

The Efficiency of Cinnamomum Versus Diazepam on Pre-operative Anxiety in Orthopedic Surgery

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Abstract:

Background and Purpose: Pre-operative anxiety is associated with a high incidence of postoperative pain, increased consumption of narcotics and anesthetics, delayed recovery and discharge of patients from hospital. Due to the effect of some medicinal plants have anxiolytic and sedative, this study aimed to compare the effect of cinnamon oil plant with oral diazepam on anxiety in patients before the surgery was performed.

Methods and Materials: In this clinical trial study, 60 patients 60-15 years old referred Imam Ali hospital Bojnoord, were divided randomly into two groups. At 21 the night before surgery, group 1, 10 drops of cinnamon juice oral and group 2, diazepam (5 mg) were mixed in 50 ml of tap water, were administrated. The Spielberger anxiety questionnaire were recorded before intervention and one hour before surgery. Data were analyzed using statistical tests.

Results: In this study, the cinnamon group were 83.3% male and 16.7% female and diazepam group were , 76.6% male and 23.3% female. The Manifest and hidden anxiety reduced from 49.6 ± 5.5 and 50.4 ± 6.1 to 38.2 ± 5.9 and 38.1 ± 5.9 in the first group and 50.2 ± 5.0 and 49.8 ± 5.8 to 40.9 ± 6.1 and 39.1 ± 5.5 in the second group. compared two groups showed no significant difference.

Conclusion: According to the results, cinnamon can reduce anxiety in patients undergoing surgery and can be used as a pre-medication drug.

Keywords: cinnamon, diazepam, anxiety before surgery, orthopedics.

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