

CASE REPORT

Effect of *Matra Basti* in Insomnia With Special Reference to Primary Insomnia: Case Report

Kritika Chaudhary^{1*}, Sanjeev Sood²

¹MD Scholar, PG Department of Panchkarma (Dayanand Ayurvedic College and Hospital, Jalandhar, Punjab.

²Head, PG Department of Panchkarma (Dayanand Ayurvedic College and Hospital, Jalandhar, Punjab.

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ABSTRACT

Person suffering from insomnia may have frequent awakenings or problems in returning to sleep after awakenings, so despite of an adequate duration of sleep, there is a feeling of not rested fully. In Ayurveda, the condition can be correlated to *Anidra* or *Nidranasha*. *Nidranasha* can be treated with *Snehachikitsa*, and *Basti* is one of the best aspects of the introduction of *Sneha* into the body. So, according to *Ayurveda*, we can treat *Nidranasha* with *Matra Basti* a type of *Snehabasti*. A 62- years- old man with a primary complaint of sleeplessness for approximately 4–5 years. Initially, he had difficulty staying asleep for 2 or 3 nights/week. However, over the past 3 years sleepless nights and daytime fatigue have increased in severity despite the regular use of sleep-inducing medications. The case was treated with *Matra Basti* (dose-60 mL) with *Nidrakark taila* (*Kalpita yog*). The ingredients of *Taila* are *Jatamansi*, *Sarpagandha*, *Tagar*, *Arjun*, *Ashwagandha*, *Brahmi*, *Punarnava*. *Matra Basti* was given for 15 days. The complaints were resolved within 15 days. No other complaints as well as complications were observed after this treatment procedure.

1. INTRODUCTION

Ayurveda, the science of life, developed numerous *Siddhantas* (Principles) that must be followed in order to live a healthy life. The components of *Aahar* (diet), *Nidra* (sleep), and *Brahmacharya* (celibacy) are mentioned as three *Upastambha* (subsupporting pillars) that play a crucial part in preserving the health.^[1] Along with *Aahar* (diet), *Brahmacharya* (celibacy), the inclusion of *Nidra* in the three *Upastambha* itself proves its importance. Proper sleep provides *Sukha* (happiness), *Pushti* (nourishment), *Gyaan* (knowledge), *Vrishata*, *Jeevita* (life). Just like proper food keeps the body healthy.^[2] *Acharaya Kashyapa* also highlighted the importance of *Nidra* as getting good sleep a proper time is a characteristic of healthy man.^[3] According to *Acharaya Sushruta*, a person with proper intake of sleep at proper time will not suffer from diseases. They gain strength, good complexion, good virgility, an attractive body, and they will not be too lean or too fatty and live good 100 years.^[4] *Vagbhatta* asserts that the *Virya* of *Basti* is transmitted first to *Apana* and then to *Samana Vata*, potentially regulating *Agni*'s function. Subsequently, it travels to *Udana*, *Vyana*, and *Prana*, thereby distributing its effectiveness throughout the body.

Simultaneously, by calming *Vata*, *Basti* reinstates disrupted *Kapha* and *Pitta* to their original sites, aiding in disrupting the pathogenesis. According to *Ayurveda*, the active principle (*Veerya*) of the ingredients in *Basti* is absorbed, reaching the lesion site via general circulation, and alleviating the disease.^[5]

2. PATIENT INFORMATION

2.1. Chief Complaints

- Disturbed sleep approximately 4–5 years
- Constipation since 8 months
- Restlessness in whole day
- Headache on and off.

2.2. History of Present Illness

A 62-year-old man with a primary complaint of sleeplessness for approximately 4–5 years. Initially, he had difficulty staying asleep for 2 or 3 nights/week. However, over the past 3 years, sleepless nights and daytime fatigue have increased in severity despite the regular use of hypnotics. Due to disturbed sleep, he was experiencing daytime irritability, with associated complaints of constipation for 8 months. The patient visited the Ayurvedic hospital to stop the sleeping medication.

Corresponding Author:

Kritika Chaudhary, MD Scholar, PG Department of Panchkarma
(Dayanand Ayurvedic College and Hospital, Jalandhar, Punjab, India.
Email: kritikachaudhary455@gmail.com

2.3. Past History

No history of any disease.

2.4. Treatment History

Patient was taking Clozet plus (on and off), regularly taking Etizola 0.5 (Etizolam tablet 0.5 mg) before sleep.

2.5. Lab Investigations

Complete blood count:

- Haemoglobin- 13.10 g/dL
- Red blood cell count- 4.64 millions/cumm
- Total leukocyte count-9300/cumm
- Differential leukocyte count -1. Neutrophil-90%, 2. Lymphocyte-6%, 3. Eosinophil-2%, 4. Monocyte-2%
- Platelet count- $121 \times 10^3/\mu\text{L}$
- Erythrocyte sedimentation rate - 12 mm/h
- Fasting blood sugar -80 mg/dL
- Vitals-blood pressure = 110/70 mg/dL
- Pulse = 78/min
- Temperature = Afebrile

2.6. General Examination

The patient was well oriented to time and place, Co-operative behaviour.

- Respiratory system- no abnormality detected
- Cardiovascular system - no abnormality detected
- Abdomen- no abnormality detected
- Central nervous system - no abnormality detected.

2.7. Therapeutic Intervention

Matra Basti (60 mL) was planned after proper counselling and obtaining informed consent ingredients are mentioned in table 1.

- Pre-procedure steps (*Purva karma*)
 - First of all patient was advised to take light meal just prior to Basti. Then, patient was subjected to *Sthanik* Abhyanga and *Swedana*.
- Procedure steps (*Pradhana karma*)
 - Then for the administration of the Basti, the patient was lied on the table in the left lateral position with the left leg straight and the right leg flexed, his head should rest on his left flexed arm.
 - Then the anal region and Basti Netra or rubber catheter is lubricated with oil.
 - After that, medicated oil 60 mL filled in the Basti putaka (Syringe) was administered to the patient through the anal region.
 - At last the Basti Netra or rubber catheter was taken out of the anus slowly.
- Post-procedure steps (*Paschat karma*)
 - After that, gluteal region should be stricked with palm. Patient was asked to lied straight on back and then both lower limbs of patient was raised to increase the retention period. *Mardana* of soles and palms should be done.
- Duration of treatment -Total 30 days, Matra Basti administration for 15 days and Follow up would be done after 15 days of treatment.

2.8. Criteria for Assessment

Criteria for Assessment are mentioned in table 2.

3. DISCUSSION

According to *Ayurveda*, the *veerya* of the ingredients used in Basti is absorbed and reaches the affected areas through circulation, alleviating the disease. *Nidrakark taila* have *Medhya* drugs like *Ashwagandha*, *Tagar*, *Jatamansi*, *Brahmi* are *Medhya* drugs having *Rasayan* effect as energizer, means having certain *Pitta*-oriented properties. *Sadhaka Pitta* increases *Satva Guna* of *Manas* and acts on *Agni* specially *Sadhakagni* which is responsible for the nutrition of brain cells by improving the process for transformation and assimilation.^[6] *Sarpagandha* calms the nervous system due to its *Nidrajanak* nature. *Arjun* and *Punarnava* having *Pittashamak* effect. *Tila taila* is *Balya* and *Rasayana*, which checks *Dhatukshaya* and alleviates *Vata* while nourishing and boosting all the *Dhatus*. Basti also improves sleep (*Swapnauvriti*), crucial for overall well-being, indicating its profound therapeutic potential.^[7]

Basti yields positive outcomes like “*Swapnauvriti*,” which promotes better sleep. Properly enjoyed, sleep equally benefits both the body and mind. Basti works on Enteric Nervous System (ENS) and on various neurotransmitter system like opioid, serotonin and dopamine, which leads to reduction in negative emotions such as *Krodha*, *Shoka*, *Bhaya* etc. This action is related to its psychogenic response.

4. CONCLUSION

Matra Basti is especially notable among all types of Basti and is highly valued for its flexibility in administration at any time. It has no complications and minimal risk of issues due to the small dose of *Sneha* used. This dose remains in the colon as long as possible, delivering all desired effects. In *Anidra*, the aggravation of *Vata* occurs which will further vitiate the other *doshas pitta* as well as *kapha* as per etiology. For this vitiated *Vata Dosha* no other treatment is good as Basti.

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6. AUTHORS' CONTRIBUTIONS

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8. ETHICAL STATEMENT

Ethical approval was not required for this study as it is a case report.

9. CONFLICT OF INTERESTS

The authors declare no conflicts of interest regarding the publication of this paper.

10. DATA AVAILABILITY STATEMENT

The data analyzed in this review were obtained from publicly available sources, including peer-reviewed articles, observational studies, and surveys accessible through databases.

11. DISCLAIMER/VIEW AND OPINIONS

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Table 1: Ingredients used in *matra basti* (*kalpit yoga*)

S. No	Drugs	Botanical name	Family	Karma	Quantity
1	<i>Jatamansi</i> (Mool)	<i>Nordostachys</i> <i>jatamansi</i>	<i>Valerianaceae</i>	<i>Nidrajanan</i> <i>Shanghya</i> <i>sthapana</i> <i>Medhya</i> <i>Aakshep</i> <i>shaman</i>	1 PART
2	<i>Sarpagandha</i> (Mool)	<i>Rauwolfia</i> <i>serpentina</i>	<i>Apocynaceae</i>	<i>Shamak</i> <i>Nidrajanam</i> <i>Vatashamak</i>	1 PART
3	<i>Tagar</i> (Mool)	<i>Valeriana</i> <i>wallichii</i>	<i>Valerianaceae</i>	<i>Ardit rognasak</i> <i>Pakshagaat rognasak</i> <i>Unmaad rognasak</i> <i>Apasamar rognasak</i>	1 PART
4	<i>Arjun</i> (Kand Twak)	<i>Terminalia</i> <i>arjuna</i>	<i>Combretaceae</i>	<i>Pittashamak</i> <i>Haridya</i> <i>Raktsthambak</i>	1 PART
5	<i>Ashwagandha</i> (Mool)	<i>Withania</i> <i>somnifera</i>	<i>Solanaceae</i>	<i>Mastishak roghar</i> <i>Balya</i> <i>Rasayana</i> <i>Nidrajanan</i> <i>Vednasthapan</i>	1/3 PART
6	<i>Brahmi</i> (Panchang)	<i>Bacopa monnieri</i>	<i>Scrophulariaceae</i>	<i>Shamak</i> <i>Aakshepsamak</i>	1/3 PART
7	<i>Punarnava</i> (Mool)	<i>Boerhavia</i> <i>diffusa</i>	<i>Nyctaginaceae</i>	<i>Pittashamak</i> <i>Mutrajanan</i> <i>Haridhya</i>	1/3 PART

Table 2: Subjective criteria

Symptoms	Scoring criteria	BT	AT	AF
Sleeplessness	- No complaint (0) - Patient gets sleep at night or awakens early in the morning (1) - Sleep is full of dreams or sleep disturbs due to any other reason during night (2) - Sleep disturbs at midnight due to any reason and does not get sleep afterwards (3) - Patient doesn't get sleep after resting in day time/gets sleep late at night and awakens early in the morning (4) - Get sleep after taking sedatives (5) - Doesn't get sleep at all (6)	(5)	(1)	(1)
Sleep Quality	- Enjoyable sleep (0) - Anxious or agitated before and during sleep (1) - Feeling un-freshed and unrest after sleep (2) - Sleep experience negative and non-enjoyable (3)	(3)	(0)	(0)
After Awakening	- Fresh (0) - Sleep or fatigued (1) - Poor concentration (2) - Poor problem solving (3)	(2)	(0)	(0)
Sleep Time	- Adequate sleep (6–8 h) (0) - Inadequate night sleep (4–5 h) with ½–1 h day nap (1) - Inadequate night sleep (4–5 h) without day nap (2) - Inadequate night sleep (2–3 h) (3) - Get 1–2 h night sleep with or without day nap (4) - No sleep at night but get 1–2 h day nap (5) - No sleep at all (6)	(2)	(0)	(0)