indicates a gap in the literature that needs to be addressed to understand the potential effectiveness of herbal medicine as a whole.

Qualitative analysis found several types of herbal medicine that are often used in this study. Although many studies show positive results related to the use of herbal medicine, the lack of information on the correct dosage is an obstacle to practical application. The use of inappropriate doses can reduce the effectiveness of therapy and potentially cause side effects.

Historically, herbal medicine has been used in various cultures to treat insomnia because it is considered more natural and has fewer side effects than chemical drugs. However, without clear guidelines on dosage, its use is still prone to uncertainty.

There is an urgent need for further research that focuses on determining the correct dosage of herbal medicine. More in-depth research on effective dosages can help strengthen scientific evidence and provide solid, evidence-based recommendations.

In addition, variations in research methods and differences in the populations studied are also factors that influence the results of studies on herbal medicine. Consistent methodological standards are needed to obtain more reliable and widely applicable results.

CONCLUSIONS

Overall, this study confirms that herbal medicine is a popular therapy for insomnia, but information on appropriate dosage is still limited. Further research focusing on appropriate dosage could help strengthen the scientific evidence and promote safer and more effective treatment practices.

The results of this study provide valuable insights into the use of herbal medicine as a therapy for insomnia. While there is evidence to support its effectiveness, there is still much work to be done to ensure its use is based on strong scientific evidence and appropriate dosage.

More in-depth and detailed research on appropriate dosage of herbal medicine is expected to improve the safety and effectiveness of this therapy for treating insomnia.

DATA AVAILABILITY STATEMENT

No Data Associated with this manuscript.

SOFTWARE AVAILABILITY

VOSviewer software is an open-access tool that can be used as a cost-effective method for any scientometric analysis Biblioshiny is a web-based interface of the bibliometrix package in R, used for comprehensive bibliometric analysis.

AUTHOR CONTRIBUTION

AYS conducts research, gathers data, performs statistical analysis, and produces discussions and conclusions, TDS, RV and DAYS editing.

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