

ABSTRACT

Objective: The research work aims at evaluating the efficacy of ‘Plantain leaf bath’(PLB) on the improvement of sleep quality by monitoring parameters such as blood pressure, pulse rate, heart rate, and Pittsburgh Quality of Index. The previously available literature sources reported the benefits of incorporating a plantain leaf bath, which aids in improving autonomic and cardiovascular functioning. The current study intended towards monitoring the effects, with the exposure of PLB, by determining the cardiovascular and sleep quality parameters of the study participants.

Method: 40 insomnia subjects belonging within the age group of 18-45 participated in the study. The cardiovascular parameters and Pittsburgh Quality of Index were assessed during the pre and post-intervention of PLB. The collected data were subjected to data analysis and interpretation, for determining the effectiveness and therapeutic effects of the plantain leaf bath among the study participants.

Result: The study showed significant improvement in the blood pressure and Pittsburgh Quality of Index values of the study participants. The post-intervention data showed significant improvement of cardiovascular parameters and Pittsburgh Quality of Index parameters, compared to that of the pre-intervention data.

Conclusion: The incorporation of Naturopathy mediated therapy involving PLB significantly improving cardiovascular and sleep quality, which was clearly exhibited from the observed cardiovascular parameters and Pittsburgh Quality of Index values.

Keywords: Plantain Leaf Bath, Heart Rate, Naturopathy, Heliotherapy