

ROLE OF VASA IN THE MANAGEMENT OF RAKTAPITTA: A LITERARY REVIEW**Dr. Akanksha Bharmaria^{*1}, Dr. Vividha Mahant², Dr. Upasna³, Dr. Dipsha Chauhan⁴**

^{1,3,4}P.G. Scholar 2nd Year, Department of P.G. Studies in *Ayurveda Samhita* and *Siddhanta*, Shiva Ayurvedic Medical College and Hospital Chandpur, Distt. Bilaspur, Himachal Pradesh, India.

²Assistant Professor, Department of P.G. Studies in *Ayurveda Samhita* and *Siddhanta*, Shiva Ayurvedic Medical College and Hospital Chandpur, Distt. Bilaspur, Himachal Pradesh, India.

***Corresponding Author: Dr. Akanksha Bharmaria**

P.G. Scholar 2nd Year, Department of P.G. Studies in *Ayurveda Samhita* and *Siddhanta*, Shiva Ayurvedic Medical College and Hospital Chandpur, Distt. Bilaspur, Himachal Pradesh, India.

DOI: <https://doi.org/10.5281/zenodo.17745787>



How to cite this Article: Dr. Akanksha Bharmaria¹, Dr. Vividha Mahant², Dr. Upasna³, Dr. Dipsha Chauhan⁴ (2025). Role Of Vasa In The Management Of Raktapitta: A Literary Review. World Journal of Pharmaceutical and Medical Research, 11(12), 1–4.

This work is licensed under [Creative Commons Attribution 4.0 International license](https://creativecommons.org/licenses/by/4.0/).

Article Received on 18/10/2025

Article Revised on 08/11/2025

Article Published on 01/12/2025

ABSTRACT

Ayurveda the science of life give emphasis on maintenance of health. According to *Ayurveda*, Health of individual depends on the balance between *Dosha*, *Dhatu* and *Mala*. *Raktapitta* is a bleeding disorder in which *Rakta* gets vitiated by *Pitta* and flows out of the external openings of body. *Vyadhi* is called *Raktapitta* because *Pitta* combines with *Rakta* and vitiates *Rakta* and also because it acquires the smell and colour of the *Rakta*. In *Ayurveda*, *Charaka Acharya* described the use of *Vasa* in *Raktapitta chikitsa*. *Vasa* is a well-known herbal drug in *Ayurvedic* system of medicines and it is found throughout the year. It balances the vitiated *Pitta* and *Rakta* and thus act as *Samprapti Vightan*. *Vasa*'s *Rasa*, *Guna*, *Virya*, *Vipaka* balance vitiated *Pitta* and *Rakta*. Among numerous drugs mentioned in management of *Raktapitta*, *Vasa* (*Adhatoda vasica* Nees.) is considered as the best drug of choice. Hence this article summarizes the role of *Vasa* in management of *Raktapitta*.

KEYWORDS: *Ayurveda*, *Raktapitta*, *Vasa*, Bleeding.

INTRODUCTION

Raktapitta as described in *Ayurvedic* classics, refers to vitiation of *Rakta* and *Pitta dosha*, leading to bleeding disorders.^[1] The disease is often compared with modern bleeding conditions like epistaxis, hematemesis, hemoptysis, hematuria etc.

Vasa is a prominent *Ayurvedic* herb traditionally used for bleeding disorders, respiratory ailments and *Pitta* related conditions. It is mentioned in various classical texts for its efficacy in controlling bleeding, cooling excessive *Pitta* and healing tissues.

Raktapitta is a serious disease and quick acting disease as similar to fire, it manifests by itself and affect rapidly. Therefore the physician who is well versed in the etiology, signs and symptoms of this disease, should immediately take steps for its treatment.^[2]

This article elaborates the role of *Vasa* in the management of *Raktapitta* from an *Ayurvedic* and pharmacological perspective.

AIMS AND OBJECTIVES

1. To explore the concept of *Raktapitta* as described in *Ayurvedic* classical texts.
2. To study the role of *Vasa* in the management of *Raktapitta* based on *Ayurvedic* literature.

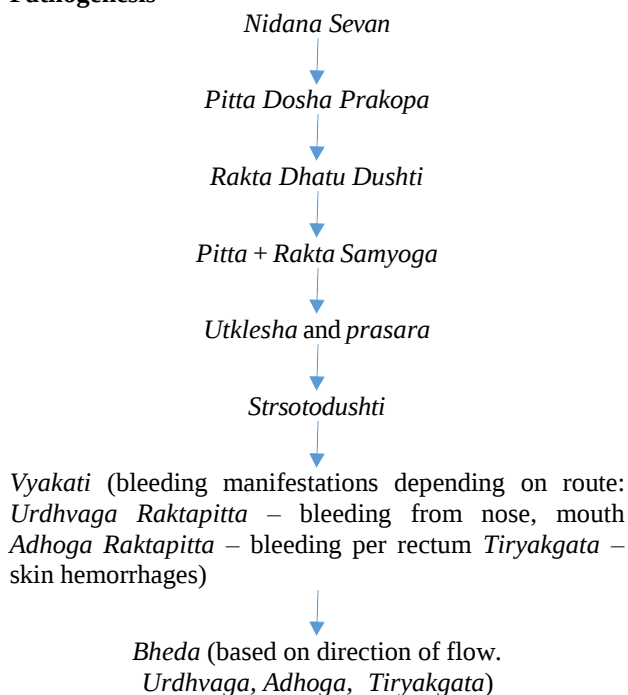
MATERIAL AND METHODS

This article content is compiled from *ayurvedic* text (*Charaka Samhita*, *Ashtanga Hridya* along with their *Teekas*), *Raj Nighantu*, *Bhavprakash*, *API* and authentic books.

Causes of Raktapitta^[3]

Ahara Hetu: Excessive consumption of *Ushana*, *Ati teekshan*, *Amla*, *Lavana Ahara*. Consumption of oily, deep fried foods.

1. **Vihara Hetu:** Excessive exposure to sun and heat. Staying awake at night. Overexertion (physical, mental).
2. **Seasonal factors:** More common in *Grishma* and *Sharad Ritu* when *Pitta* naturally increases.

Pathogenesis^[4]**Location of Raktapitta**

Being located in *Pleeha* and *Yakrut*, it spreads to different other parts of the body.^[5]

Specific signs and symptoms^[6]

When associated with *Kapha*, *Rakta* become dense, *Pandu*, unctuous and *Picchila*. When vitiated with *Vata*, it becomes *Shyava*, *Aruna*, *Tanu* and *Ruksha*.

When further vitiated by *Pitta*, it becomes *Kashaya*, like colour of the *Patala* flower, black like cow's urine,

Drug review

Name of drug	Botanical name	Family	Habit	Parts used
Vasa	<i>Adhatoda vasica</i> Nees	Acanthaceae	Throughout the year	Leaves, root, flower

Ayurveda Pharmacological review^[12]

Name of drug	Rasa	Guna	Veerya	Vipaka	Karma/doshghnta
Vasa	Tikta, Kashaya	Laghu	Sheeta	Katu	Kaphapittahara, Raktasamgrahika, Kasaghna, Hridya

Guna of Vasa**According to Raj Nighantu^[13]**

वासा तिक्ता कटु शीता कासघ्नी रक्तपित्तजित्।
कामलाकफवैकल्य ज्वरश्वासक्षयापहा॥ 46॥
(राज निघण्टु, शताह्वादिर्वर्गः)

Vasa has bitter and pungent taste, is a coolant, removes cough, controls *Raktapitta*, removes jaundice, cough related disorders, fever, asthma and tuberculosis.

According to Ashtanga hridaya^[14]

वृषं तु वमिकाकासघ्नं रक्तपित्तहरं परम् । (अ.ह.सू. ६/७९)
Vasa is *chardi* and *kasnashak*. It is very beneficial in *Raktapitta*.

Mechaka, *Agara Dhuma* and *Anjana*.

Prognosis: The *Raktapitta* associated with one *Dosha* is curable. When it gets associated with two *Doshas*, it is palliable or *Yapya*. When it is associated with all three *Doshas*, it is incurable.^[7]

Treatment principle for Raktapitta

Stambhana should not be given at the beginning of *Raktapitta* having *Dosha Utklisha* (aggravated *Doshas*). In a person who has *Aksheena Bala Mamsa*, originated from excess nourishment *Stambhana* should not be done.^[8] The treatment principle of *Bhavprakash* is almost similar to *Charaka*. If patient is strong enough to tolerate, bleeding shouldn't be arrested in the initial phases. If it is done so, he may have to suffer from chest diseases, anaemia, dysentary, splenic diseases, intestinal growths and fever.^[9]

The treatment of *Raktapitta* is done with various methods but in *Charaka Samhita* a special mention of *Vasa Ghrita* is given.^[10] So there is need to explore *Vasa* and its role in managing *Raktapitta*.

Vasa

Sanskrit name: *Vasa*, *Vasaka*

Hindi name: *Arusa*, *Adussa*

English name: Malabar nut

Synonyms: *Atarusa*, *Vasaka*, *Simhasya*, *Vajidnta*

Vasa, a sub herbaceous bush, found throughout the year in plains and sub Himalayan tracts of country ascending upto 1200 m. Flowers during February – March and also at the end of rainy season, leaves stripped off from older stems and dried in drying sheds.^[11]

Chemical constituents^[15]: Vasicine, vasicinone, vasicinol, adhatonine.

Mechanism of action of Vasa in Raktapitta**1. Raktastambhana**

Vasa arrests bleeding, *Kashaya Rasa* and *Sheeta Veerya* help to constrict blood vessels and reduce bleeding tendencies.

2. Pittashamana

The *Sheeta* nature of *Vasa* pacifies aggravated *Pitta*, the primary *Dosha* involved in *Raktapitta*.

Pharmacological activities

Anti inflammatory: Aqueous and alcoholic extracts showed anti inflammatory action in rats using carrageenan induced rat paw edema model.^[16]

Bronchodilator activity: Vasicinone important alkaloid exhibited powerful bronchodilator action both in normal and histamine induced bronchoconstriction in guinea pig's lungs. Aerosol inhalation of alkaloids of *Adhatoda vasica* at 10 mg/ml exhibited significant protection against allergen induced bronchoconstriction.^[17]

Antiulcer: In ethanol and aspirin induced ulcer model of rats, treatment with *adhatoda* leave extract exhibited significant antiulcer activity in experimental animals. Results were better in ethanol induced ulceration model.^[18]

Dose^[19]: 10-20 ml Of juice of fresh leaves.
10 -20 g of the dried drug for decoction.

Formulations and usage: *Ayurveda* describes various dosage forms of *Vasa* such as *Swarasa*, *Avaleha*, *Ghrta* – used in different bleeding disorders. *Charaka* and other classical texts cite *Vasa* especially in *Vasa Ghrta*, which is used internally for managing *Raktapitta*. This *Vasa Ghrta* taken along with honey to stop bleeding immediately.^[20]

Clinical relevance: *Vasa*'s role extends beyond *Pitta* pacification to healing ulcers and controlling bleeding across multiple sites, making it mainstay herb in managing *Raktapitta*. It helps restore the equilibrium of *Rakta Dhatu* and prevents recurrence by regulating the underlying *Dosha* imbalance.

DISCUSSION

The present study explores the role of *Vasa* in management of *Raktapitta*, a classical bleeding disorder described in *Ayurveda*. *Raktapitta* is primarily a *Pitta Pradhana* disease characterized by vitiation of *Rakta* and *Pitta Dosha*. *Vasa* has been highlighted as one of the most potent herbs in ayurvedic pharmacology for its *Pittashamaka*, *Raktstambhaka* and *Shothahara* properties. *Vasa* among the prime herbs used in disorders of bleeding due to its *Tikta*, *Kshaya* and *Sheeta Veerya*.

Furthermore, the mucolytic and bronchodilatory effects of *Vasa*, support its traditional usage in upper gastrointestinal and respiratory forms of *Raktapitta*.

The choice of formulation may depend upon the site and severity of the bleeding and overall strength of the patient. It is also important to note that the mode of preparation affects the pharmacokinetics and efficacy of the herb.

The integration of both classical references and modern pharmacological studies validate the anti inflammatory, hemostatic and antioxidant properties of *Vasa*, making it a valuable therapeutic agent in the management of

Raktapitta.

CONCLUSION

Vasa, a potent ayurvedic herb known for its hemostatic, anti inflammatory and *Pitta* pacifying properties, plays a significant role in the management of *Raktapitta*. Its efficacy in controlling bleeding, cooling the system and supporting respiratory and circulatory health aligns well with the pathophysiology of *Raktapitta* described in classical texts. By addressing both the symptoms and underlying *Dosha* imbalance, *Vasa* offers a holistic, natural approach to treatment. Incorporating *Vasa* in the therapeutic regimen, guided by proper ayurvedic principles, can thus provide effective and sustainable management of *Raktapitta*.

Vasa exemplifies an important ayurvedic medicinal plant with a comprehensive therapeutic profile suitable for *Raktapitta*, especially *Urdhvaga* type. It serves a bridge between classical ayurvedic wisdom and modern pharmacological validation.

REFERENCES

1. Sharma R. K., Dash B., *Raktapittachikitsa Adhyaya*. Chapter -4, verse – 9, *Agnivesa's Charak samhita Chakrapani datta's Ayurveda dipika*. Chikitsa sthan. Chowkhambha sanskrit series office Varanasi, pageno, 223.
2. H. K. Shashirekha, Sushant B, *Raktapittachikitsa Adhyaya*, Chapter -4, Verse - 5, *Charaka Samhita Chikitsa sthan*, Chaukhambha publications New Delhi, pageno, 242.
3. Shastri K., Chaturvedi G., *Raktapittanidan Adhyaya*, Chapter -2, Verse-4, *Charak Samhita Nidan sthan*, Chaukhambha bharti academy, Varanasi, page no, 618.
4. Shastri K., Chaturvedi G., *Raktapittachikitsa Adhyaya*, Chapter – 4, Verse – 7- 8, *Charak Samhita Chikitsa sthan*, Chaukhambha bharti academy, Varanasi, Page no, 176.
5. H. K. Shashirekha, Sushant B, *Raktapittachikitsa Adhyaya*, Chapter -4, Verse – 10, *Charaka Samhita Chikitsa sthan*, Chaukhambha publications New Delhi, pageno, 244.
6. Sharma R. K., Dash B., *Raktapittachikitsa Adhyaya*, Chapter -4, Verse- 11-12. *Agnivesa's Charak samhita Chakrapani datta's Ayurveda dipika*. Chikitsa sthan. Chowkhambha sanskrit series office Varanasi, pageno, 223.
7. Sharma R. K., Dash B., *Raktapittachikitsa Adhyaya*, Chapter -4, Verse – 13- 14, *Agnivesa's Charak samhita Chakrapani datta's Ayurveda dipika*. Chikitsa sthan. Chowkhambha sanskrit series office Varanasi, pageno, 225.
8. H. K. Shashirekha, Sushant B, *Raktapittachikitsa Adhyaya*, chapter – 4, verse – 25, *Charaka Samhita Chikitsa sthan*. Chaukhambha publications New Delhi, pageno, 251.
9. Sitaram B., *Raktapittaadhikar*, chapter –9, verse 15, volume -II, *Bhavapraksh Madhyama and uttara*

- khanda, Chaukhambha orientalia Varanasi, Page no, 172.
10. Shastri K., Chaturvedi G., Raktapittachikitsa Adhyaya, chapter -4, verse- 88, Charaka Samhita Chikitsa sthan. Chaukhambha bharti academy, Varanasi, page no, 192.
 11. Ayurvedic Pharmacopeia of India, part 1, volume 1. Government of India Ministry of Health and family welfare Department of Ayurveda, yoga, naturopathy, unani and homeopathy (AYUSH) New Delhi, page no, 122.
 12. Ayurvedic Pharmacopeia of India, part 1, volume VIII. Government of India Ministry of Health and family welfare Department of Ayurveda, yoga, naturopathy, unani and homeopathy (AYUSH) New Delhi: page no, 162.
 13. Tripathi I., Shatahvadivarga, verse 46, Raj Nighantu, Chaukhamba Krishnadas Academy, Varanasi, page no. 71.
 14. Kushwaha H. S., Annswaroopvigyanaya Adhyaya, chapter -6, verse – 79, Ashtanga hridayam composed by Vagbhata Sarvangasundara's and Ayurvedarasayana's Kusumprabha Hindi commentary First part, Chaukhambha orientalia Varanasi, Pageno. 291.
 15. Ayurvedic Pharmacopeia of India, part 1, volume VIII. Government of India Ministry of Health and family welfare Department of Ayurveda, yoga, naturopathy, unani and homeopathy (AYUSH) New Delhi: page no. 162.
 16. George n et all (1947); Investigation on plant antibiotic – A search for antibiotic substance in some Indian Medicinal Planta J. Sci. Ind. Res, 2-613.
 17. Chaudry NT n et all; Effect of Adhatoda vasica on airway responsiveness with pulmonary function test, Prof. Med. J., 2006; 12(3): 327-30.
 18. Srivastava N n et all, Antiulcer activity of Adhatoda vasica Nees, J. Herb Pharmacother, 2006; 6(2): 43-49.
 19. Ayurvedic Pharmacopeia of India, part 1, volume 1. Government of India Ministry of Health and family welfare Department of Ayurveda, yoga, naturopathy, unani and homeopathy (AYUSH) New Delhi: page no. 122.
 20. H. K. Shashirekha, Sushant B, Raktapittachikitsa Adhyaya, chapter – 4 verse- 88, Charaka Samhita Chikitsa sthan. Chaukhambha publications New Delhi, pageno. 267.