Introduction. To date, “classical neurasthenia” is not often diagnosed. More commonly, anxiety, depression, and somatoform disorders with signs of asthenia are found. Thus, in a prospective epidemiological study of mental disorders, which was conducted in Zurich for 10 years, neurasthenia was detected in 1 % of young people. In this case, women were diagnosed 1.5 times more often than men. In a World Health Organization multicenter study that included GPs, the incidence of neurasthenia averaged 1.7 % (1.3-5.2 %). However, neurasthenia with concomitant psychiatric disorders, mainly depressive and anxious, was found to be 3 times more frequent (5.4 % on average). Contrary to popular belief about the short duration of neurasthenia and the insignificance of its consequences, the course of the disease is quite difficult.

The aim of this work is theoretical justification of the composition of extemporaneous sedative species.

Materials and Methods. As the objects of research were used: Motherwort herb, Mint leaves, Valerian rhizomes and roots and Licorice roots.

Results and Discussion. The therapeutic strategy for neurasthenia has several directions. Depending on the variant of the disease, drugs with a stimulant or sedative effect are selected: phytopreparations, nootropics, and tranquilizers, at high risk of depression development – antidepressants. Neurasthenia is a commonly prescribed herbal medicine, in particular to improve cognitive function, daily activity and social adaptation of patients with dementia and moderate cognitive impairment. Motherwort preparations are non-toxic, have a calming effect on the central nervous system, sedative properties, lower blood pressure, slow down the heart rate, increase the strength of heart contractions, and have anticonvulsant activity in the experiment. Infusion prepared from Mint leaves is taken in case of neurosis, nervous tremor, and heart rhythm disturbances. Mint also lowers blood pressure and heart rate. Experimental and clinical data characterize Valerian, Licorice and their preparations as an effective sedative, mild hypnotic and antispasmodic drugs.

Conclusions. In our view, the combination of the above medicinal plants in a dosage form of extemporaneous species can be an effective sedative agent for use in the treatment of neurasthenia.