



This occasional section within the journal surveys visions and achievements, often not on the main track of the developing biomedical sciences, but all relating to discoveries and developments of medicinal – both ancient and modern. What they have in common, in one way or another, is providing further background and glances around the edges of the core discipline of pharmacognosy, as it has been and continues to evolve within our times.

Think Twice When Using Melatonin to Aid Sleep: New Research Links its Use to Heart Failure Risk

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Melatonin is commonly used to assist in with sleep disorders and its use is generally regarded as harmless. However, a recent report by the American Heart Association¹ has highlighted previously unreported risks to cardiac function with its use. Indeed, patients that used melatonin continuously for a year or more were 3.5 times as likely to be hospitalised with cardiac failure than the rest of the population. Furthermore, cardiac-related mortality was reported to be approximately twice as frequent in long-term users than in the general population. Whilst this study did not definitively

establish melatonin as the direct cause of cardiac failure, the correlation between its use and the negative outcomes are cause for concern and the American Heart Association advises caution with long-term melatonin use.

REFERENCE

1. American Heart Association. "Think melatonin is safe? New research reveals a hidden heart risk." ScienceDaily. ScienceDaily, 2025. Cited at www.sciencedaily.com/releases/2025/11/251104012959.htm on 27 March 2016.



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