

HOPS



BOTANICAL NAME: Humulus lupulus

BOTANICAL FAMILY: Cannabaceae (the cannabis family)

PLANT PART USED FOR MEDICINAL PURPOSES: Strobile (cone-shaped flower)

Historical Uses: The use of hops as a medicinal plant has more than 2000 years of history for **insomnia, anxiety, nerve pain, headache, delirium tremens** and **indigestion**. Native Americans used hops as a **sedative** and for **fevers and intestinal pain**.

According to renowned herbalist Matthew Wood hops is “suited to conditions where there is sleeplessness, pain, twitching and tremors associated with exhaustion”

Important chemical components: Terpenes such as **myrcene, limonene, a-humulene** and bitter acids such as **humulone**

Contraindications or warnings: traditionally contraindicated in depression, contains some phytoestrogens so **avoid in estrogen-sensitive cancers**

Research demonstrates hops has benefits for insomnia and sleep quality. These effects are attributed to ability to increase activity of GABA, a neurotransmitter that quiets the central nervous system (CNS).

Hops Studies Show:

- Reduced nocturnal activity and increased sleeping time in animals
- Combination of valerian and hops reduced noise-induced sleep disturbance in healthy volunteers and increased time spent in deep sleep
- Valerian/hops combination was as effective as a benzodiazepine for insomnia

Franco L et al. The sedative effects of hops (*Humulus lupulus*), a component of beer, on the activity/rest rhythm. *Acta Physiol Hung*. 2012 Jun;99(2):133-9

Schiller H et al. Sedating effects of *Humulus lupulus* L. extracts. *Phytomedicine*. 2006 Sep;13(8):535-41

Müller-Limmroth W, Ehrenstein W. [Experimental studies of the effects of Seda-Kneipp on the sleep of sleep disturbed subjects; implications for the treatment of different sleep disturbances (author's transl)]. *Med Klin*. 1977 Jun 24;72(25):1119-25. German

Schmitz M, Jäckel M. [Comparative study for assessing quality of life of patients with exogenous sleep disorders (temporary sleep onset and sleep interruption disorders) treated with a hops-valerian preparation and a benzodiazepine drug]. *Wien Med Wochenschr*. 1998;148(13):291-8. German



SLEEP TONIC

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