

# Vasa

- **Botanical Name:** *Adhatoda vasica* Nees
- **Family:** Acanthaceae
- **Synonyms:** Vasaka, Adusa, Arusha, Rus, Bansa
- **Vernacular Name:** Commonly known as "Malabar Nut" in English, "Adusa" in Hindi, and "Adalodakam" in Malayalam.
- **Classification:** A perennial shrub belonging to the Acanthaceae family.
- **Habitat:** Found abundantly throughout India and other tropical and subtropical regions. It thrives in well-drained soils and is often seen in wastelands and forested areas.
- **Morphology:** A shrub with lance-shaped leaves (8–10 cm long), oppositely arranged with smooth edges. The flowers are white, dense, and arranged in spikes, resembling the mouth of a lion. The fruits are pubescent, club-shaped capsules.
- **Useful Parts:** Leaves, roots, flowers, and the whole plant.
- **Chemical Composition:** Contains alkaloids like vasicine and vasicinone, along with tannins, saponins, flavonoids, and essential oils.
- **Pharmacological Action:** Known for its bronchodilator, expectorant, antimicrobial, anti-inflammatory, and hypoglycemic properties. It is widely used in treating respiratory disorders like asthma, cough, and bronchitis, as well as bleeding disorders and skin ailments.
- **Formulation:** Used in Ayurvedic preparations like Vasa Ghrita, Vasarishta, Vasakantakari Leha, and Vasa Avaleha.

**Rasa:** Tikta , kasaya

**Guna:** Laghu , Ruksha

**Virya:** Sheeta

**Vipaka:** Katu