Figure 1: Factors of selection of aroma

Table 1: Medicinal plants were used for improving sleep disorders in ITM

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| --- | --- | --- | --- | --- |
| **No** | **Botanical name** | **Common name** | **Medical use** | **temperament** |
| **1** | *Coriandrum sativum L.* | Coriander | Hypnotic | Cold and wet |
| **2** | *Santalum album* | Indian sandalwood | Hypnotic | Cold and wet |
| **3** | *Papaver somniferum L.* | Opium poppy | Hypnoticلا | Cold and dry |
| **4** | *Lactuca sativa* | Lettuce | Hypnotic | Cold and wet |
| **5** | *Nymphaea alba L.* | Nymphaea alba | Hypnotic | Cold and wet |
| **6** | *Viola odarata L.* | Violet | Hypnotic | Cold and wet |
| **7** | *Rosa damascena Mill* | Damask rose | Hypnotic | Cold and dry |
| **8** | *Malus pumila Mill* | *Malus* | Hypnotic | Cold and wet- hot and wet |
| **9** | *Tanacetum parthenium L.* | Feverfew | Hypnotic | Hot and dry |
| **10** | *Crocus sativa L.* | Saffron | Hypnotic | Hot and dry |
| **11** | *Tanacetum balsamita L.ssp.* | Tansies | Hypnotic | Hot and dry |
| **12** | *Anethum graveolens L.* | Dill | Hypnotic | Hot and dry |
| **13** | *Nigella sativa L.* | Black cumin | Excessive sleep modulator | Hot and dry |
| **14** | *Sinapis arvensis* | Charlock mustard | Excessive sleep modulator | Hot and dry |
| **15** | *Ruta graveolens L.* | Common rue | Improve sleep quality | Hot and dry |