

## **ABSTRACT**

**Objective:** To evaluate the immediate effect of mud pack to eyes in Insomnia patients.

To compare the changes in body temperature, blood pressure, heart rate, and respiratory rate before and after the Mud pack to eyes among insomnia patients.

**Background:**

Insomnia can be described as a complaint of disturbed sleep, where a person has difficulties in sleep initiation or sleep maintenance, and/or as early awakenings. Previous literature have reported that mud packs are very effective in changing the sleep pattern of patients suffering from sleep disorders. Present study envisioned towards evaluating the immediate effect of mud pack to eyes in insomnia patients.

**Design:**

Pre and post Experimental study

**Study Setting:**

Outpatients/Inpatients of Government Yoga and Naturopathy Medical College and Hospital (GYNMCH), Arumbakkam, Chennai.

**Method:**

The study included 30 subjects each in the study and control group with insomnia. The subjects were randomly selected from the outpatient and inpatient

department of GYNMCH to study the effect of mud pack to eyes.

The pre-test and post-test data from the patients were collected and assessed using SPSS 16.0 software (IBM, Bangalore, India), and the paired t-test was used for analyzing the association of risk factors.

### **RESULT:**

The study showed a significant change in the sleep pattern of study participants. The post-intervention data showed a significant reduction of insomnia than in pre-intervention data.

### **CONCLUSION:**

The study concluded that the effect of mud pack to eyes was very effective in reducing the sleeplessness in patients suffering from insomnia.

**Keywords:** Insomnia, mud pack, Shavasana