

MEDICINAL USES OF VASA (ADHATODA VASIKA NEES): A REVIEW ARTICLE**Dr. Amandeep Kaur^{*1}, Dr. Anurag Nagrath², Dr. Naresh Kumar Garg³ and Dr. Om Prakash Sarswat⁴**¹PG Scholar Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganganagar – 335001, India.²PG Scholar Department of Rachana Sharir, Sriganganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganganagar – 335001, India.³Associate Professor Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganganagar – 335001, India.⁴Proff and HOD PG Department of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganganagar – 335001, India.***Corresponding Author: Dr. Amandeep Kaur**

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Article Received on 06/05/2019

Article Revised on 28/05/2019

Article Accepted on 19/06/2019

ABSTRACT

Adhatoda vasika (also called vasika) is an ayurvedic medicinal plant used for a cough, asthma, breathing trouble, nasal congestion, bleeding disorders, allergic conditions, upper respiratory infections, excessive uterine bleeding, heavy menstruation and epistaxis (nosebleed). Bromhexine is an expectorant, mucolytic and bronchodilator modern drug, which is a synthetic form of alkaloid vasicine found in adhatoda vasica.

KEYWORDS: *Vasica*, vasa, Bromhexine.**INTRODUCTION**

Adhatoda vasica has mucolytic, expectorant and bronchodilator action, so it is greatly used in respiratory troubles, it relieves a cough, fights off respiratory infections and helps in the management of asthma.

Common Name	–	Vasa
English Name	–	Malabar nut
Family	-	Acanthaceae

Name in another languages**Sanskrit** – vasa, vajidant, vrish, aatrushak**Gujarati** – arduso**Telugu** – Aadasara**Marathi** – Adulsa**Punjabi** – Vasa**Ayurvedic Properties****Rasa** – Tikta, Kashaya**Guna** –Ruksha, Laghu**Virya** – Sheeta**Vipaka** – Katu**Dosha karma** – Paciefies Kapha dosha and Pitta Dosha**Dhatu (Tissue) effect** – Rasa, Mamsa, Shukra**Organ Effect** – Lungs, Throat**Medicinal Uses:** The medicinal uses of Vasa are attributed to the following medicinal properties.

1. Antitussive – relieves a cough
2. Expectorant – promotes expectoration
3. Bronchodilator – dilates bronchi
4. Anti bacterial
5. Anti-microbial
6. Antiviral
7. Anti-inflammatory – reduces inflammation of airways
8. Antihemorrhagic – checks bleeding
9. Antioxidant
10. Antispasmodic – Helps in abdominal spasms and relaxes muscles (its action is confirmed due to the presence of Vasicinone alkaloid in Vasaca)
11. Antifungal – Works against ringworm
12. Mild Sedative – Calms the mind
13. Anti-allergic – Fights off allergies.
14. Antihelmintic – Anti parasite or removes worms
15. Appetite stimulant – improves appetite

Benefits and Uses

Adhatoda vasica is a drug of choice for respiratory diseases in Ayurveda. It is the main ingredient in every proprietary ayurvedic medicines used for a cough and asthma. It is a simple, easily available and safe herb, which gives relief from bacterial infections and throat problems. The main action of this herb is observed on the respiratory system and circulatory system. Here are some clinical users and health benefits of Adhatoda vasica.

Medicinal Parts

- Leave – 10-20 mL
- Flower juice – 10-20 mL
- Root decoction – 40-80 mL

Main Components

- Volatile oil
- Vasicine alkaloid
- Adhatodic acid

Therapeutic Indications**Adhatoda vasica is helpful in following diseases**

1. Cough (with yellow thick sputum and fever)
2. Chronic cough due to tuberculosis along with anti-tubercular medicines.
3. Asthma (wheezing, breathing trouble and chest congestion)
4. Upper respiratory infections (with a fever and productive cough)
5. Common cold (with thick yellow discharge or along with secondary bacterial infections)
6. Chronic bronchitis
7. Sinusitis
8. Sore throat
9. Throat pain

Ayurvedic Formulations of Vasa

1. Vasavaleha.
2. Vasarisht.
3. Vasapanak.
4. Vasachandanadi tail.

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