



# TO DEVELOP PILLOW COVER USING MANDALA ART FINISHED WITH NUTMEG ESSENCE

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## ABSTRACT

Sleep is a necessary process that allows your body and mind to recover so that you can wake up feeling rejuvenated and aware. Lack of sleep affects our ability to handle stressful events as well as our mental acuity. Healthy sleep supports the body's ability to stay healthy, fend off diseases, control emotions and behavior, and maintain greater alertness and clarity of thought. Clinical studies have demonstrated the positive effects of mandalas on the immune system, pain and stress levels, blood pressure, sleep quality, and depression. The nutmeg's powerful medicinal characteristics aid in calming nerves and producing serotonin, which promotes sleep and lengthens sleep. These benefits of nutmeg also help in the relaxing of the nervous system. Nutmeg essential oil is applied to treat sadness and anxiety. Looking at mandala art is relaxing and calms the mind. In this project, the creation of pillow covers that promote both physical and mental relaxation and raise the demand for artists is the main goal.

**KEYWORDS:** Eco-friendly, Herbal essence, Mandala art, Serotonin.

## INTRODUCTION

Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life. How much sleep is enough varies from person to person, but most adults need seven to eight hours a night. A common sleep issue called insomnia can make it difficult to get asleep, keep asleep, or lead you to wake up too early and have trouble falling back asleep. When you wake up, you can still feel exhausted. Your health,

productivity at work, and quality of life can all be negatively impacted by insomnia in addition to your energy and mood. Individual needs for sleep vary, but most individuals need seven to eight hours every night.

The inability to fall asleep or stay asleep at night, known as insomnia, can be brought on by stress, jet lag, a medical condition, the medications you take, or even how much coffee you consume. Other sleep problems or mood disorders like anxiety and depression can also contribute to insomnia. Mandalas provide balancing visual elements that stand for harmony and oneness. Each mandala typically has a different significance that is specific to that particular mandala. The mandala represents cosmic and psychic order, and its purpose is to be a tool in our spiritual path.

It can also be utilized as a meditation aid, assisting the meditator to visualize how to become their ideal selves. Mandalas were developed in the service of Buddhism, one of the most revered religions in the world. They date from the 4th century and were created in Tibet, India, Nepal, China, Japan, Bhutan, and Indonesia.

The usage of mandalas in art therapy is common. Mandala art is seen as being both healing and symbolic. The pictures one creates could be symbolic, an expression of intuition, or a message. A Mandala's circle is thought to have therapeutic properties and is utilized as a meditation tool. A mandala is a collection of straightforward shapes arranged in a circular pattern. In fact, the name "mandala" is derived from the Sanskrit word for "circle." We can go to nature (such as ripples in a body of water, snowflakes, and flowers like roses, chrysanthemums, and dahlias) as well as ancient art for instances of mandalas.

Pillow cases and pillow slips, which are composed of fabric like silk, are used as covers. Some pillows come with a nicer cover known as a sham that is closed on all four sides and typically has a slit in the back through which the pillow is inserted. A cushion supports the body when it is at rest for aesthetic, therapeutic, or comfort reasons.

Humans are just one of the numerous creatures that use pillows. Throw pillows, body pillows, ornamental pillows, and many more varieties of pillows are available. The head and neck are supported by pillows, which are a type of bedding. While sitting or lying down, several kinds of pillows are made to support the body. For enhanced comfort when sleeping, some pillows take into account the contour of the human body. Cushions are sometimes used to refer to decorative pillows placed on chairs, couches, or persons.

The seeds or ground spice of numerous species of the genus *Myristica* is known as nutmeg. A dark-leaved evergreen tree known as *Myristica fragrans* is farmed for the two spices that come from its fruit: nutmeg, which is made from the seed, and mace, which is made from the seed covering. It is also a source of essential oil for industry. The nutmeg essential oil produced through steam distillation.

## OBJECTIVES

- To aid depressed people in falling asleep.
- To promotes serenity to mind
- To induces sleep, and reduce insomnia.

- To increase the duration of sleep.
- To enhance the demand of artisans.

## METHODOLOGY

### 1.1. SELECTION OF FABRIC

### 1.2. SELECTION OF DESIGN AND PAINT

### 1.3. PREPARATION OF NUTMEG ESSENCE AND PAINT

### 1.4. PAINTING

#### 1.1. SELECTION OF FABRIC:

Choosing a white undyed cotton fabric (fig .1) which is soft, absorbent and breathable. The fabric has been procured commercially.



Fig.1 (cotton fabric)

#### 1.2. SELECTION OF DESIGN AND PAINT:

Choosing a mandala pattern that promotes peace might help you unwind and reduce stress and despair. Choosing a fabric acrylic paint hue that works with the design (fig. 2)

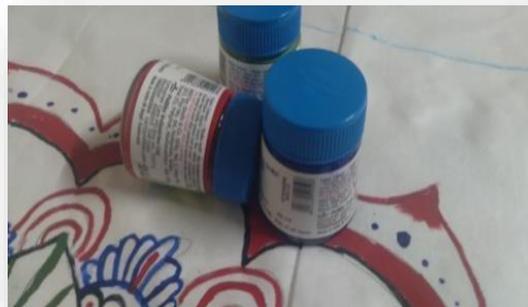


Fig.2 (fabric acrylic paint)

### 1.3. PREPARATION OF NUTMEG ESSENCE AND PAINT:

Grind the nutmeg into fine powder and double boiling the powder with water until the colour of the water changes and aroma comes.



Fig .3 (Nutmeg essence)



The essence is mixed with fabric acrylic paint in the ratio of 1:3 essence and fabric paint respectively

Fig.4 (Acrylic paint mixed with nutmeg essence)

### 1.4. PAINTING

The design is first drafted in the fabric using pencil and then the design is painted carefully in accordance to the pattern.



Fig.5 (Painted fabric)

## RESULTS AND DISCUSSION

### SURVEY

1. How do you feel after using the pillow cover (24 responses)

- No changes – 15
- Good – 6
- Relaxing – 3

2. Rate the design of the pillow cover (24 responses)

- Well satisfies – 15
- Satisfied – 8
- Bad – 0

3. Smell of the essence feel irritated (24 responses)

- Yes – 0
- No – 24

4. Pillow cover feels comfortable (24 responses)

- Yes – 23
- No – 1

5. Nutmeg smell (24 responses)

- Heavy – 14

- Pleasant - 10
  - Bad – 0
6. Overall rating of pillow cover
- Well satisfies – 10
  - Better – 2
  - Good – 12

### SUMMARY AND CONCLUSIONS

Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, causes early wake up and not being able to get back to sleep. A good night's sleep enhances creativity and problem solving, reduces the risk of depression and other mental diseases, and even lengthens life. Nutmeg essence's ability to promote sleep and reduce stress is credited by many traditional therapeutic traditions. Mandala art is seen to be both therapeutic and symbolic, it inspires creativity, and it helps people remove emotional blockages. Insomnia can be treated with nutmeg and mandala painting as a kind of therapy to relieve tension, anxiety, and despair. The scientific studies show how vital sleep is and how it affects people's health and wellness. The research has laid the groundwork for creating an inventive, environmentally friendly pillow cover with a dash of aesthetic flair.

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