

# Evaluation of a polyherbal combination HCE-10 in sleeping disorders

Sir,

Good, natural sleep of at least 8 h is essential for the growth of children. If they do not get sufficient sleep, children tend to remain listless, cranky and irritable throughout the day. There are many studies that show that, in the long run, the overall intelligence, IQ and performance at studies is negatively affected if a child is deprived of good sleep over a period of time. In today's environment, children are exposed to a lot of stress-causing stimuli such as television, peer pressure, etc., further aggravated by situations at home such as parental violence, divorces, abuse etc. These lead to a lot of mental disturbance for the child and may cause disturbed sleep in the initial stages, which, if not treated, may lead to more serious repercussions on the child's mental as well as physical development.

HCE-10 is a comprehensive polyherbal combination (formulated by Herbaceutics Enterprises) of four effective natural ingredients: *Convolvulus pluricaulis*, *Withania somnifera*, *Nardostachys jatamansi* and *Myristica fragrans*, which have a distinct action on insomnia or disturbed sleep and mental fatigue. It is a complete formula that helps relieve stress, relax muscles and get a peaceful sleep, serving as a nerve tonic. None of the ingredients is known to cause dependence, lethargy or daytime drowsiness.

The present study was conducted in children of different age groups (pre-school or 3–6 years and school going or 6–12 years, both) suffering from lack of sleep – as described by their parents. The parents of these children also described additional symptoms such as attention deficit, bed wetting, hyperactivity and hyperirritability, loss of appetite and disturbed sleep. Therefore, the criteria of evaluation comprised of various sleep-related and other systemic symptoms. This is a common belief that, in children, if the pattern of sleep improves, all other symptoms could also be controlled and thus the general health could improve. A predesigned case record form (CRF) was utilized to record the details. Patients were advised to take HCE-10 (comprehensive polyherbal combination formulated by Herbaceutics Enterprises) 2.5–5 ml at bedtime (pre-school group or 3–6 years) and 5–10 ml at bedtime (school going group or 6–12 years).

The clinical symptoms like relief in sleeplessness/quality of sleep, relief in disturbed sleep, relief in bed wetting, relief in hyperactivity, relief in hyperirritability and relief in appetite loss and general health were assessed initially and on the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> weeks in 12 cases of the pre-school group and in 18 cases

**Table 1: Studies in 30 patients shows no. of complain among pre-school or 3–6 years and school going or 6–12 years, both**

Age Group	No. of complain			
	GR	MR	PR	Total
<b>Relief in sleeplessness/Quality of sleep</b>				
3–6 years	6	5	1	12
6–12 years	13	3	2	18
<b>Relief in disturbed sleep</b>				
3–6 years	4	0	0	4
6–12 years	10	4	0	14
<b>Relief in bed wetting</b>				
3–6 years	2	1	0	3
6–12 years	4	0	0	4
<b>Relief in hyperactivity</b>				
3–6 years	1	0	0	1
6–12 years	5	3	0	8
<b>Relief in hyperirritability</b>				
3–6 years	5	0	0	5
6–12 years	4	1	0	5
<b>Relief in appetite loss and general health</b>				
3–6 years	4	1	0	5
6–12 years	6	2	1	9

GR – Good relief (80–100%); MR – Moderate relief (60–80%); PR – Poor relief (below 60%)

of the school going group. After treatment (3<sup>rd</sup> week), results of clinical evaluation were shown in Table 1 for all 30 cases.

The above result shows that while the herbs used in HCE-10 ensure proper rest at night and help control the troubles caused by lack of sleep in children, they also contribute to good physical and mental health by improving their mental temperament and appetite/digestion.

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