

**Effect of *Jatamansadi Panaka*- A Sri Lankan Traditional Herbal Syrup in the Management of *Anidra* (Insomnia): A Case Study**Guruge A.G.R.V.<sup>1</sup> Gunarathna EDTP<sup>1\*</sup> Kulathunga RDH<sup>1</sup> Dhahanayake JM<sup>2</sup><sup>1</sup> Department of Ayurveda Medicine and Indigenous Medicine, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka<sup>2</sup> Department of Ayurveda Pharmacology, Pharmaceutics, and Community Medicine, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka**ABSTRACT:**

*Anidra*, commonly correlated with insomnia, is a prevalent sleep disorder affecting millions worldwide. This case study investigates the therapeutic potential of *Jatamansadi Panaka*, a traditional Sri Lankan herbal syrup, in the management of *Anidra*. The objective was to evaluate the efficacy of *Jatamansadi Panaka* in improving sleep quality and associated symptoms. The formulation contains *Jatamansi* (*Nardostachys jatamansi*), *Ela* (*Elettaria cardamomum*), *Maricha* (*Piper nigrum*), *Patala Pushpa* (*Rosa indica*), and *Iksbu* (*Saccharum officinarum*). A 71-year-old male patient diagnosed with *Anidra* at the Ayurveda National Hospital, Colombo, Sri Lanka, was enrolled after obtaining written informed consent. The patient received 18 ml of *Jatamansadi Panaka* once daily at bedtime for two weeks, followed by a two-week observation period without treatment. Treatment efficacy was assessed using the Pittsburgh Sleep Quality Index (PSQI). Results demonstrated a 100% improvement in overall sleep quality, along with significant reductions in physical symptoms of insomnia. Improvements in emotional disturbances, daytime functioning, and quality of life were noted at 50% by the end of the first week and sustained throughout the treatment and follow-up phases. The findings suggest that *Jatamansadi Panaka* is effective in enhancing sleep quality and overall well-being, with no reported adverse effects. This case highlights its potential as a complementary therapeutic option for *Anidra*. Further clinical studies with larger sample sizes are required to standardize the formulation and validate these preliminary observations.

**KEYWORDS:** *Ayurveda*, Herbal Syrup, Insomnia, *Nardostachys jatamansi*.

Received: 11.08.2025

Revised: 30.08.2025

Accepted: 07.09.2025

Published: 16.09.2025



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QR Code



DOI 10.70805/ija-care.v9i3.779

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## INTRODUCTION:

*Jatamansadi* Syrup is a traditional herbal preparation documented in the *Deshiya Chikitsa Sangrahaya*, a classical Sri Lankan medical text written in Sinhala. This compilation preserves numerous indigenous formulations passed down through generations of traditional physicians in Sri Lanka. Although *Jatamansadi* Syrup has been used extensively in traditional clinical practice, scientific studies evaluating its efficacy remain scarce. This formulation is listed under *Unmada Chikitsa* (management of psychiatric disorders) and is specifically indicated for *Anidra* (insomnia)<sup>1</sup>. It contains three main ingredients: *Nardostachys jatamansi* as the primary herb, along with smaller quantities of *Elettaria cardamomum* and *Piper nigrum*. The syrup's liquid form enhances patient compliance and ease of administration. Traditionally, *Jatamansadi* Syrup is believed to balance all three *doshas*—*vāta*, *pitta*, and *kapha*. The *Bhutagni Prabhava* (specific therapeutic influence) of *Nardostachys jatamansi* is especially valued in the treatment of mental health conditions, including insomnia, due to its calming and sedative properties. The objective of this study is to scientifically assess the clinical efficacy of *jatamansadi* Syrup in the management of *Anidra* (insomnia), thereby bridging traditional knowledge with modern research evidence

## Review of Drug

The trail drug, consisting of three herbal ingredients, was comprehensively reviewed with reference to classical Ayurvedic literature and modern medical texts. Table 01 lists the pharmacokinetic and pharmacodynamic potentials of ingredients of *Jatamansadi* Syrup.

**Preparation of *Jatamansadi* Syrup:** Sixty (60) *Thola* (~700 ml) of rose water is measured. Mixed powder was poured into the Rose water and soaked overnight. 7.5 *Thola* (~90 g) of powdered sugar cubes were added to the

mixture. The preparation was mixed well and stored in a bottle for further use. *Jatamansadi* Syrup was prepared according to methods given in *Deshiyachikitsa Sangrha*.<sup>1</sup>

## CASE REPORT:

A 71-year-old male patient from Badulla, in the Uva Province of Sri Lanka, presented to the Outpatient Department of Ayurveda Medicine and Indigenous Medicine at the Ayurveda National Teaching Hospital, Borella, with complaints of difficulty falling asleep at night for the past two years. He was selected for inclusion in the observational case study. The patient was diagnosed with insomnia based on both modern medical and Ayurvedic diagnostic criteria. Prior to initiating the two-week treatment plan, the patient was fully informed about the treatment procedures, and written informed consent was obtained.

## Dose of Administration

The prescribed dose of the test drug was 1.5 *Thola* (approximately 18 ml) of *Jatamansadi* syrup, diluted in 5 *Thola* (approximately 60 ml) of water. This was administered once daily at bedtime for a period of two weeks. Prior to the initiation of treatment, the patient was provided with a measuring glass to ensure accurate dosage and consistent administration throughout the study period.

## Follow up Period

Two (02) weeks initially after the end of the treatment

## Assessment Criteria

An observational case study was conducted over a period of four weeks to evaluate the effectiveness of the intervention. The Pittsburgh Sleep Quality Index (PSQI) was used as the primary tool to assess the patient's overall sleep quality. Sleep quality was rated using a four-point scale: 0 – Excellent / not at

all bothered, 1 – Good / slightly bothered, 2 – Fair / moderately bothered, and 3 – Poor / severely bothered. This scale helped in objectively evaluating changes in sleep patterns and disturbances before and after the intervention.

#### Analysis of Data:

A descriptive analysis was conducted. The pre- and post-intervention scores were compared based on reductions in PSQI scores, with lower scores indicating improved sleep quality.

**Table-1: Pharmacokinetic and pharmacodynamic potentials of ingredients of *Jatamansadi* Syrup**

Botanical Name	Rasa	Guna	Veerya	Vipaka	Pharmacokinetic properties of the Test drug
<i>Nardostachys Jatamansi</i>	Tikta, kasāya, madhura	Laghu, tīksna, snigdha	Sīta	Katu	Sagnastapana, Medhya, Balya, Vedanasapana, Dahaprasamana, Shulaprasamana, Sothahara, Kapha nissaraka,
<i>Elattaria cardimomum</i>	Katu, madhura	Laghu, rūksa,	Sīta	Madhura	Kaphanissaraka, Trsna nigrahana, Rochana, Depana, Pacana, Anulomana, Dahaprasamana, Balya
<i>Piper nigrum</i>	Katu, tikta	Laghu, rūksa, tīksna	Usna	Katu	Nadi uttejaka, Balya, Deepana, Pacana, Vatanulomana, Kaphaghna, kaphanissaraka, Svedajanaka, Kushtagna, Jwaragna
<i>Rosa indica</i>	Tikta, Katu, Kashaya, Madhura	Laghu, Snigdha	Sita	Madhura	Medya, Deepana, Pachana, Anulomana, Daha prasamana, Jwaraghna, Hridya, Shonitasthapana
<i>Saccharum officinarum</i>	Madhura	Guru, Snigdha	Sita	Madhura	Vata Pitta shamaka, Kapha vardhaka, Kapha nissaraka, Balya, Vrumhana, Mutrala, Vrushya

**Table-2: quantities of the ingredients of *Jatamansadi* Syrup**

Ingredients	Botanical Name	Quantity
Jatamansa (Spikenard)	<i>Nardostachis jatamansi</i>	34g
Ela (Cardamom)	<i>Elettaria cardamomum</i>	60 seeds
Maricha (Pepper)	<i>Piper nigrum</i>	60 seeds
<i>Patala Pushpa</i> (Rose water)	<i>Rosa indica</i>	700 ml
Ikshu (Sugar Cane)	<i>Saccharum officinarum</i>	90g

**Table-3: Treatment Protocol for the observational study**

Type of administration	Time	Duration
Oral administration 1.5 Thola (18ml) of syrup is mixed with 5 Thola (60ml) of water	Everyday after dinner	14 Days

**Table -4: Overall therapeutic effects of *Jatamansi* Syrup on *Anidra***

Assessment criteria	Before treatment	End of the 1st week	End of the 2nd week	follow-up period
Sleep difficulties (initiation, maintenance, and waking up)	2	1	0	0
Physical symptoms due to insomnia	2	1	0	0
Emotional disturbances due to insomnia	2	1	1	1
Day time social impact due to insomnia	2	1	1	1
Overall quality of life	2	1	1	1



**Figure -1: *Jatamansadi* Syrup**

**RESULT:**

Overall therapeutic effects of *Jatamansi* Syrup on *Anidra* is mentioned in table -4. The administration of *Jatamansadi Panaka* demonstrated marked improvements in multiple domains of insomnia. Sleep-related difficulties, including initiation, maintenance, and early awakening, showed a 50% improvement by the end of the first week, progressing to complete resolution by the end of the second week and sustained during the follow-up period, reflecting a 100% overall

improvement in sleep quality. Physical symptoms associated with insomnia also improved progressively, with a 50% reduction observed in the first week and complete remission by the second week, maintained thereafter. Emotional disturbances and daytime social impact demonstrated a 50% improvement by the end of the first week, which was sustained throughout the treatment and follow-up phases, indicating consistent partial improvement. Similarly, overall quality of life improved by 50% at the end of the first

week and remained stable during subsequent assessments, reflecting a sustained partial enhancement.

### DISCUSSION:

The results of this observational study demonstrate that *jatamansadi panaka*, a traditional Sri Lankan herbal formulation, has a notable therapeutic effect in the management of *Anidra* (insomnia). During the two-week treatment period, the most significant improvements were observed in sleep difficulties, including sleep initiation, maintenance, and reduction of early awakening. A 50% improvement was noted by the end of the first week, progressing to complete resolution (100%) by the second week, which was sustained during the follow-up phase (Graph 1).

Physical symptoms associated with insomnia, such as fatigue and body discomfort, followed a similar trend, showing complete improvement by the second week (Graph 2). In contrast, emotional disturbances, daytime social impact, and overall quality of life improved by 50% in the first week and remained at that level during the second week and follow-up, indicating partial but sustained relief in these domains (Graph 3).

Overall, the study suggests that *Jatamansadi* Syrup offers a safe and effective herbal formula for *Anidra*, with observable improvements in both physical and psychological symptoms. The formulation demonstrated good patient compliance due to its palatable liquid form and ease of administration.

### CONCLUSION:

The view of the above findings of this observational case study suggests that *Jatamansadi* Syrup is an effective in managing *Anidra*(insomnia), particularly in improving sleep initiation, maintenance, and reducing

early awakening. The presence of active phytochemicals and the syrup's stability supports its potential as a safe and effective herbal remedy for insomnia. This study can be further develop using a large sample over a longer period to explore the efficacy and the safety of the *Jatamansadi* syrup.

### Limitation of study:

This was a single case study. Therefore, further clinical studies with larger sample size, cytotoxic studies and drug standardization needed to be conducted to evaluate the effectiveness of the treatment.

### Consent of the patient:

The written informed consent has been taken for treatment as well as for publication of the research information without disclosing the personal identity of patient.

**Conflict of interest:** The author declares that there is no conflict of interest.

**Guarantor:** The corresponding author is the guarantor of this article and its contents.

**Source of support:** None

### How to cite this article:

Guruge A.G.R.V, Gunarathna EDTP, Kulathunga RDH, Dhahanayake JM. Effect of *Jatamansadi* Panaka- A Sri Lankan Traditional Herbal Syrup in the Management of *Anidra* (Insomnia): A Case Study. Int. J. AYUSH CaRe. 2025;9(3): 467-472. DOI 10.70805/ija-care.v9i3.779.

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