

## TO EVALUATE EFFICACY OF JATAMANSI FANTA ON ANIDRA WITH SPECIAL REFERENCE TO INSOMNIA, A SINGAL CASE STUDY

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### ABSTRACT

Anidra<sup>[1]</sup> i.e. Insomnia is the most common sleep disorder worldwide now a days changing Lifestyle, late night work, disturb in biological clock are dominant causes for the same. Ayurveda as we know is a life science rather than Medical Science describes the various drugs and remedies for Insomnia like Jatamansi (Nardostachys Jatamansi). Ayurveda having a light of hope for this condition by correction of basic pathology through internal administration of drug like Jatamansi in the form of Fanta. In present study female patient aged 44 years having Insomnia from last 3 years received Ayurvedic treatment Jatamansi fanta for 8 days the treatment had shown positive response by increasing duration of sleep and quality of sleep along with remarkable decrease in symptom.

**KEYWORDS:** Insomnia, Anidra, Jata Mansi Fanta, Sleep quality.

### INTRODUCTION

Insomnia<sup>[2]</sup> is very common sleep disorder which affects peoples life and having trouble sleeping lack of quality of sleep now a days irregular and unnatural food habits suppression of natural urges, lack of proper sleep, disturbance is in maintaining biological clock, lack of proper sleep and less time for relaxation are the inseparable and difficult to avoidable part of our routine life in day todays stressful and sedentary lifestyle Anidra or lack of nidra is

commonly found. The Agni has strong relationship with nidra therefore a person who sleeps well having regular bowel habit bladder equations which contributes to maintain maintenance of long Ayush.<sup>[3]</sup> However undesirable behaviours like Diva Swapna i.e. sleeping during day time and Ratrijagran (waking up at night) causes vitiation of all doshas and cause variety of diseases. Anidra is one of the Vatnanatmaj vikara describe by Acharya charaka in Sutra sthan. In present single case study we tried to evaluate efficacy of jatamansi Fanta (180 ml sleeping hours) in Insomnia with the use of sleep quality scale SQS.

### CASE STUDY

A 44 year female having complaints of difficulty in falling asleep sleeplessness disturbed sleep, fatigue, irritation, palpitation, loss of appetite approach to OPD for the treatment of the same following the are the important points to be noted while case study.

Nadi- 80/min

Raktadaab (blood pressure) 130/80

Mal- Asamyak (not satisfactory every time)

Jiva- ishad saam

Shabd -prakrut

Roop- atur

Aakruti- medium

Weight- 48 kg

Height- 132 cm

BMI- 27

No history of previous illness, DM, Hypertension, thyroid.

### MATERIAL AND METHODS

After examination sleep quality scale was applied on patient sleep quality scale consisting of 28 items the SQS evaluate 6 domains of sleep quality daytime symptoms, Restoration after sleep, problem initiating and maintenance difficulty in waking and sleep satisfaction in short SQS is efficient tool suitable for recording sleep quality of patient and Research population. Scoring using four point Likert type scale. Respondent indicate how frequently they exhibit certain sleep behaviours

0- none or 1 to 3 times per month

1- 1to2times a week.

2- Often 3to5 times a week

3- Almost always 5 to 7 times aweek.

Jatamasi root and Panchang were identified and given to patient in a form of Fanta regular ideal procedure for making Fanta is adopted and Jatamansi Fanta 80 ml given to the patient at sleeping time for consecutive eight days after receiving Jatamansi Fanta for 8 days patient was observed again by Sleep quality scale.<sup>[4]</sup> Following are the following are the observations regarding sleep quality.

SR NO	POINTS OBSERVED	BEFORE TREATMENT SCORE	AFTER TREATMENT SCORE
1	I have difficulty falling asleep	1	1
2	I fall into deep sleep	0	0
3	I wake up while sleeping	1	1
4	I have difficulty getting back to sleep once I wake up in middle of the night	1	1
5	I wake up easily because of noise	1	0
6	I toss and turn.	1	0
7	I never go back to sleep after awakening during sleep	1	0
8	I feel refreshed after sleep	2	1
9	I feel unlikely to sleep after sleep.	2	1
10	Poor sleep gives me headache	2	1
11	Poor sleep makes me irritated	1	0
12	I would like to sleep more after waking up	1	1
13	My sleep hours are enough	0	1
14	Poor sleep makes me lose my appetite	1	1
15	Poor sleep makes hard for me to think.	2	1
16	I feel vigorous after sleep.	1	0
17	Poor sleep makes me lose interest in work or others	1	0
18	My fatigue is relived after sleep.	2	1
19	Poor sleep causes me to make mistakes at work.	1	1
20	I am satisfied with my sleep.	1	0
21	Poor sleep makes me forget things more easily.	2	1
22	Poor sleep makes it hard to concentrate at work.	2	1
23	Sleepiness interferes with my daily life	1	0
24	Poor sleep makes me lose desire in all things	2	1
25	I have difficulty getting out of bed.	1	0
26	Poor sleep makes me easily tired at work	1	0
27	I have a clear head after sleep	1	0
28	Poor sleep makes my life painful	2	1
	TOTAL	35	16

	SQS Score before treatment	SQS Score after treatment
TOTAL SQS Score	35	16

## DISCUSSION AND CONCLUSION

As we observed in this particular single case study that sleep quality after treatment as per the sleep qualities scale improved. There is remarkable improvement in sleeping hours and patient feels better after sleep. Jatamansi is known in Ayurveda for its sleep enhancing properties. It is believed to work by calming the Nervous system and promoting sense of relaxation CNS depression activity without affecting gross behaviour and muscle coordination.<sup>[5]</sup> Present study is single case study, subjective criteria's and short follow up are the limitation of study. Larger multicentre trial with objective measures for example polysomnography (PSG), Actigraphy is needed for further conclusion.

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