Musa sapientum and Pryus malus L. and Its Effect as Natural Relaxants against Depression Disorder

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The purpose of this research was to determine if Musa sapientum and Pryus malus L. provoke a significant change in reducing depressive disorder in patients. The hypothesis was that Musa sapientum and Pryus malus L. will act as natural relaxants and control the depression disorder in patients under study. To conduct the research, six patients were administered an observed conduct questionnaire before starting a balanced diet and matched intake of selected fruits. Three of them received their balanced diet of foods with Musa sapientum and Pryus malus L. and the other three continued with the intake of their psychotropic drugs, prescribed by their psychiatrist. At the end of three months of dieting, patients in the study, will answer again the observed conduct questionnaire in order to analyze the results before and after the experiment. The results were: the three patients (composing 50% of the study sample) showed that by eating both fruits, depression decreased as evidenced in their observed behavior, which was not the same before they started the balanced and matched diet. After two month of fruits intake, they were relieved from most of the negative feelings they experimented before the investigation. The remaining three patients, representing the other 50% of the sample, evidenced no changes in their observed behavior and continued their intake of psychotropic medication prescribed by their psychiatrist. Therefore, the hypothesis was accepted Musa sapientum and Pryus malus L. act as natural relaxants and can fight depression.

Awards Won: