

Emotional Stabilization Through Homeopathic Medication

Neurexan reduces the psychological strain of stress

In a randomized, placebo-controlled double-blind study, neurophysiological methods were used to determine the effects of Neurexan on patients' psychophysiological condition. The administration of Neurexan was found to help them to cope better with acute stress situations.

The homeopathic combination medication Neurexan consists of the components passionflower (*Passiflora incarnata*), oats (*Avena sativa*), caffeine (*Coffea arabica*), and zinc salts (*Zincum isovalerianicum*) in homeopathic dosages. The literature contains a number of references to the tension-relieving, anxiolytic properties of the passionflower.

Exposure to a stressful situation

To investigate the effect of Neurexan during mental strain, a total of 30 persons took part in a study in which a stress situation was created. To assess their clinical condition, initial and final examinations were performed in which, in addition to a standardized clinical case history and a physical examination, an ECG

was recorded, blood and urine samples were taken, and an alcohol test was performed.

The healthy male and female volunteers, who were between 30 and 60 years of age, underwent a test in which they had to solve mathematical problems. If they solved the problems well, volunteers received a reward (increase in volunteer remuneration); if they did badly, they received a "punishment" (loss of remuneration). During the study, either active medication or a placebo was used in a single dose of 4 tablets in each case. EEGs of the study participants were recorded. The recordings were repeated hourly until four hours after the administration of the tablets.

It is assumed that different emotional moods are shown by statistically significant changes in the electrical activity of the brain. Six frequency ranges (delta, theta, alpha, alpha 2, beta 1, and beta 2) were therefore defined for the analysis of the quantitative EEG and color-coded. Sharp rises in the beta waves are observed mainly during cognitive tasks and powerful emotional events such

as the mentally stressful situations that were part of the study design. During the study there was a clear reduction in spectral output in the beta frequency band in the Neurexan group. After just one hour, a significant difference was seen between the Neurexan group and the placebo group, which intensified in the second and third hours. The reduced rise in the beta waves is a sign of the lesser subjective strain in the active medication group and is evidence of emotional stabilization.

The test substances were very well tolerated. In a few cases the volunteers complained of tiredness.

Conclusion

The single dose of 4 tablets of Neurexan produces statistically significant changes in electrical brain activity compared to placebo. This is interpreted as evidence of a more balanced mood, which makes it possible to cope better with psychological strain in stressful situations without mental functions being impaired. ■



The passionflower (Passiflora incarnata) has anxiolytic properties and is used for the treatment of nervousness and insomnia.

Reference:

Dimpfel W. Psychophysiological effects of Neurexan® on stress-induced electroencephalograms. A double-blind, randomized, placebo-controlled study in human volunteers. Paper presented at: 2nd World Conference of Stress; August 23-26, 2007; Budapest, Hungary.