



Sound sleep possible with indoor plants: Researcher

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A study carried out by Vedic researcher Bharat Raj Singh, who is heading a Vedic Centre at a city institute, has highlighted the use of those plants indoors which release oxygen and hence help induce sleep. Talking to *The Pioneer*, Singh said that a number of people use tranquillisers to get good sleep but they they would be greatly surprised to know that we could get a sound sleep during nights only by keeping the correct plants in our homes.

Explaining how these plants helped, he said: "If we are not getting sufficient oxygen then we feel a sense of discomfort in our sleep and we tend to wake up which will disturb our day's schedule too. There are some plants which have a positive influence on our sleep," said Singh.

He said that with a change in life style sleep disturbance had become a common problem of modern life which impacted our health and well being. He also said that with the use of air-conditioners the inside environment was affected adversely.

"In case you use air-conditioners then you need to be extremely careful about your health. We need to close all the doors and windows properly when we use AC and if the air of the room is blocked the level of O₂ there will gradually decrease and our health will also suffer in the long run. Therefore, it will be of great benefit to keep these plants in our homes," said Singh. He further pointed out, "Many become addicted to pills to sleep soundly but as soon as they are discontinued the problem persists. Most people are not aware of the fact that the quality of air of the bed-room deeply impacts our sleep. That's why it is important to have fresh air circulating in our homes. There are some com-



mon plants which can help us overcome sleep-related problems. One of them is lavender and there are great benefits of this plant as it reduces stress and strain of the home. At the same time it also helps in bringing a good sleep for an individual," he said.

"Vedic research shows that lavender greatly helps in making small children go to sleep while controlling that rate of their heartbeat. Chameli is yet another common Indian plant with an incredibly sweet smell which has several advantages. This tree helps us to sleep properly and it also helps in our concentration when we wake up. This tree also reduces a person's palpitation. Englis Icy acts as an air purifier. Research proves that it purifies the air up to 94 per cent. It can be planted very easily and improves the air quality of the room. This plant has a great positive influence on the patients of asthma," he said. Singh said that among the other plants was the snake plant. "Although this plant is mostly used to add to the aesthetic value of the surroundings it also helps in inducing a



good night's sleep. It absorbs the impure air and nitrogen oxide. We should keep this plant for having a better quality of air in our homes. The most important feature of this plant is that during the night while other plants emit carbon dioxide it emits oxygen," he said.

He said that aloe vera was another plant which was widely used for a number of purposes. It was another plant which helped immensely. "Mostly used for beauty treatment and health-related problems this plant at the same time is also highly beneficial for a good night's sleep. Aloe vera emits oxygen at night which has a great positive impact on our health. It also cures sleeplessness and gets us a good night's sleep," he said.