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Does Melissa Tea Cause Dependence? A Case Report

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Abstract

Melissa officinalis L. (sweet balm, lemon balm) is a medical and aromatic plant which is a member of lamiaceae family. It is used for benefit from its hypnotic, sedative and spasmolytic effects by people in traditional medicine¹⁵. It is mostly sold in combination with other herbs, such as Valeriana officinalis and especially used for their calming or sedative effects¹⁶. Some studies reported balm oil has anti-diabetic and antioxidant properties³. Although several reports have been published on Melissa officinalis, there is no reported information, to our knowledge, regarding the dependence effect of this plant. In this report, a case is discussed melissa officinalis's dependency effect and deprivation symptoms after stop.

Biography

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