

Short Communication

Developing A Product Using Jujube Fruit For Insomnia Disorder

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INTRODUCTION

Insomnia is becoming most common in this hectic and stressful life. Sleep is one of the most important aspects of good health, and because of sleeplessness people are facing a lot of physical and mental health problems. Jujube fruit (*Ziziphus jujuba*) contains nucleotide and flavonoids which help to trigger sleeplessness and it has the ability to calm the mind and it helps to improve and encourage sleep. On the other hand, pumpkin seeds are rich in tryptophan which promotes sleep. They also contain both magnesium and zinc, it has been shown to improve the levels of serotonin in the body which helps to improve sleep.

Proposed Interventions

To help improve the sleeping quality of people with sleeping problems, we have come up with the idea of developing a product using Jujube and pumpkin seeds. The procedure involves extracting the juice from the jujube fruit by boiling it and drying the pumpkin seed and making it into a fine powder. The process continues with boiling the water and jaggery until they become thick and form a paste consistency. Finally, add the jujube fruit extract and pumpkin seed powder to it and mix well. This syrup can be used by mixing it water and can also be used in salad dressings.

Conclusion

This study revealed that this syrup could not completely cure insomnia, but it can help to reduce sleeplessness along with some health benefits. Taking the syrup in the required amount may improve sleeping quality. Because of the flavonoids, magnesium, zinc and tryptophan

present in this drink, it will help the mind to relax and can help to induce sleep. In taking this syrup along with warm water or warm milk before sleep can improve sleeping quality of the people with sleeping problems.

Keywords: Insomnia, flavonoids, magnesium, zinc, serotonin, tryptophan

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