

Home treatments for controlling restless leg syndrome

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Restless legs syndrome is a neurological disorder characterized by symptoms such as restless legs and mild to severe jerks in the lower extremities, especially the legs. Because this syndrome usually affects the leg during sleep, it is a type of sleep disorder. This syndrome is relatively common and occurs more often in women than men. A study in this regard showed that restless legs syndrome is responsible for one third of insomnia in people over 60 years of age. People with restless leg syndrome have a feeling of uncomfortable feeling in the legs (sometimes in the hands or other organs of the body) and do not have to shake their legs for comfort. The disease causes a variety of emotions, including tingling, itching, beating and knocking, burning, stretching and crawling. The intensity of osteoarthritis The symptoms of restless leg syndrome can be normal. This problem

usually occurs when you lie down or sit for a long time on the car seat, plane, or cinema. Symptoms of restless leg syndrome are better and less annoying by shaking the leg or standing. These symptoms can cause sleep problems, sleep apnea and lower quality of life. Some people with relapsing atherosclerosis never refer to a doctor because it's difficult to express symptoms and explain the problem. In most cases, doctors do not have any reason to develop foot syndrome. Although they believe in the influence of the role of genes and heredity in the disease (approximately 50% of the people with a history of the disease have a family history). In this article, We will review home remedies such as herbal remedies, traditional treatments and nutrients that are effective in improving symptoms of restless leg syndrome.

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