

ABSTRACT

COMPARISON QUALITY OF NUTMEG OIL (*Myristica fragrans* Houtt.) FROM PRODUCTION HOME INDUSTRY AND WATER-STEAM DISTILLATION AND EFFECT ON SLEEP QUALITY OF PATIENT WITH INSOMNIA

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Nutmeg (*Myristica fragrans* Houtt.) is member of Myristicaceae and frequently used as flavouring dan fragrances. Nutmeg in Maluku has traditionally been used as treatment for insomnia. Insomnia disorder is defined as a subjective report of difficulty with sleep initiation, duration, consolidation, or bad quality. The aim of this study was to investigate the quality of home industry production and water-steam distillation nutmeg oils and those effect of nutmeg oil on the sleep quality of respondent with insomnia. The parameter quality of nutmeg was examined by method from SNI 06-2388-2006 and ISO 3215 : 1998 and the respondents were given PSQI questionnaire to evaluate sleep quality before and after treatment with three drops of nutmeg oil through inhalation for 15 days. The result both of nutmeg oil not meet the requirments of parameters from SNI 06-2388-2006 and ISO 3215:1998 . Statistical result showed there was increasing quality of sleep in respondent with insomnia but no significant differences of nutmeg oil from home industry production and water-steam distillation in increased sleep quality of respondents with insomnia. The conclusion, both of the oils have an ability to improve quality of sleep of insomnia disorders. However, there was no different quality of both oil as compared to the national standard parameter (SNI 06-2388-2006 and ISO 3215:1998).

Keyword (s) : Nutmeg oil, insomnia, distillation, sleep quality