Adhatoda vasica-Therapeutic Monograph

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Introduction:
Vasaka is a common shrub distributed throughout India. In Ayurveda, the ancient system of Indian medicine it is commonly known as vasa. It commonly grows in waste places. The medicinal value of the medicinal herb has been mentioned in old texts. It is household remedy for various disorders. Charaka Samhita has classified the drug under mucolytic and expectorant drugs.

Classification:
Mucolytic.

Ayurvedic pharmacology
Taste: Bitter, Astringent.
Quality: Light, Unctous.
Post Digestion Effect: Pungent
Potency: Cold

Pharmacognosy
Adhatoda vasica belongs to family Acanthacrae. Leaves, flowers and bark found use in medicine.

A. Habitat
The plant is distributed in lower Himalayan range.

B. Botanical Identification
1. Vasaka is a dense perennial shrub.
2. Leaves are of dark green colour above and pale yellow below. Flowers are typical, white arranged in pendunculated spike.
3. Commercial samples consist of dried drug consisting of leaves mixed with other parts.

Phytochemistry:
Alkaloids: Vasicine, and vasicinone.
Essential oil, coloring matter.
An organic acid (Adhatodic acid)

**Standards**

**Sampling**
Adhatoda is obtained from commercial sources or collected from open fields. Since it is easily identified, it is not difficult to get a genuine product.

A. Taste: Bitter
B. Fresh juice collected from flowers and aerial parts is of typical odour and consistency.

**Powdered Adhatoda**

1. Colour: Grey brown
2. Odour: Characteristic
3. Taste: Bitter
4. Positive for alkaloids

**Extract**

1. Colour: Light yellow
2. Nature: Alcoholic
3. Particle size of vasa powder for extract
4. Positive for alkaloids
5. Extract (prepared from dried leaf)
   - Strength 5:1
   - Total alkaloids NLT 0.5%
   - Ash value (app. 8%)
   - Moisture determination (8.46 approx)
   - PH 7-8

**Pharmacology**

1. Petroleum ether extract: Expectorant, and bronchodilator
3. The alkaloids *vasicine* and *vasicinone* are potent bronchodilators.
4. In large doses *vasicine* is abortifacient.
5. Expectorant action is due to *volatile oil*. (In animal studies, it has been found that bronchodilator activity of vasicine is increased after administration of atropine. It has no marked action on alimentary canal and cardiovascular system).
7. *Vasakin* a non-nitrogenous principle obtained from alcoholic extract is antidiabetic.

**Therapeutics**

In respiratory disorders like bronchial asthma and chronic bronchitis.
**Toxicology**

Adhatoda is contraindicated in pregnancy.

**Dosage**

1-3 G of dried leaves.

**References:**