

**STANDARDIZATION AND EVALUATION OF *JATAMAMSHADI* SYRUP *PANAKA* IN
THE MANAGEMENT OF *ANIDRA* (INSOMNIA)**

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Jaṭamaṃshadi Syrup *Panaka* is a traditional Ayurvedic formulation mentioned in the Deshiya Chikitsa Sangraha. It contains *Jaṭamaṃsi* (*Nardostachys jatamansi*), *Ela* (*Elettaria cardamom*), and *Maricha* (*Piper nigrum* Linn.), and is traditionally used for the management of *Anidra* (insomnia). The objectives of the study are to evaluate its therapeutic effect on insomnia, along with its physicochemical parameters, phytochemical constituents, and shelf life. The syrup was prepared, and phytochemical screening, physicochemical evaluations and organoleptic evaluation were carried out at the Department of *Dravyaguna Vignana*, University of Colombo. Thin Layer Chromatography (TLC) was performed at the Industrial Technology Institute, Colombo. An observational case study was conducted at the Professorial Unit, Department of *Kayachikitsa*, Ayurveda National Teaching Hospital. A patient aged between 20–75 years, with a history of insomnia for less than two years, was selected. Patients with pregnancy, allergies, or pain disorders were excluded. The patient administered 30 ml of the syrup daily at 9:00 p.m. for two weeks, followed by a two-week observation period. Sleep quality was assessed using the Pittsburgh Sleep Quality Index. Post-treatment results indicated a 56% reduction in sleep disturbances and improvements in physical (33%), mental (31%), social (33%), and overall quality of life (44%). Phytochemical analysis confirmed the presence of alkaloids, flavonoids, saponins, carbohydrates, terpenoids, and glycosides. The syrup had a pH of 3.73, refractive index of 1.065, and density of 1.0209 g/ml. The findings suggest that *Jaṭamaṃsadi* Syrup *Panaka* may effectively improve sleep quality. Further studies of larger sample sizes are recommended.

Keywords: *Anidra*, Insomnia, *Jaṭamaṃshadi* Syrup *Panaka*