



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**“VASA IN THE MANAGEMENT OF RAKTAPITTA-A LITERATURE REVIEW”**

**KEY WORDS:** Vasa (Adhtoda Vasica- Linn), Raktapitta

**Dr.Rahul Dagadu  
Baviskar**

Lecturer Department Of Dravyaguna Vigyana, KDMG'S Ayurved Medical College, Chalisgaon Dist. Jalgaon, Maharashtra.

**ABSTRACT**

Vasa (Adhtoda Vasica- Linn) is a well known and easily available drug in almost all the seasons. Vasa is used in management of diseases such as Shwasa, Kasa and Raktapitta in different dosage forms like Swarasa, Avaleha and Ghrita. The powdered herb, boiled with sesame oil, is used to heal ear infections and arrest bleeding. In Ayurveda, Charakacharya described use of vasa in Raktapitta chikitsa. Classically mentioned Raktapitta resembles nearly with bleeding pathologies. Aggravated Pitta, due to its ushnata and dravata further affect Rakta and vitiate Rakta. This vitiated Pitta and increased Rakta along with Pitta cause Raktapitta. It further shows symptoms like epistaxis, peptic ulcers, esophageal varices, bleeding in small intestine or colon etc. Vasa by its attributes works on Raktapitta. It balances the vitiated Pitta and Rakta which in turn helps in avoiding further etiology. Hence this article review of literature of Vasa with reference to Raktapitta is focusing on main use of Vasa.

**INTRODUCTION**

Vasa (*Adhatoda vasica* Linn.) is a well known and widely used herb in Ayurveda. It represents a class of herbal drug with very strong conceptual or traditional base as well as a strong experimental base for its use. Adhatoda vasica Nees belongs to the family Acanthaceae, commonly known as Adosa.<sup>1</sup>

Vasaka also known as 'Malabar Nut' in English, 'Adhathodai' in Tamil, 'Vasa' in Telugu and 'Arusha' in Hindi, is a potent ayurvedic plant that enhances the respiratory system. The plant has manifold curative properties and is an ultimate remedial measure for a lot of health anomalies like breathing trouble, cough, and cold, nasal congestion, sore throat, asthma, bronchitis, other upper respiratory tract infections, bleeding disorders, etc. Vasaka which goes by the botanical name Adathoda vasica is a tall, evergreen, herbaceous shrub that is not only native to the Indian subcontinent but also distributed throughout Nepal, Srilanka, Pakistan, Malaysia, Indonesia, and China. The plant features yellow coloured bark, lance-shaped leaves, white and purple flowers, and pubescent club-shaped capsular fruits.<sup>2</sup>

Raktapitta is a bleeding disorder where in the blood (Rakta) vitiated by Pitta flows out of the (openings) of the body. Bleeding occurs due to some internal cause or as an effect of some chronic disease and importantly in the absence of injury. Acharya Charak mentioned Raktapitta detail in nidana & chikitsa Sthan.

- Sanskrit Name:** Vasa, Vasak
- Hindi Name:** Adulsa, Arusa, Bansa
- English Name:** Malbar Nut
- Latin name:** Adhtoda Vasica- Linn
- Vasa Propertise:**<sup>3</sup>
- Rasa: Kashaya, Tikta
- Virya: Sheeta
- Guna: Laghu
- Doshaghnat: Vata krit, Pitta kapha hara.
- Karma: Raktapitta har

**AIMS**

To study Vasa from literature w.s.r. to Raktapitta.

**OBJECTIVES**

To collect information of Vasa from Literature.

**MATERIALS AND METHODS**

**Effect On Doshas:**

Vasaka exemplifies 2 distinct tastes mainly Tikta (i.e. bitter) and Kashaya (i.e. astringent) Rasa. It has Laghu (i.e. light) and Rukhsa Guna (i.e. dry quality) and Shita Virya (i.e. cold potency). It characterizes Katu Vipaka (i.e. pungent taste after digestion) and mainly portrays rejuvenating property. The host of bioactive components in Vasaka helps to pacify the

Pitta (i.e. fire and air) and Kapha (i.e. earth and water) doshas and effectively removes the AMA doshas from the body.<sup>4</sup>

**Nutritional Content Of Vasaka**

Famed as a natural expectorant, Vasa has a rich concentration of bioactive components like Vasicine, Luteolin, Carotene, Vasakin, other quinazoline alkaloids, and essential oils. The leaves are abundant in phytochemical constituents like tannins, saponins, alkaloids, flavonoids, and phenolics. Imbued with powerful properties like antitussive, a bronchodilator, anti-microbial, anti-inflammatory, anti-spasmodic, etc, the plant is useful for a host of therapeutic indications like upper respiratory infections, tuberculosis, heart problems, constipation, nosebleed, dengue, etc.<sup>5</sup>

**Chemical Constituents:**

The vast variety of pharmacological uses of Adhatoda is believed to be the result of its rich concentration of alkaloids. The prominent alkaloid found in Adhatoda leaves is the quinazoline alkaloid known as vasicine.<sup>6</sup>

**Dosage:**<sup>7</sup>

- Vasaka leaf powder: 1 - 3 gm
- Vasaka flower powder: 250 - 1000 mg
- Vasaka root powder: 250 - 500 mg
- Vasaka leaf juice: 5 - 10 ml
- Leaf Decoction: 5 gms powder in a glass of warm water

**Uses in bleeding disorders:**

Vasaka leaves are famed for their anti-ulcer properties. It plays a pivotal role in reducing ulcers and sores in various parts of the body. It also helps in treating bleeding disorders and offers a potent remedy for peptic and duodenal ulcers.<sup>8</sup>

**Other use: Purifies Blood:**

Being a potent cardiac tonic, the herb is extremely essential in purifying the blood. It effectively improves blood count, manages blood pressure and hence prevents a host of heart rhythm disorders. The presence of anti-coagulant and anti-fibrinolytic properties also prevents blockage and formation of clots in the arteries causing heart block.

**DISCUSSION**

vasa along with its parts in various forms and formulations can balance the increased Ushna and Drava Guna of Pitta and Rakta. Hence balances the vitiated Pitta and inturn balance vitiated Rakt resulting in lowering the increased volume of Rakta. Along with this it does Raktaprasadan akarya where Raktadushti is balanced and proper ras -raktadhatvagni is maintained which will help in healthy Rakta dhatu nirmiti. Vasa by its Rasa, Virya, Vipaka, Guna contains Pitta-Rakataghna properties. All these properties balances the vitiated Pitta and Rakta.

## CONCLUSION

From above literature study it can be concluded that Vasa is useful in the management of Raktapitta. This can be further studied by taking trials in the bleeding disorders.

## REFERENCES

1. <https://www.daburchyawanprash.com/immunity-boosting-foods/vasa-ayurvedic-herb-for-boosting-immunity.aspx>
2. <https://www.netmeds.com/health-library/post/vasaka-health-benefits-usage-dosage-and-side-effects-of-malabar-nut>
3. Bhavaprakasha Nighantu of Sri Bhavamisra; Pushpavarga; commentary by Prof. K. C. Chunekar; Chaukhamba Bharati Academy;
4. <https://www.netmeds.com/health-library/post/vasaka-health-benefits-usage-dosage-and-side-effects-of-malabar-nut>
5. IBID.
6. <https://www.daburchyawanprash.com/immunity-boosting-foods/vasa-ayurvedic-herb-for-boosting-immunity.aspx>
7. <https://www.netmeds.com/health-library/post/vasaka-health-benefits-usage-dosage-and-side-effects-of-malabar-nut>
8. IBID
9. Kamal Naik, Artilce- Kamal in Ratkapitta. CJRA. Vol 9, Issue 2, Feb. 2020.