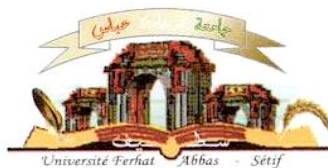


الجمهورية الجزائرية الديمقراطية الشعبية
وزارة التعليم العالي و البحث العلمي

University of Ferhat Abbas - Setif 1
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THESIS

Presented by

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Dedication

 To those who made my life a poem of love and sacrifice,
To those who were the light in my darkest days and my strength when I felt weak

 To my **father**, the greatest man I have ever known,
Thank you for being both my teacher and my friend. You planted patience in my heart and taught me values that never fade. You always whispered that hard work never goes to waste and now, I truly believe it.

 To my **mother**, the heartbeat of my life and my safe haven, You were the arms I ran to, the voice that calmed my fears. With your patience and your light, I became the person I am today.
Every success I achieve belongs to you first.

 To my **siblings**, whose laughter eased my pain and whose support gave me strength,

 To my late **grandmother**, who believed that knowledge is a light that never fades,
Though you're no longer here, I feel your joy shining down from above

 To my dear **uncle**, who gave me confidence and made me feel safe,
Your words still live in my heart.

 To **everyone** who supported me **family, friends, and teachers**; Thank you for proving that kindness still exists and that honest effort is never in vain.

Today, I wear the crown of success. A crown shaped by your hands before mine.

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ، فَلَهُ الْفَضْلُ أَوَّلًا وَآخِرًا.

 **Bentaleb Khouloud** 





Dedication



To my father

To the one whose name I carry with pride. To the one whom God has graced with dignity and reverence. To the one who cleared the thorns from my path and replaced them with comfort.

The one who taught me morals before I even understood their meaning. The bridge through which I aspire to reach Paradise. The unseen hand that removed obstacles from my way. The one whose prayers carry my name, day and night.



To my mother

My beloved, my sanctuary, and my eternal source of inspiration. To those whom God has blessed me with the foundation of my strength, my unshakable ground, the shield around my heart.



To my brothers and sisters

*When life closed in around me, your presence widened its path.
When I stumbled, your words were the first to lift me up.*

To those who walked beside me not only with their presence, but with their hearts.



To my friends and loved ones

You have always been a part of this journey, a part of this story.



*Today, I turn the page on hardship and write, in the book of life, a pride that will never fade. I no longer wonder what the destination looks like. I have seen it with my own eyes. The steps that once faltered now stand firm atop the summit of achievement.
Along the way, I breathed peace, joy, and deep gratitude.*

وآخر دعوانهم أن الحمد لله رب العالمين



BENARAB Abir



ملخص

يُعد النوم وظيفة بيولوجية حيوية أساسية للصحة الجسدية والعقلية، وتخزين الذاكرة، وتنظيم المشاعر، وأداء الجهاز المناعي. أدى الانتشار المتزايد لاضطرابات النوم بين الشباب وكبار السن بسبب التوتر، والإفراط في استخدام الشاشات، والأمراض المزمنة إلى زيادة الطلب على المكملات العشبية كبديل آمن للأدوية الصيدلانية. بحثت هذه الدراسة النباتات الطبية المستخدمة في علاج النوم في سطيف من خلال استبيانين عبر الإنترنت (80 مشاركًا من عامة الناس) ومقابلات مع ممارسي الطب العشبي (35 بائع أعشاب). أظهرت النتائج 14 عشبة محفزة للنوم، حيث كانت الحبة السوداء الأكثر استخدامًا (70% بين عامة الناس)، تليها البابونج (57.5%) واليانسون (47.5%). لوحظ أن اللافندر كان من بين الأعشاب الأكثر استخدامًا، إلا أن تقييم فعاليته كان غير متسق بين المشاركين. وبالمثل، لم تُظهر الحبة السوداء، رغم شيوع استخدامها، تأثيرًا ملحوظًا لدى نسبة كبيرة من المستخدمين، مما قد يشير إلى اختلافات في الاستجابة الفردية أو تباين في طرق الاستخدام. أظهرت النتائج أن النعناع كان الأكثر طلبًا من بائعي الأعشاب (94.29%)، يليه اليانسون (71.43%) ثم البابونج (50%). كما أشارت البيانات إلى أن أعشابًا مثل الناردين، وعشبة القديسين، والترنجان كانت من بين الأكثر استخدامًا من قبل العامة والأكثر طلبًا من بائعي الأعشاب. تشتهر هذه الأعشاب بخصائصها المهدئة والمحفزة للنوم الفعالة، رغم أنها أقل شهرة مقارنة بالأعشاب التقليدية الأخرى. تؤكد هذه النتائج على ارتفاع معدل استخدام الأدوية العشبية في الجزائر وتسلط الضوء على أهمية التوعية العامة ودمج المعرفة التقليدية مع البحث العلمي لتحسين صحة النوم، مع مراعاة الفروق الفردية في الاستجابة للعلاجات العشبية.

الكلمات المفتاحية: الأرق، النباتات الطبية، اضطرابات النوم، العلاج العشبي.

Abstract

Sleep is a vital biological function essential for physical and mental health, memory storage, emotional regulation, and immune system performance. The increasing prevalence of sleep disorders among youth and older adults due to stress, excessive screen time, and chronic illnesses has created growing demand for herbal supplements as safe alternatives to pharmaceutical drugs. This study investigated sleep management medicinal plants in Sétif through two online surveys (80 participants from the general public) and interviews with herbal practitioners (35 herbal vendors). Results showed 14 sleep-promoting herbs, with black seed being the most commonly used (70% among the general public), followed by chamomile (57.5%) and anise (47.5%). Important observations noted that while lavender was among the most frequently used herbs, evaluations of its effectiveness were inconsistent among participants. Similarly, black seed, despite being a common herb, did not show noticeable effects for a significant proportion of users, potentially indicating individual response differences or variations in usage methods. Regarding herbal vendors, results showed mint was the most requested (94.29%), followed by anise (71.43%) then chamomile (50%). Data also indicated that herbs like valerian, St. John's wort, and lemon balm were among the most used by the general public and most requested from herbal vendors. These herbs are known for their effective calming and sleep-inducing properties, though they're not as widely known compared to other traditional herbs. These findings confirm the high rate of herbal medicine use in Algeria and highlight the importance of public education and integrating traditional knowledge with scientific research to improve sleep health, while considering individual differences in response to herbal treatments.

Keywords: Herbal therapy, Insomnia, Medicinal plants, Sleep disorders.

Résumé

Le sommeil est une fonction biologique vitale essentielle pour la santé physique et mentale, la mémorisation, la régulation des émotions et le système immunitaire. L'augmentation des troubles du sommeil chez les jeunes et les personnes âgées, due au stress, à l'usage excessif des écrans et aux maladies chroniques, a accru la demande pour des compléments à base de plantes comme alternatives naturelles aux médicaments. Cette étude a examiné les plantes médicinales utilisées pour le sommeil à Sétif, à travers deux enquêtes en ligne (80 participants) et des entretiens avec des herboristes (35 vendeurs). Les résultats ont identifié 14 plantes favorisant le sommeil, dont la graine noire était la plus utilisée (70% du public), suivie de la camomille (57,5%) et de l'anis (47,5%). Des observations importantes ont montré que la lavande, bien que fréquemment utilisée, avait une efficacité variable selon les participants. De même, la graine noire, bien que populaire, n'a pas montré d'effets notables pour beaucoup d'utilisateurs, suggérant des différences individuelles ou des modes d'utilisation variés. Chez les herboristes, la menthe était la plus demandée (94,29%), puis l'anis (71,43%) et la camomille (50%). Des plantes comme la valériane, le millepertuis et la mélisse figuraient parmi les plus utilisées par le public et les plus demandées en herboristerie. Ces plantes, reconnues pour leurs propriétés calmantes et soporifiques, restent moins connues que les remèdes traditionnels. Ces résultats confirment l'usage répandu des plantes médicinales en Algérie et soulignent l'importance de l'éducation publique et de l'intégration des connaissances traditionnelles avec la recherche scientifique pour améliorer la santé du sommeil, en tenant compte des différences individuelles face aux traitements à base de plantes.

Mots-clés : Insomnie, Phytothérapie, Plantes médicinales, Troubles du sommeil.