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Randomized Controlled Trial [Med Oral Patol Oral Cir Bucal](#). 2017 Jan 1;22(1):e95-e101.

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Effects of passiflora incarnata and midazolam for control of anxiety in patients undergoing dental extraction

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Abstract

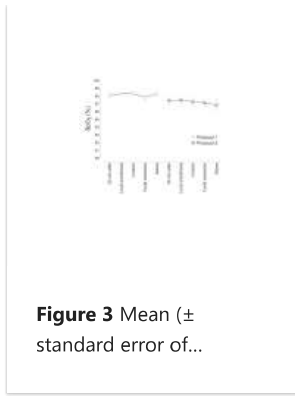
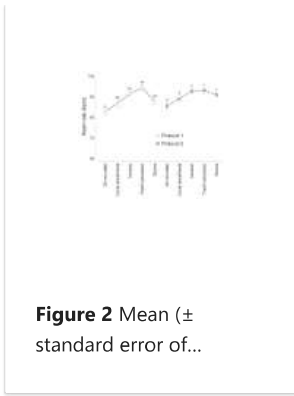
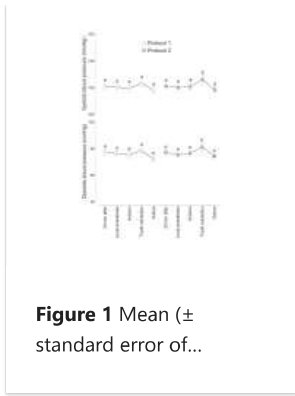
Background: Anxiety symptoms are frequently observed in dental patients, whether they are undergoing simple or more invasive procedures such as surgery. This research aimed to compare the effects of *Passiflora incarnata* and midazolam for the control of anxiety in patients undergoing mandibular third molar extraction.

Material and methods: Forty volunteers underwent bilateral extraction of their mandibular third molars in a randomized, controlled, double-blind, crossover clinical trial. *Passiflora incarnata* (260 mg) or midazolam (15 mg) were orally administered 30 minutes before surgery. The anxiety level of participants was evaluated by questionnaires and measurement of physical parameters, including heart rate (HR), blood pressure (BP), and oxygen saturation (SpO₂).

Results: Considering each procedure independently, there were no significant differences between the protocols in BP, HR, and SpO₂. Over 70% of the volunteers responded that they felt quiet or a little anxious under both protocols. With midazolam, 20% of the participants reported amnesia (not remembering anything at all), while *Passiflora* showed little or no ability to interfere with memory formation.

Conclusions: *Passiflora incarnata* showed an anxiolytic effect similar to midazolam, and was safe and effective for conscious sedation in adult patients who underwent extraction of their mandibular third molars.

Figures



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