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EFFECT OF THE LEAVES OF *ARTOCARPUS HETEROPHYLLUS* FOR THE STATE OF ANIDRA

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According to Ayurveda, the Upasthamba (three basic factors) required for the maintenance of human body are diet, brahmacharya and sleep. Thus the individual is no longer healthy unless he receives the sleep and sleep plays a vital role in the preservation of health. The modern scientists too have proved the vitality of sleep. A survey conducted by us revealed that 12.5 % of out door patients and 72% of residential patients under Ayurvedic treatment in North Central Province of Sri Lanka Ayurvedic hospitals were subject to state of Anidra. The drugs recommended in Ayurveda for this state have not shown remarkable effectiveness. But most of the traditional physicians in Sri Lanka use hot water extract of *Artocarpus heterophyllus* leaves for to increase the time of sleep. A study was conducted to evaluate the efficacy of *A. heterophyllus* to treat Anidra. The result proved that there was remarkable rise in the number of hours of sleep in the treated patients. Hence the drug might contain the chemical, which stimulates the sleep or at least chemical capable of stimulating chemicals in the human body responsible for sleep.

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CLINICAL EVALUATION OF MEDHYA RASAYANA IN MANODVEGA WITH