

Documentation on Amazon Herbs

Formula: Calmazon

Statement

Calmazon assists our bodies to relieve stress naturally. It produces a calming effect by assisting the body's natural processes and supporting the nutritional needs of the nervous system.

Documentation

1. Effect of Inhalation of Chamomile Oil Vapor on Plasma ACTH Level in Ovariectomized Rat Under Restriction Stress. *Biol Pharm Bull* 19 (9) 1244-46, 1996.

"Chamomile causes sedative, hypnotic, analgesic and anti-inflammatory actions in humans and strengthens the immune system. The inhalation of chamomile oil vapor decreased restriction stress-induced increases in plasma ACTH level in ovariectomized rats that was blocked by pretreatment with flumazenil."

2. Neurotropic Action of the Hydroalcoholic Extract of *Melissa officinalis* in the Mouse by R. Soulimani et al. *Planta Med* 57 (1991) 105-109.

Sedative properties of *Melissa officinalis* have been confirmed for low doses by the decrease of behavioral parameters measured. With high doses, a peripheral analgesic activity was obtained by reducing the acetic acid-induced pain (writhing test); moreover, the plant extract induced the sleep in mice after treatment with an infrahypnotic dose of pentobarbital and potentialised the sleep induced by a hypnotic dose of pentobarbital. The percentage increase of sleeping time was 113-133%. The results of this pharmacological study of a freeze-dried extract obtained from cryo-grinding of fresh leaves of *M. officinalis* seem to confirm some traditional indications well-known for this species, i.e., sedative action, induction of sleep and a certain analgesic action. *Melissa* is described in the French Pharmacopoeia and its use is acknowledged in directive 86/20 bis (23) as follows: "*Melissa* is traditionally used in the treatment of neurotic condition of minor sleep ailments."

3. Antiulcerogenic Effects of Two *Maytenus* Species in Laboratory Animals by M. Souza-Formigoni et al. *Jour of Ethnopharm*, 34, 1991, 21-27.

"Leaves of *Maytenus* species are commonly used in Brazil for the treatment of gastric ulcers, dyspepsias and other gastric problems. The oral and intraperitoneal administration of the extract had a potent antiulcerogenic effect against both types of ulcers. The extract (of *Espinheira santa*) was shown to cause an increase in volume and

pH of gastric juice of the animals with pH effects comparable to those of cimetidine. The results tend to confirm the popular use of the plant."

4. High Resolution Gas Chromatography Analysis of 'espinheira santa' (*Maytenus ilicifolia* and *M. aquifolium*): Analysis of Crude Drug Alterations by J. Vilegas and F. Lancas and A. Cervi. Unknown journal. Universidade de Sao Paulo, Brazil and Universidade Federal do Parana, Brazil. June 1993.

"*Maytenus ilicifolia* has proven activity on gastric ulcers and gastritis in lab animals and in humans. It contains the active constituent freidelan-3-ol and friedelin, triterpenes that have antiulcer activities in mice."

Statement

Passion Flower contributes to a calming effect with adults as well as children.

Documentation

1. Flavonoid Contents in *Passiflora* spp by A. Menghini et al. *Pharmacol Research*, Vol. 27, Suppl 1, 1993, 13-14.

"*Passiflora incarnata* is the best known species in the therapeutic fields for its sedative and antispasmodic properties. According to some authors, this species contains different alkaloids of the armane group as well as some flavonoid substances (vitexin, isovitexin, orientin and homorientin). The presence of the latter substances seems to favor the therapeutic activity of the drug."

2. "The Nervous System. Passion Flower (*Passiflora incarnata*)." *Herbal Tonic Therapies* by Daniel B. Mowrey, PhD Keats Publishing, 1993, p. 159-165.

(a) Pharmacochemical Investigation of the Raw Materials from *Passiflora* Genus. 2. The pharmacochemical Estimation of Juices from the Fruits of *Passiflora edulis* and *Passiflora edulis* forma *flavicarpa* by J. Lutomski, B. Malek and L. Rybacka, *Planta Medica*, 27, 1975, 112-121.

"Primarily, passion flower is used world wide as a mild sedative or nervine that reduces anxiety, nervous tension, high blood pressure, and encourages sleep. It has also been employed as an antispasmodic (or spasmolytic) in the treatment of muscle cramps, convulsions, premenstrual tension and even epilepsy. Passion flower preparations have been observed to overcome nervous symptoms and cramps that inhibit sleep, and to produce a restful and deep sleep free from frequent awakenings and disturbances..."

"Experiments conducted in the last century showed that the herb was effective under varying conditions, from simple nervous exhaustion to radical hysteria and seemed to be

particularly effective on sleeplessness that occurred during convalescence from the flu, in sleep disorders resulting from mental turmoil overexcitement and irritability...In this century, more tightly controlled research has found substantially the same thing. In a typical animal trial, passion flower added to their diet, or injected directly into the stomach or bloodstream, significantly decreases motor activity as measured by such tests as the time required to negotiate a simple maze or the amount of observable exploratory activity in a novel environment, compared to control animals. In one report (a), the researchers concluded that passion fruit, due to the presence of small amounts of harmala alkaloids, was an ideal substance for use by people caught up in the hectic pace of the modern world, a substance that not only possessed considerable nutritive value, but also possessed extraordinary potential as a tranquilizer."

3. Pharmacological Trials of Crude Extract of *Passiflora alata* by S. Oga, P. deFreitas, A. Gomes da Silva, and S. Hanada. *Planta Medica* 51 (4), 303-6, 1984.

Dry Extract of *Passiflora alata* and *Passiflora incarnata* caused central nervous system depression in mice. The extract prolonged the sleeping time induced by pentobarbital and reduced significantly the spontaneous motor activity. These effects were observed with doses of 75 and 150 mg/kg of extract. Its LD50 value was estimated as 456 mg/kg i.p. for mice.

Statement

Lemon Balm is known for providing mental clarity and evenness.

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3. Current Folk Remedies of Northern Venezuela by Julia Morton. *Quart J. Crude Drug Res* 13 (1975) 97-121.

Melissa officinalis, the delightfully fragrant, dry but still green leaves were being stripped from their stems and packed in small plastic bags for use not only to aid digestion but also to lose weight. In Europe, this plant has the reputation of stimulating the digestion, calming the nerves and promoting menstruation.

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4. The Nervous System. Balm. (*Melissa officinalis*). *Herbal Tonic Therapies* by Daniel Mowerey, PhD. Keats Publishing, 1993, p. 200-201.

"Balm is a common constituent of relaxants, nervines, and sleeping aids throughout the world. Seldom used alone, it seems to interact with and enhance the activity of other beneficial tonics for the nervous system...Balm is generally regarded as safe by the FDA. It is free of side effects."