



## Effectiveness of Saiko-ka-ryukotsu-borei-to (TJ-12) on Insomnia with autonomic symptoms

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### ABSTRACT:

**Objectives:** The purpose of this study was to investigate the effectiveness of the Saiko-ka-ryukotsu-borei-to (TJ-12) on insomnia with autonomic symptoms.

**Methods:** We reviewed the electronic medical records of patients who came to the Department of Korean Internal Medicine, Stroke and Neurological Disorders Center, Kyung Hee University Hospital at Gangdong from December 2014 to April 2016. We compared patients' primary insomnia scores derived from before and after the administration of TJ-12. We also investigated other accompanying autonomic symptoms including hot flushes, heart discomfort, and anxiety related to sleep problems.

**Results:** The average insomnia scores of the 28 patients significantly decreased from  $2.96 \pm 1.04$  to  $1.18 \pm 1.09$  after treatment with TJ-12. Symptoms of hot flushes, heart discomfort, and anxiety also significantly improved



### Biography:

Mar.1984.- Feb.1990.	Bachelor Degree, Oriental Medicine, Kyung Hee University
Mar.1990.- Feb.1992.	Master's Degree of Oriental Internal Medicine, Kyung Hee University
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### Publications:

1. Exploiting the potential of Sudanese sorghum landraces in biofortification: physicochemical quality of sorghum landraces (*Sorghum bicolor* L. Moench) grain.
2. Aggregate and heterogeneous sectoral growth effects of foreign direct investment in Egypt.
3. Extracts of the green algae *Ulva prolifera* possess antioxidant and antibacterial activities in vitro.
4. NATURAL MICROFLORA AND CHARACTER OF MIGRATION OF NATURAL PHOSPHORUS COMPOUNDS.
5. Behaviour in Pakistan of some local wheat varieties to loose smut.

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