

## **ABSTRACT**

**Background and Objectives:** Mud therapy is one among the treatment modalities in Naturopathy system of medicine. Administration of mud in whole body results in giving relaxation. Hence present study aims to evaluate the physiological effects of mud bath on various autonomic functions and psychological state in patients with techno-stress.

**Materials and Methodology:** 50 Employees of IT industries were screened with Techno stress questionnaire and based on the score, they were participated in the present study. After the inclusion, subjects were randomly divided in to control group (n=25) and mud bath group (n=25) by simple lottery method. The mud group received full mud bath for a duration of 40 minutes per day while exposing to sunlight. The intervention was given for two weeks (once in 3 days, totally 4 applications of mud bath) under the supervision of naturopathy physician. Control group subjects were requested to sit in a relaxation posture for the same duration. HRV Assessments, and MDMS questionnaire were evaluated before and after intervention in both study group and control group.

**Results:** In the present study among the two evaluations, all HRV parameters in time domain and HF of frequency domain remain increased during the mud pack trial. Whereas LF /HF ratio of frequency domain is found to decrease. There is no such change in the LF (n.u). This is suggestive of improvement in the sympatho-vagal balance reflecting parasympathetic domination produced among the subjects after Mud bath intervention

**Conclusions:** Mud bath enhances the parasympathetic activity and could have a role in maintaining the cardiac tone and preventing various cardiovascular ailments.