

PROPERTIES OF THE DRUG DORMIKIND

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Abstract. Dormikind – specially created for correction of sleep disorders in infants and young children. . Insufficient or poor sleep quality in children may have a major impact on the whole family. Homeopathy may offer a safe treatment option. In an open, multicenter, randomized, controlled trial the effectiveness of the homeopathic complex medication ZinCyp-3-02 (Dormikind®: cypripedium pubescens D4, magnesium carbonicum D10 and zincum valerianicum D12) was investigated in pediatric sleep disorders Sleep is an important component of our health, and it is especially important for children. Babies are grow, rest and store energy for exploring the world when sleeping. Duration and quality of sleep depends on the age, health and emotional state of the child. According to statistics, sleep disorders in children – a problem of many parents. If a babe does not fall asleep for a long time, has restless sleep during the day, often wakes up at night, then Dormikind can help to deal with the situation.

Keywords: sleep disorders, Dormikind, magnesium carbonicum D10, homeopathic complex medication ZinCyp

The article is devoted to a critical theme: sleep disorders in children. An open, prospective, randomized, comparative, controlled observational study was performed in the representative group of 114 patients aged 6 months to 2.5 years with sleep and sleep initiation disorders, where 64 patients received treatment with Dormikind and 50 patients received behavioral therapy for 28 days. It was reliably proved that sleep initiation reduced by 1.7 times and reached 26.2 ± 4.8 (95% CI, 25.0-27.4) minutes in the main group. The number of children sleeping on hands dropped by 8.7 times and by 2 times in the parents' bed in the main group, according to Brief Infant Sleep Questionnaire scale, in the control group the same characteristics changed by 1.1, 1.3 and 1.5 times, correspondingly, and sleep initiation reached 33.4 ± 2.9 (95% CI, 32.6-34.2), U-criteria, $U=742.5$ ($p < 0.001$). The number of patients rocked to sleep in their own beds increased by 3.2 times (vs. 1.2 times in the control group) on the background of treatment with Dormikind. Sleep problems occur frequently in children, with a prevalence of approximately 30 to 50% [1, 2]. The most common types of sleep problems in children are difficulties falling asleep (e.g., bedtime problems) and difficulties maintaining sleep (e.g., night time waking) [2]. Inadequate sleep in children may have a negative impact on their cognitive development, mood regulation,

attention, behavior, and quality of life [3]. Not only are children affected, but also parents and caregivers are affected in their wellbeing and daily working activities because of sleep deprivation [4]. Therefore, there is an urgent need to identify and treat sleep disorders in children. Current management strategies for sleep disorders start with educating parents about sleep hygiene and adequate sleep routines [5]. Other behavioral therapies, such as cognitive behavioral therapy, have also shown to improve sleep quality in young children [6]. When sleep hygiene and behavioral interventions fail to have an effect, pharmacologic treatment with, for example, antihistaminic agents, alpha-agonists, or benzodiazepines may be considered [7]. It should be emphasized that these drugs are often used off-label, as there exist no approved drugs for treating sleep disorders in children [2, 7]. But a randomized placebo-controlled trial demonstrated that the antihistaminic drug diphenhydramine was not more effective than placebo in the treatment of sleep disorders in infants [8]. Furthermore, these drugs should be prescribed with caution for children, as they are associated with a risk of side effects such as daytime sedation, dizziness, change in behavior, memory deficits, and paradoxical hyperactivity [2, 7]. Since pharmacologic treatment strategies for insomnia are limited, parents may seek other, natural products to meet the medical needs of their children.

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