



Review Article

A REVIEW OF VASA (*ADHATODA VASICA*): THERAPEUTIC BENEFITS AND FORMULATIONS
IN AYURVEDA

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ABSTRACT


In today's world, numerous old and emerging diseases lack adequate management approaches. Ayurveda, an ancient system of medicine, provides fundamental principles for diagnosing, preventing, and treating diseases. The objective of this study was to gather, analyze, and present information on the therapeutic properties and formulations of *Vasa*. A comprehensive review of classical Ayurvedic texts including *Samhitas*, *Nighantus*, and other relevant literature was conducted. Information on the synonyms, properties, actions, and formulations of *Vasa* was systematically organized. The review highlights therapeutic applications, dosage forms, and modes of administration as per different classical texts. *Vasa (Adhatoda vasica)* is a highly valued Ayurvedic herb, known for its therapeutic benefits, particularly in the treatment of respiratory disorders. It has been extensively referenced in classical texts for its therapeutic actions such as *Kasahara*, *Shwashara*, *Shothahara*, *Hridya*, *Raktastambhan* and *Jwaraghna karma*. Over 203 internal formulations and 38 external formulations featuring *Vasa* are documented across classical texts. These formulations help to manage various diseases like *Kasa*, *Shwasa*, *Kushtha*, *Vatrakta* and *Raktapitta*. In conclusion, *Vasa* is a critical Ayurvedic herb with broad applications, especially for respiratory ailments. Classical Ayurvedic texts provide extensive formulations for both internal and external uses, validated by modern pharmacological research particularly for coughs, asthma, fevers, and infections. While modern research has confirmed many of *Vasa's* pharmacological activities outlined in Ayurveda, further scientific investigation is needed to fully validate its other therapeutic effects.

INTRODUCTION

Ayurveda primarily focuses on the prevention and cure of diseases. With the rise of new health challenges alongside persistent older conditions, people are increasingly turning to Ayurveda for health solutions. Ayurvedic medicines are mainly categorized into herbal, mineral, and herbo-mineral formulations. Herbal treatments, in particular, have gained significant acceptance both nationally and internationally due to their minimal

or negligible side effects on human health. Among these herbs, *Vasa* hold a prominent place and is extensively discussed in Ayurvedic texts such as the *Brihatrayi*, *Laghutrayi*, and *Nighantus*.

Adhatoda vasica (Linn Nees), also known as *Adusa*, belongs to the Acanthaceae family. It is a small evergreen shrub that grows widely in various parts of India and across the world. The Sanskrit term "*Vasa*" translates to "that which restores health." *Vasa*, which also goes by names such as *Vajidanta* and *Bhisaka Mata* is characterized by its *Tikta* and *Kashaya rasa*, *Katu Vipaka*, *Sheeta Virya*, and *Laghu* and *Ruksha guna*. It is also popularly known as Malabar Nut. [1] *Vasa (Adhatoda vasica)* is recognized for its high content of vitamin C and a broad range of medicinal applications. It is noted for its antispasmodic, antipyretic, antitussive, anti-

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inflammatory, bronchodilator, and oxytocic properties. In addition, it functions as an astringent, diuretic, anti-periodic, purgative, and expectorant. In Ayurvedic medicine, *Vasa* has long been used to treat various conditions such as coughs, colds, pneumonia, fevers, jaundice, and asthma due to its expectorant and antispasmodic actions. The plant's vital role in treating respiratory disorders is emphasized by an old Indian saying: "As long as the *Vasa* plant exists, no person suffering from phthisis should lose hope".^[2] The powdered form of the herb, when boiled with sesame oil, has been used to heal ear infections and stop bleeding. Additionally, boiled *Vasa* leaves are commonly used to alleviate rheumatic pain and relieve the symptoms of urinary tract infections. In some regions of India, *Vasa* is believed to have abortifacient properties. It is used to stimulate uterine contractions, which can help facilitate childbirth^[3]. This review article aims to gather and present information on the therapeutic properties of *Vasa* (*Adusa*) in a systematic manner,

including relevant formulations from various classical Ayurvedic texts.

MATERIALS AND METHODS

Various *Samhitas* (classical texts), *Nighantus* (lexicons), *Samgraha granthas* (compendia), and other relevant literature related to therapeutic applications (*Prayoga*) were consulted. The collected information was systematically organized and presented, detailing the synonyms, properties, actions and various formulations with their *Adhikara* (indications), *Kashaya Kalpana* (dosage forms), and method of administration (both internal and external).

Classical Review

Synonyms

Ayurvedic lexicons describe plant-based drugs using *Paryaya* (synonyms). In various texts, *Vasa* has been assigned 43 different synonyms to highlight its morphological and pharmacological characteristics which are given in the below table 1.

Table 1: Detailed synonyms of *Vasa* mentioned in various texts

Synonyms	DN ^[4]	BN ^[5]	Sh.N ^[6]	KN ^[7]	RN ^[8]	So. N ^[9]	MN ^[10]	PN ^[11]
<i>Vasak</i>	+	+	+	+	+	+	-	-
<i>Sinhaparni</i>	+	+	+	+	+	+	+	-
<i>Vrush</i>	+	+	+	+	+	+	+	+
<i>Sinhika</i>	+	+	+	-	+	+	+	-
<i>Aatrush</i>	+	+	+	+	+	-	-	-
<i>Bhisagmata</i>	+	+	+	+	+	+	+	-
<i>Aatrushak</i>	+	+	-	+	-	+	+	+
<i>Vasa</i>	-	+	+	+	+	+	-	+
<i>Vasika</i>	-	+	+	-	-	-	-	-
<i>Sinhasya</i>	-	+	+	+	-	-	-	+
<i>Vajidanta</i>	-	+	+	+	+	-	-	+
<i>Tamra</i>	-	+	-	-	-	-	-	-
<i>Ramrupak</i>	-	-	+	-	-	-	-	-
<i>Matrusinhi</i>	-	-	+	-	-	-	-	-
<i>Vaidhmata</i>	-	-	+	-	-	-	-	-
<i>Kasnotpan</i>	-	-	+	-	-	-	-	-
<i>Vasadani</i>	-	-	-	-	+	-	-	-
<i>Simhi</i>	-	-	+	+	+	-	-	-
<i>Aamalak</i>	-	-	+	-	-	-	-	-
<i>Vaji</i>	-	-	+	-	-	-	-	-
<i>Vaidhsinhi</i>	-	-	+	-	-	-	-	-
<i>Rasadani</i>	-	-	+	-	-	-	-	-
<i>Sinhamukhi</i>	-	-	+	+	+	+	+	-

Kanthiravi	-	-	+	-	-	-	-	-
Shitparni	-	-	+	-	+	-	-	-
Nasa	-	-	+	-	+	-	-	-
Shritvalli	-	-	-	+	-	-	-	-
Matruka	-	-	-	+	-	-	-	-
Sinhavallika	-	-	-	+	-	-	-	-
Kanthoravi	-	-	-	-	+	-	-	-
Panchmukhi	-	-	+	-	+	-	-	-
Mrigendrani	-	-	-	-	+	-	-	-
Ashvadanta	-	-	-	-	-	+	-	-
Dantasatvapradayi	-	-	-	-	-	+	-	-
Karkasa	-	-	-	-	-	+	-	-
Kaphaha	-	-	-	-	-	+	-	-
Shvetamukha	-	-	-	-	-	+	-	-
Raktamutrajita	-	-	-	-	-	+	-	-
Pittarkanaut	-	-	-	-	-	+	-	-
Inavavasa	-	-	-	-	-	-	+	-

Note: (+ = Present, - = Absent), DN -Dhanwantari Nighantu, BN -Bhavprakash Nighantu, Sh.N -Shaligram Nighantu, KN-Kaiyedeve Nighantu, RN - Raj Nighantu, So N- Shodhal Nighantu, MN- Madanpal Nighantu, PN- Priya nighantu

Classification of Vasa

Acharya Charak has included Vasa in Tikta skandha in Vimanasthana in Rogabhishakjitiya adhayaya^[12] whereas Acharya Sushruta Vasa has mentioned Vasa in Pusha and Shaka varga in Annapanavidhi adhayaya in Sutrasthana.^[13] Acharya Vagbhatta has included Vasa in Pittanashak dravya and Veertaruadigana^[14]. In similar manner, Vasa is classified in different Varga according to various Nighantus given in below table.

Table 2: Classification of Vasa according to Varga/Gana in Samhita and Nighantu

S.No	Name of Text	Varga/Gana
1.	Charaka Samhita	Tikta skandha
2.	Vagbhata	Pittanashak Dravya, Virtaruadi gana
3.	Amarkosha ^[15]	Vanaushadhi Varga
4.	Ashtanga Nighantu ^[16]	Shyamadi and Virtaradi gana
5.	Dhanvantari Nighantu ^[17]	Guduchyadi Varga
6.	Sodhala Nighantu ^[18]	Guduchyadi varga
7.	Madhav dravyaguna ^[19]	Vividh-aushadi varga
8.	Madanpal Nighantu ^[20]	Abhyadi varga
9.	Kaiyadev Nighantu ^[21]	Aushadhi Varga
10.	Bhavprakash Nighantu ^[22]	Guduchyadi Varga
11.	Raj Nighantu ^[23]	Shatahavadi varga
12.	Priya Nighantu ^[24]	Shatpushpadi Varga

Ayurvedic Pharmacological Properties**Table 3: Ayurvedic properties of Vasa according to various Nighantus**

S. No	Nighnatu	Rasa	Guna	Veerya
1.	Dhanvantari Nighantu [25]	Tikta (Bitter)	-	Sheeta (Cold)
2.	Kaiyadev Nighantu [26]	Tikta, Kashaya (Astringent)	Laghu (Light)	Sheeta
3.	Bhavaprakash Nighantu[27]	Tikta, Kashaya	Laghu	Sheeta
4.	Raj Nighantu [28]	Tikta, Katu (Pungent)	-	Sheeta
5.	Priya Nighantu[29]	Tikta	Laghu	Sheeta

Most of the Nighantus has mentioned the Laghu guna of Vasa except Raj Nighantu and Dhanvantari Nighantu. All the Nighantus described the Tikta rasa of Vasa but Kaiyadeva and Bhavaprakasha Nighantu mention its Kashaya rasa, while Raja Nighantu includes its Katu rasa. All the Nighantus has mentioned the Sheeta virya of Vasa.

Table 4: Therapeutic actions of Vasa as per Ayurvedic Text

S.no	Karma	DN [25]	SoN [18]	MN [20]	KN [26]	BN [27]	RN[28]	PN [29]
1.	Kaphapittashamak	+	+	+	+	+	-	+
2.	Raktadoshnashak	+	+	+	+	+	-	-
3.	Vatakrit	-	-	+	+	+	-	-
4.	Swarya	-	-	+	+	+	-	+
5.	Hridya	-	-	-	+	+	-	-
6.	Varnya	-	-	-	-	-	-	+
7.	Dantasatvapradayi	-	+	-	-	-	-	-

Almost all Nighantus describe Vasa as having Kaphapittashamak (balancing Kapha and Pitta) and Raktadoshnashak (purifying blood) properties, with the exception of Raja Nighantu. According to Bhavaprakasha Nighantu, Kaiyadeva Nighantu, and Madanapala Nighantu, Vasa tend to increase Vata dosha. Vasa is also noted for its Swarya (beneficial for the voice) qualities in all Nighantus, except for Dhanvantari Nighantu, Shodhala Nighantu, and Raj Nighantu. Additionally, Kaiyadeva Nighantu and Bhavaprakasha Nighantu regard Vasa as Hridya (good for the heart), while Priya Nighantu highlights its Varnya (enhancing complexion) properties.

Table 5: Therapeutic indications of Vasa as per Ayurvedic Text

S.no	Rog	DN [25]	MN [20]	KN [26]	BN [27]	RN [28]	PN [29]
1.	Kasa	+	+	+	+	+	+
2.	Kshaya	+	+	+	+	+	+
3.	Chardi	+	+	+	+	-	-
4.	Kushtha	+	+	+	+	-	+
5.	Jwara	+	+	+	+	+	+
6.	Trishna	+	-	+	+	-	-
7.	Shwasa	-	+	+	+	+	+
8.	Meha	-	+	+	+	-	-
9.	Aruchi	-	-	+	-	-	-
10.	Kshata	-	-	+	-	-	-
11.	Raktapitta	-	-	-	-	+	+
12.	Ardita	-	-	-	+	-	-
13.	Kamla	-	-	-	-	+	-

Vasa is indicated for the treatment of *Kasa* (cough), *Kshaya* (tuberculosis), and *Jwara* (fever) in all *Nighantus*. It is prescribed for *Kushtha* (skin diseases) by nearly all *Nighantus*, except *Raja Nighantu*. *Vasa* is recommended for *Chardi* (vomiting) and *Trishna* (thirst) in all *Nighantus*, except *Raja Nighantu* and *Priya Nighantu*. It is also indicated for *Kushtha* and *Visarpa* (erysipelas) by all *Nighantus*, with the exception of *Raja Nighantu* and *Dhanvantari Nighantu*. In cases of *Shwasa Roga* (respiratory disorders), *Vasa* is mentioned by all *Nighantus*, except *Dhanvantari Nighantu*. It is also recommended for *Meha Roga* (urinary disorders) in all *Nighantus*, except *Raja Nighantu*, *Dhanvantari Nighantu*, and *Priya Nighantu*. Additionally, *Raja Nighantu* and *Priya Nighantu* indicate its use for *Raktapitta* (bleeding disorders). *Kaiyadeva Nighantu* mentions *Vasa* for *Aruchi* (loss of appetite) and

Kshata (wounds), while *Bhavaprakasha Nighantu* is the only text that specifies its use for *Ardita* (facial paralysis). Lastly, *Rajynighantu* uniquely mentions *Vasa* for *Kamala* (jaundice).

Therapeutic Formulations of *Vasa* in different Ayurveda Classics

Charaka Samhita (1000 B.C. - 4 A.D.)^[30]

In the *Vimanasthana*, under the *Rogabhishakjitiya Adhyaya*, *Vasa* is categorized within the *Tikta Skandha*. The Ayurvedic formulations that include *Vasa* as a key ingredient are useful in the management of conditions *Raktapitta*, *Vata-Shonita* and *Kushtha*. Other formulations containing *Vasa* are helpful in treating conditions such as *Kasa*, *Grahani*, *Rajyakshma*, *Gulma*, *Vatvyadhi*, *Shotha*, *Arsha* and *Netra rog* which has been mentioned below:

Table 6: Therapeutic Ayurvedic Formulations of *Vasa* as per *Charaka Samhita*

S.no	Formulations	Type of Formulation	Route	Indications	References
1.	<i>Vasa Churna</i>	<i>Pradeha</i>	External	<i>Kushtha, Kilasa, Kitibh, Dadru, Bhagandar, Arsha, Apchi, Pama</i>	Ch. Su 3/3
2.	<i>Vasa Leaves</i>	<i>Nadi Swedana</i>	External	-	Ch. Su 14/31
3.	<i>Vasadi Ghrita</i>	<i>Ghrita</i>	Internal	<i>Jeerna Jwara</i>	Ch. Chi 3/222-223
4.	<i>Chandanadi Tail</i>	<i>Tail</i>	External	<i>Jwara</i>	Ch. Chi 3/258
5.	<i>Atrushakadi Kwatha</i>	<i>Kwatha</i>	Internal	<i>Raktapitta</i>	Ch, Chi. 4/65
6.	<i>Vasa Ghrita</i>	<i>Ghrita</i>	Internal	<i>Raktapitta</i>	Ch. Chi 4/ 87-88
7.	<i>Vasa Ghrita</i>	<i>Ghrita</i>	Internal	<i>Pittaj Gulma</i>	Ch. Chi. 5/126
8.	<i>Kanakbinduarishta</i>	<i>Arishta</i>	Internal	<i>Mahakushtha, Shudrakushtha,</i>	Ch. Chi 7/77
9.	<i>Chitrakadi Lepa</i>	<i>Lepa</i>	External	<i>Mandal Kushtha</i>	Ch. Chi 7/85
10.	<i>Vasa Kwatha</i> <i>Vasa Kalka</i>	<i>Kwatha</i> <i>Kalka</i>	External- <i>Pana</i> and <i>Snana</i> <i>Ubtan</i> and <i>Lepa</i>	<i>Kushtha</i>	Ch. Chi 7/ 128-129
11.	<i>Mahakhadira Ghrita</i>	<i>Ghrita</i>	Internal	<i>Kushtha</i>	Ch. Chi 7/153
12.	<i>Vasa Ghrita</i>	<i>Ghrita</i>	Internal	<i>Rajyakshma</i>	Ch. Chi. 8/105
13.	<i>Vasa Leaves</i>	<i>Kwatha</i>	External for Bath	<i>Shotha</i>	Ch. Chi. 12/67
14.	<i>Phalarishta (Dwitya)</i>	<i>Arishta</i>	Internal	<i>Arsha</i>	Ch. Chi. 14/157
15.	<i>Chandandya Ghrita</i>	<i>Ghrita</i>	Internal	<i>Grahani</i>	Ch. Chi 15/125-128
16.	<i>Kakolayadi Kwathsiddha Rasa</i>	<i>Mansrasa</i>	Internal	<i>Pittajakasa</i>	Ch. Chi 18/99
17.	<i>Amrita ghrita</i>	<i>Ghrita</i>	Internal	<i>Visha</i>	Ch. Chi 23/ 243
18.	<i>Vasa Leaves</i>	<i>Kwatha</i>	External- <i>Ashchyotan</i>	<i>Kaphaj Netrarog</i>	Ch. Chi 26/239
19.	<i>Vrushmuladi taila</i>	<i>Tailam</i>	External	<i>Vatavyadhi</i>	Ch. Chi 28/170
20.	<i>Triphaladi Kalka</i>	<i>Kalka</i>	Internal	<i>Vatashonita</i>	Ch. Chi 29/152
21.	<i>Vrushakadi Choorna</i>	<i>Churna</i>	Internal	<i>Yonishool</i>	Ch. Chi 30/56

Sushruta Samhita (1000 B.C- 500 A.D.) [31]

In the *Sutrasthana*, under the *Annapanavidhi Adhyaya*, *Vasa* is mentioned in the *Pushpa* and *Shaka Varga*. *Vasa Shaka* is having a *Tikta Rasa* and is *Kapha* and *Pittashamak*. Additionally, *Vasa Pushpa* is also having *Tikta Rasa*, *Katu Vipaka* and are traditionally used in the treatment of *Kasa* and *Shaya Roga*. *Acharya Sushruta* has mentioned Ayurvedic formulations having *Vasa* in the management of *Kushtha*, *Vataja Rog*, *Vatrakta* and *Sthaulya*. The following table shows references about its preparation and indication:

Table 7: Therapeutic Ayurvedic Formulations of Vasa as per Sushruta Samhita

S.no	Formulations	Type of Formulation	Route	Indications	References
1.	<i>Patra Lavana</i>	<i>Lavana</i>	Internal	<i>Vataj Roga</i>	Su.Chi 4/30
2.	<i>Kalyanak Lavana</i>	<i>Lavana</i>	Internal	<i>Vataj roga</i> ,	Su. Chi 4/32
3.	<i>Sireyakadi Lepa</i>	<i>Lepa</i>	External	<i>Vatarakta</i>	Su.Chi 5/12
4.	<i>Mahatiktaka ghrita</i>	<i>Ghrita</i>	Internal	<i>Kushta</i> ,	Su. Chi 9/ 8
5.	<i>Tiktak Ghrita</i>	<i>Ghrita</i>	Internal	<i>Kushtha</i> , <i>Visham Jwara</i> , <i>Gulma</i> , <i>Arsha</i> , <i>Grahani</i> , <i>Shotha</i> , <i>Pandu</i> , <i>Visarpa</i> , <i>Shandya</i>	Su. Chi 9/ 9
6.	<i>Tuthadi Lepa</i>	<i>Lepa</i>	External	<i>Shwitra</i>	Su, Chi 9/27
7.	<i>Arishtatwakadi Churna</i>	<i>Churna</i>	Internal	<i>Kushtha</i>	Su.Chi 9/47
8.	<i>Vasa Tailam</i>	<i>Tailam</i>	Internal	<i>Medhyam</i> , <i>Ayushyam</i>	Su. Chi 28/18
9.	<i>Mrinaladi Tailam</i>	<i>Tailam</i>	Internal- <i>Anuvasan basti</i>	<i>Pittaj Roga</i>	Su. Chi 37/31
10.	<i>Triphaladi Tailam</i>	<i>Tailam</i>	External- <i>Abhyanga</i> , <i>Gandush</i> Internal- <i>Pana</i> , <i>Nasya</i> , <i>Anuvasan Basti</i>	<i>Sthulta</i> , <i>Alasya</i> , <i>Kandu</i> , <i>Kaphaj Roga</i>	Su. Chi 37/33
11.	<i>Vidangadi Taiaml</i>	<i>Tailam</i>	Internal- <i>Anuvasan Basti</i>	<i>Pliha</i> , <i>Udavarta</i> , <i>Vatrakta</i> , <i>Gulma</i> , <i>Anaha</i> , <i>Kaphaj Rog</i> , <i>Prameha</i> , <i>Sharkara</i> , <i>Arsha</i>	Su. Chi 37/41
12.	<i>Kushadi Asthapan Basti</i>	<i>Basti</i>	Internal- <i>Asthapan Basti</i>	<i>Daha</i> , <i>Raktapradara</i> , <i>Raktapitta</i> , <i>Pittaj Gulma</i> , <i>Jwara</i>	Su. Chi. 38/51
13.	<i>Lodhradi Asthapan Basti</i>	<i>Basti</i>	Internal- <i>Asthapan Basti</i>	<i>Gulma</i> , <i>Raktapradara</i> , <i>Hridya</i> <i>roga Padu</i> , <i>Visham Jwara</i> , <i>Raktaatisara</i> , <i>Pittaatisara</i> , <i>Pittaj Roga</i> .	Su. Chi. 38/51

Ashtang Hridya (700 A.D.) [32]

In the *Sutrasthana*, specifically in the *Annaswarupvigyanaya adhyaya*, *Vasa* is mentioned as one of 28 *Patra shaka*. It has *Katu vipaka*, *Tikta rasa* and is described as *Grahi*, *Vatala* and *Kapha-pitta nashaka*. In this text, various compound preparations of *Vasa* are mentioned, mainly for *Jawara*, *Raktapitta*, *Ksaya*, *Kasa*, *Arsha*, *Grahani*, *Mutraghat*, *Gulma*, *Pandu*, *Shotha kushtha*, *Vatrakta*, *Netrarog*, and *Mukharog*. All such references are given below:

Table 8: Therapeutic Ayurvedic Formulations of Vasa as per Ashtang Hridya

S.no	Formulations	Type of Formulation	Route	Indications	References
1.	Vasa Shaak	Shaak	Internal	Kapha, Pitta shamak	As. Hr. Su 6/76
2.	Vasa Patra	Dravasweda	External	-	As. Hr. Su 17/8
3.	Vasadi Kashaya	Kwath	Internal	Kaphaj Jwara	As. Hr. Chi 1/53
4.	Kutkyadi Kashaya	Kwath	Internal	Kapha-Pitta Jwara	As. Hr. Chi 1/64
5.	Panchghrit	Ghrita	Internal	Jeerna Jwara	As. Hr. Chi 1/94
6.	Raktapittashamak Yog	Swaras	Internal	Raktapitta	As. Hr. Chi 2/25
7.	Rakpittanashak Kwath	Kwath	Internal	Raktapitta	As. Hr. Chi 2/27
8.	Vasaghrita	Ghrita	Internal	Raktapitta	As. Hr. Chi 2/42
9.	Kakolyadi kwathsiddha Rasa	Kwath siddha Mansrasa	Internal	Kasa	As. Hr. Chi 3/35
10.	Vrishadi Ghrita	Ghrita	Internal	Kasa, Jwara	As. Hr. Chi 3/164
11.	Duralabhaarishta	Arishta	Internal	Arsha	As. Hr. Chi 8/70
12.	Chandandighrita	Ghrita	Internal	Grahani	As. Hr. Chi 10/41
13.	Vrishakyog	Leaves	Internal	Mutraghat	As. Hr. Chi 11/7
14.	Dadhikghrita	Ghrita	Internal	Vataj Gulma	As. Hr. Chi 14/19
15.	Vasadikwath	Kwath	Internal	Pandu	As. Hr. Chi 16/13
16.	Varshabhuadi Lepa	Lepa	External	Ekanagshotha	As. Hr. Chi 17/25
17.	Mahatiktaka Ghrita	Ghrita	Internal	Kushtha	As. Hr. Chi 19/8
18.	Vajraka Ghrita	Ghrita	Internal	Kushtha	As. Hr. Chi 19/18
19.	Lakshadi churna	Churna	Internal	Kushtha	As. Hr. Chi 19/41
20.	Khadiradi Yog	Kalka Lepa	Internal External	Kushtha	As. Hr. Chi 19/91
21.	Nimbadi Ghrita	Ghrita	Internal	Sandhigat, Asthigat, Majjagat Vata	As. Hr. Chi 21/58
22.	Triphaladi Kalka	Kalka	Internal	Vatrakta	As.Hr. Chi 22/16
23.	Mahatriphala Ghrita	Ghrita	Internal	Netrarog	As.Hr. Ut. 13/12
24.	Nagaradi Ashchyotan	Ashchyotan	External	Netrarog	As.Hr. Ut. 16/17
25.	Patoladighan Kwath	Kwath	Internal	Mukhrog	As. Hr. Ut. 22/106

Chakradatta (11th Cent. AD) [33]

Well-known and respected scholar *Acharya Chakrapanidatta* authored this book, which dates back to the 11th century A.D. In this text, *Vasa* is included in various formulations for treating different diseases such as *Jwar*, *Raktapitta*, *Rajyakshma*, *Hikka*, *Kasa*, *Shwasa*, *Chardi*, *Vatarakta*, *Ashmari*, *Kushtha*, *Visarpa*, *Amlapitta*, *Visphota* and *Netrarog*. The following table shows references about its type of formulation, route of administration, indication and references.

S.no	Formulations	Type of Formulation	Route	Indications	References
1.	Duralabhaadi Kwath	Kwath	Internal	Pittaj Jwara	C.D Jwarachikitsa/83
2.	Triphala kwath	Kwath	Internal	Kaphaj Jwara Vatapittaj Jwara	C.D Jwarachikitsa/107, 115
3.	Kantkaryadi Kwath	Kwath	Internal	Pittashleshmaj Jwara	C.D Jwarachikitsa/125
4.	Vasa Swaras	Swaras	Internal	Pittashleshmaj	C.D Jwarachikitsa/127

				Jwara	
5.	<i>Vyoshadi Kwath</i>	<i>Kwath</i>	Internal	<i>Tridoshaaj Jwara</i>	<i>C.D Jwarachikitsa/189</i>
6.	<i>Vasadi Kwath</i>	<i>Kwath</i>	Internal	<i>Chaturthak Jwara</i>	<i>C.D Jwarachikitsa/189</i>
7.	<i>Guduchyadi Panchghrita</i>	<i>Ghrita</i>	Internal	<i>Jwara</i>	<i>C.D Jwarachikitsa/258</i>
8.	<i>Vasaptraswaras</i>	<i>Swaras</i>	Internal	<i>Raktapitta</i>	<i>C.D Raktapitta Chikitsa/12</i>
9.	<i>Aatrushkashaya</i>	<i>Kwath</i>	Internal	<i>Raktapitta</i>	<i>C.D Raktapitta Chikitsa/13</i>
10.	<i>Vasakashaya</i>	<i>Kwath</i>	Internal	<i>Raktapitta</i>	<i>C.D Raktapitta Chikitsa/14</i>
11.	<i>Aatrushakadikashaya</i>	<i>Kwath</i>	Internal	<i>Raktapitta</i>	<i>C.D Raktapitta Chikitsa/16</i>
12.	<i>Vasadyaghrita</i>	<i>Ghrita</i>	Internal	<i>Raktapitta</i>	<i>C.D Raktapitta Chikitsa/51</i>
13.	<i>Vasakushmand Khand</i>	<i>Avleha</i>	Internal	<i>Raktapitta</i>	<i>C.D Raktapitta Chikitsa//76</i>
14.	<i>Vasa Khand</i>	<i>Avleha</i>	Internal	<i>Raktapitta</i>	<i>C.D Raktapitta Chikitsa /80</i>
15.	<i>Khandakadyalauh</i>	<i>Ghrita</i>	Internal	<i>Raktapitta</i>	<i>C.D Raktapitta Chikitsa /83</i>
16.	<i>Ashwagandhadi kwath</i>	<i>Kwath</i>	Internal	<i>Rajyakshma</i>	<i>C.D Rajyakshma Chikitsa /9</i>
17.	<i>Chyavanprash</i>	<i>Avleha</i>	Internal	<i>Rasayan, Shwasa, Kasa</i>	<i>C.D Rajyakshma Chikitsa /47</i>
18.	<i>Vasakswaras</i>	<i>Swaras</i>	Internal	<i>Pittakaphaj Kasa</i>	<i>C.D Kasachikitsa /27</i>
19.	<i>Kulatthaadi Kwath</i>	<i>Kwath</i>	Internal	<i>Hikka, Shwasa</i>	<i>C.D Hikkashwasa Chikitsa/13</i>
20.	<i>Bhringrajadyaghrita</i>	<i>Ghrita</i>	Internal	<i>Swarabheda</i>	<i>C.D Swarabheda chikitsa /14</i>
21.	<i>Chandanadikalka</i>	<i>Kalka</i>	Internal	<i>Chardi</i>	<i>C.D Chardichikitsa /7</i>
22.	<i>Vasadi Kwath</i>	<i>Kwath</i>	Internal	<i>Vatrakta</i>	<i>C.D Vatraktachikitsa /5</i>
23.	<i>Amritadya Ghrita</i>	<i>Ghrita</i>	Internal	<i>Vatrakta</i>	<i>C.D Vatraktachikitsa /26</i>
24.	<i>Eladi kwath</i>	<i>Kwath</i>	Internal	<i>Sharkarayukta ashmari</i>	<i>C.D Ashmarichikitsa /33</i>
25.	<i>Pashanbhedadya ghrita</i>	<i>Ghrita</i>	Internal	<i>Ashmaribhedana</i>	<i>C.D Ashmarichikitsa /36</i>
26.	<i>Panchkashaya</i>	<i>Kwath</i>	Internal	<i>Vamankaraka</i>	<i>C.D Kushthachikitsa /3</i>
27.	<i>Shatpradeha</i>	<i>Pradeha</i>	External	<i>Kushtha</i>	<i>C.D Kushthachikitsa /8</i>
28.	<i>Singhasyadalprayog</i>	<i>Lepa</i>	External	<i>Kacchu</i>	<i>C.D Kushthachikitsa /43</i>
29.	<i>Panchtikta Ghrita</i>	<i>Ghrita</i>	Internal	<i>Kushtha</i>	<i>C.D Kushthachikitsa /98</i>
30.	<i>Tiktaghrita</i>	<i>Ghrita</i>	Internal	<i>Kushtha</i>	<i>C.D Kushthachikitsa /102</i>
31.	<i>Mahatikta Ghrita</i>	<i>Ghrita</i>	Internal	<i>Kushtha</i>	<i>C.D Kushthachikitsa /104</i>
32.	<i>Mahakhadirakghrita</i>	<i>Ghrita</i>	Internal	<i>Kushtha</i>	<i>C.D Kushthachikitsa /111</i>
33.	<i>Panchtiktaghrita Guggulu</i>	<i>Guggulu</i>	Internal	<i>Kushtha</i>	<i>C.D Kushthachikitsa /120</i>
34.	<i>Vajrakghrita</i>	<i>Ghrita</i>	Internal	<i>Kushtha</i>	<i>C.D Kushthachikitsa /120</i>
35.	<i>Mahatrinak Tail</i>	<i>Tailam</i>	External	<i>Kushtha</i>	<i>C.D Kushthachikitsa /124</i>
36.	<i>Punarnavadi churna</i>	<i>Churna</i>	Internal	<i>Udar and Vrana</i>	<i>C.D Udar Rogadhikar/55-56</i>
37.	<i>Nitushyavadikalka</i>	<i>Kalka</i>	Internal	<i>Amlapitta</i>	<i>C.D. Amlapittachikitsa/ 6</i>
38.	<i>Dashangkwath</i>	<i>Kwath</i>	Internal	<i>Amlapitta</i>	<i>C.D. Amlapittachikitsa/ 11</i>
39.	<i>Vasaguggulu</i>	<i>Guggulu</i>	Internal	<i>Amlapitta</i>	<i>C.D. Amlapittachikitsa/ 14</i>
40.	<i>Singhasyadi Kwath</i>	<i>Kwath</i>	Internal	<i>Amlapitta</i>	<i>C.D. Amlapittachikitsa/ 20</i>
41.	<i>Navkashaya guggulu</i>	<i>Guggulu</i>	Internal	<i>Visarpa, Kushtha</i>	<i>C.D Visarpavisfota Rogadhikar/19</i>
42.	<i>Amritadikwath</i>	<i>Kwath</i>	Internal	<i>Visarpa Kushtha</i>	<i>C.D Visarpavisfota Rogadhikar/20</i>

43.	Patoladikwath	Kwath	Internal	Viphota, Jwara	C.D Visarpavisfota Rogadhikar/21
44.	Bhunimbadi kwath	Kwath	Internal	Visarpa	C.D Visarpavisfota Rogadhikar/24
45.	Vrishadya Ghrita	Ghrita	Internal	Visarpa	C.D Visarpavisfota Rogadhikar/34
46.	Panchtriktaghrita	Ghrita	Internal	Tridoshaj Visarpa	C.D Visarpavisfota Rogadhikar/35
47.	Ugradidhupa	Dhoopan	External	Romantika	C.D Masoorikachikitsa/ 12
48.	Drakshadi Kwath	Kwatha	Internal	Paittika masoorika	C.D Masoorikachikitsa/ 16
49.	Nimbadikwatha	Kwatha	Internal	Tridoshaja masoorika	C.D Masoorikachikitsa/ 19
50.	Patoladikwath	Kwatha	Internal	Ama and Paripakva masoorika	C.D Masoorikachikitsa/ 21
51.	Khadirashtak Kwath	Kwatha	Internal	Romantika, Masoorika	C.D Masoorikachikitsa/ 25
52.	ShadanggugulKwath	Kwatha	Internal	Netrashoth, Netrapak, Netrashool	C.D Netrarogchikitsa/ 42
53.	Vasakadikwath	Kwatha	Internal	Netraroga	C.D Netrarogchikitsa/ 44
54.	Patoladyaghrita	Ghrita	Internal	Netraroga	C.D Netrarogchikitsa/ 82
55.	Mahatriphaladyaghrita	Ghrita	Internal	Naktandhya	C.D Netrarogchikitsa/ 165
56.	Mudhgarbhakarshak Lepa	Lepa	External	Mudhgarbha apkarshan	C.D Strirogchikitsa/ 16

Bhaishajya Ratanvali (18th Cent. AD) [34]

Vasa has been described in *Bhaishajya Ratnavali* mainly for the treatment of *Vyadhi* like *Jwara*, *Raktapitta*, *Prameha*, *Prameha pidika*, *Rajyakshma*, *Kasa*, *Hikka*, *Shwasa*, *Vatrakta*, *Kushtha*, *Visrapa*, *Visphota*, *Netrarog*, *Siroroga* and *Pradarroga*. All such references are given in the below table:

S.no	Formulations	Type	Route	Indications	References
1.	Guduchyadi kwath	Kashaya	Internal	Pittaja Jwara	B.R. Jwarachikitsa 5/103
2.	Mahadrakshadikwath	Kashaya	Internal	Pittaja Jwara	B.R. Jwarachikitsa 5/106
3.	Duralabhadikwath	Kashaya	Internal	Pittaja Jwara	B.R. Jwarachikitsa 5/114
4.	Parpatadi kwath	Kashaya	Internal	Raktapitta yukt Pittajwara	B.R. Jwarachikitsa 5/126
5.	Triphaladi kwath	Kashaya	Internal	Vatapittaj Jwara	B.R. Jwarachikitsa 5/163
6.	Kantkaryadikwath	Kashaya	Internal	Pittashleshmaj Jwara	B.R. Jwarachikitsa 5/171
7.	Drakshadi kwath	Kashaya	Internal	Pittashleshmaj Jwara	B.R. Jwarachikitsa 5/184
8.	Brihadguduchyadi kwath	Kashaya	Internal	Pittashleshmaj Jwara	B.R. Jwarachikitsa 5/185
9.	Mustakadi kwath	Kashaya	Internal	Kaphaj Jwara	B.R. Jwarachikitsa 5/201
10.	Dwatrishankhkwath	Kashaya	Internal	Sannipataj Jwara	B.R. Jwarachikitsa 5/249
11.	Kshudradikwath	Kashaya	Internal	Sannipataj Jwara	B.R. Jwarachikitsa 5/298
12.	Pathyadikwath	Kashaya	Internal	Chaturthak Jwara	B.R. Jwarachikitsa 5/376

13.	<i>Mritsanjivani sura</i>	<i>Sura</i>	Internal	<i>Sannipataj Jwara</i>	<i>B.R. Jwarachikitsa 5/1262</i>
14.	<i>Shleshmashailendra ras</i>	<i>Rasaushadhi</i>	Internal	<i>Kaphaj Jwara</i>	<i>B.R. Jwarachikitsa 5/1211</i>
15.	<i>Jeevananandabhram</i>	<i>Rasaushadhi</i>	Internal	<i>Vishamjwara</i>	<i>B.R. Jwarachikitsa 5/1140</i>
16.	<i>Vasapatra swaras</i>	<i>Swaras</i>	Internal	<i>Raktapitta</i>	<i>B.R. Raktapittachikitsa 13/8</i>
17.	<i>Aatrushadikwath</i>	<i>Kwath</i>	Internal	<i>Raktapitta</i>	<i>B.R. Raktapittachikitsa 13/39</i>
18.	<i>Vasaghrita</i>	<i>Ghrita</i>	Internal	<i>Ubhaygat Raktapitta</i>	<i>B.R. Raktapittachikitsa 13/124</i>
19.	<i>Vasakhandkushmand</i>	<i>Churna</i>	Internal	<i>Raktapitta</i>	<i>B.R. Raktapittachikitsa 13/102</i>
20.	<i>Vasakhand</i>	<i>Churna</i>	Internal	<i>Raktapitta</i>	<i>B.R. Raktapittachikitsa 13/107</i>
21.	<i>Vasaghrita (Brihat)</i>	<i>Ghrita</i>	Internal	<i>Rajyakshma with Raktapitta</i>	<i>B.R. Rajyakshmachikitsa 14/124</i>
22.	<i>Vasavleha brihat 1</i>	<i>Aveleha</i>	Internal	<i>Rajyakshma</i>	<i>B.R. Rajyakshmachikitsa 14/40</i>
23.	<i>Vasavleha brihat 2</i>	<i>Aveleha</i>	Internal	<i>Rajyakshma</i>	<i>B.R. Rajyakshmachikitsa 14/46</i>
24.	<i>Vasakswaras</i>	<i>Swaras</i>	Internal	<i>Pittashleshmaj Kasa</i>	<i>B.R. Kasachikitsa 15/21</i>
25.	<i>Sridamanandabhram</i>	<i>Abhrak</i>	Internal	<i>Kasa</i>	<i>B.R. Kasachikitsa 15/21</i>
26.	<i>Kassanharbhairvorasa</i>	<i>Rasaushadhi</i>	Internal	<i>Vataj, Pittaj, Shleshmaj, Dwandaj Kasa</i>	<i>B.R. Kasachikitsa 15/84</i>
27.	<i>Samsharkaraloham</i>	<i>Churna</i>	Internal	<i>Vatik, Shleshmik, Kshayaj Kasa</i>	<i>B.R. Kasachikitsa 15/116</i>
28.	<i>Vasavleha</i>	<i>Avleha</i>	Internal	<i>Kasa, Rajyakshma</i>	<i>B.R. Kasachikitsa 15/179</i>
29.	<i>Vasachandanadyatailam</i>	<i>Tailam</i>	External	<i>Kasa</i>	<i>B.R. Kasachikitsa 15/204</i>
30.	<i>Vasakarishtha</i>	<i>Arishta</i>	Internal	<i>Kasa</i>	<i>B.R. Kasachikitsa 15/211</i>
31.	<i>Bilwadipatrarasa</i>	<i>Swaras</i>	Internal	<i>Shwasa</i>	<i>B.R. Hikkashwasachikitsa 16/18</i>
32.	<i>Damreshwarabhram</i>	<i>Abhrak</i>	Internal	<i>Hikka, Shwasa</i>	<i>B.R. Hikkashwasachikitsa 16/33</i>
33.	<i>Shringigudaghritam</i>	<i>Ghrita</i>	Internal	<i>Shwasa, Kasa</i>	<i>B.R. Hikkashwasachikitsa 16/72</i>
34.	<i>Bharangisharkara</i>	<i>Avleha</i>	Internal	<i>Kasa, Rajyakshma, Hikka</i>	<i>B.R. Hikkashwasachikitsa 16/83</i>
35.	<i>Kanakasava</i>	<i>Asava</i>	Internal	<i>Shwas, Kasa, Rajyakshma</i>	<i>B.R. Hikkashwasachikitsa 16/115</i>
36.	<i>Shampakadikwath</i>	<i>Kwath</i>	Internal	<i>Vatarakta</i>	<i>B.R. Vatraktachikitsa 27/9</i>
37.	<i>Erandadikwath</i>	<i>Kwath</i>	Internal	<i>Vatarakta</i>	<i>B.R. Vatraktachikitsa 27/12</i>
38.	<i>Amritadyaghritam</i>	<i>Ghrita</i>	Internal	<i>Vatarakta</i>	<i>B.R. Vatraktachikitsa 27/131</i>
39.	<i>Mahapindatailam</i>	<i>Tailam</i>	External	<i>Vatarakta</i>	<i>B.R. Vatraktachikitsa 27/160</i>
40.	<i>Rudratailam</i>	<i>Tailam</i>	External	<i>Vatarakta</i>	<i>B.R. Vatraktachikitsa 27/170</i>
41.	<i>Dadimadyaghritam (Brihat)</i>	<i>Ghrita</i>	Internal	<i>Prameha</i>	<i>B.R. Pramehachikitsa 37/208</i>
42.	<i>Pramehmihirtailam</i>	<i>Tailam</i>	External	<i>Prameha</i>	<i>B.R. Pramehachikitsa 37/228.</i>
43.	<i>Anantadikwath</i>	<i>Kwath</i>	Internal	<i>Praemhapidika</i>	<i>B.R. Pramehapidikachikitsa 38/6</i>
44.	<i>Gatradaurgandhyanashan Lepa</i>	<i>Lepa</i>	External	<i>Daurgandhya</i>	<i>B.R. Medorogchikitsa 39/14</i>
45.	<i>Triphaladyatailam</i>	<i>Tailam</i>	Internal External	<i>Sthaulya</i>	<i>B.R. Medorogchikitsa 39/47</i>

46.	<i>Punarnavadichurnam</i>	<i>Churnam</i>	Internal	<i>Udarrog</i>	<i>B.R. Udarrogchikitsa 40/39</i>
47.	<i>Panchkashaya</i>	<i>Kwath</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/3</i>
48.	<i>VasaPatrachurna</i>	<i>Lepa</i>	External	<i>Kacchu</i>	<i>B.R. Kushthachikitsa 54/43</i>
49.	<i>Aragwadhadi Kwath</i>	<i>Kwath</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/64</i>
50.	<i>Manjshthadi Kwath</i>	<i>Kwath</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/68</i>
51.	<i>Aatrushadikwath</i>	<i>Kwath</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/73</i>
52.	<i>Mahabhallatakuda</i>	<i>Avleha</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/207</i>
53.	<i>Panchtiktaghrita guggulu</i>	<i>Vati</i>	Internal	<i>Kushtha, Vatroga, Arbuda, Bhagandar</i>	<i>B.R. Kushthachikitsa 54/233</i>
54.	<i>Vajrak Ghritam</i>	<i>Ghritam</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/237</i>
55.	<i>Tiktaghritam</i>	<i>Ghritam</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/239</i>
56.	<i>Mahatikttaghritam</i>	<i>Ghritam</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/243</i>
57.	<i>Panchtiktaghritam</i>	<i>Ghritam</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushthachikitsa 54/257</i>
58.	<i>Mahakhadirakghritam</i>	<i>Ghritam</i>	Internal	<i>Kushtha</i>	<i>B.R. Kushtha chikitsa 54/261</i>
59.	<i>Kandarpsartailam</i>	<i>Tailam</i>	External	<i>Kushtha</i>	<i>B.R. Kushtha chikitsa 54/348</i>
60.	<i>Haridrakhand (Bruhat)</i>	<i>Churna</i>	Internal	<i>Sheetpitta, Udarda, Koth</i>	<i>B.R. Sheetpitta udarda koth chikitsa 55/18</i>
61.	<i>Saptachaditailam</i>	<i>Tailam</i>	External	<i>Twakrog</i>	<i>B.R. Shudrarogchikitsa 60/155</i>
62.	<i>Shadangkathguggulu</i>	<i>Kwath</i>	Internal	<i>Netrarog</i>	<i>B.R. Netrarogchikitsa 64/45</i>
63.	<i>Shadangguggulughritam</i>	<i>Ghrita</i>	Internal	<i>Netrarog</i>	<i>B.R. Netrarogchikitsa 64/46</i>
64.	<i>Dashmooltail Bruhat (dwitya)</i>	<i>Tailam</i>	External	<i>Shirorog</i>	<i>B.R. Shirorogchikitsa 65/99</i>
65.	<i>Kanaktailam</i>	<i>Tailam</i>	External	<i>Shirorog</i>	<i>B.R. Shirorogchikitsa 65/114</i>
66.	<i>Taptarajtailam (Pratham)</i>	<i>Tailam</i>	External	<i>Shirorog</i>	<i>B.R. Shirorogchikitsa 65/134</i>
67.	<i>Darvyadi Kwath</i>	<i>Kwath</i>	Internal	<i>Pradarrog</i>	<i>B.R. Pradarrogchikitsa 66/19</i>
68.	<i>Madhukadyaavleha</i>	<i>Avleha</i>	Internal	<i>Pradarrog</i>	<i>B.R. Pradarrogchikitsa 66/35</i>
69.	<i>Ratnaprabhavatika</i>	<i>Vati</i>	Internal	<i>Sarvastreerog</i>	<i>B.R. Pradarrogchikitsa 66/63</i>
70.	<i>Nyagrodhadyaghritam</i>	<i>Ghritam</i>	Internal	<i>Pradarrog</i>	<i>B.R. Pradarrogchikitsa 66/93</i>
71.	<i>Ashokarishta</i>	<i>Arishta</i>	Internal	<i>Pradarrog</i>	<i>B.R. Pradarrogchikitsa 66/114</i>
72.	<i>Patrangasava</i>	<i>Asava</i>	Internal	<i>Pradarrog</i>	<i>B.R. Pradarrogchikitsa 66/122</i>
73.	<i>Vasantkusumakar ras</i>	<i>Rasaushadhi</i>	Internal	<i>Rasayan</i>	<i>B.R. Rasayanprakaran 73/108</i>

Bhavprakash Samhita (16th cent. A.D.)^[35]

Bhava Prakash, is said to be last book of medieval period, in this book *Vasa* has been described in the form of its various preparation, indicated for various diseases/disorders, such as *Jwara*, *Raktapitta*, *Amlapitta*, *Kasa*, *Rajyakshma*, *Swarabheda*, *Aamvata*, *Vatrakta*, *Kushtha*, *Visarpa*, *Prameha*, *Netrarog*, and *Yonirog* as cited below:

S.no	Formulations	Type /Useful part	Route	Indications	References
1.	<i>Lakshadi Tail</i>	<i>Tailam</i>	External	<i>Jwara</i>	<i>BP. MK. Jawaraadhikar1/144</i>
2.	<i>Parpatadi kwath</i>	<i>Kwath</i>	Internal	<i>Pittaj Jwara</i>	<i>BP. MK. Jawaraadhikar1/343</i>
3.	<i>Mahadrakshadi Kwath</i>	<i>Kwath</i>	Internal	<i>Pittaj Jwara</i>	<i>BP. MK. Jawaraadhikar1/352</i>
4.	<i>Vasahima</i>	<i>Hima</i>	Internal	<i>Pittaj Jwara</i>	<i>BP. MK. Jawaraadhikar1/357</i>
5.	<i>Guduchyadi Kwath</i>	<i>Kwath</i>	Internal	<i>Pittaj Jwara</i>	<i>BP. MK. Jawaraadhikar1/358</i>

	(dwitya)				
6.	<i>Triphaladi Kwath</i>	<i>Kwath</i>	Internal	<i>Vatapittaj Jwara</i>	<i>BP. MK. Jawaraadhikar1/395</i>
7.	<i>Kantkaryadi Kwath</i>	<i>Kwath</i>	Internal	<i>Pittakaphaj Jwara</i>	<i>BP. MK. Jawaraadhikar1/432</i>
8.	<i>Vasarasa</i>	<i>Swarasa</i>	Internal	<i>Pittakaphaj Jwara with Amlapitta and kamla</i>	<i>BP. MK. Jawaraadhikar1/432</i>
9.	<i>Kshudradi kwath</i>	<i>Kwath</i>	Internal	<i>Sannipataj Jwara</i>	<i>BP. MK. Jawaraadhikar1/660</i>
10.	<i>Phaltrikadi Kwath</i>	<i>Kwath</i>	Internal	<i>Kanthkubjak Sannipataj Jwara</i>	<i>BP. MK. Jawaraadhikar1/693</i>
11.	<i>Kiratiktadi Kwath</i>	<i>Kwath</i>	Internal	<i>Kanthkubjak Sannipataj Jwara</i>	<i>BP. MK. Jawaraadhikar1/694</i>
12.	<i>Patoladi Kwath</i>	<i>Kwath</i>	Internal	<i>Dushitjal janya Jwara</i>	<i>BP. MK. Jawaraadhikar1/835</i>
13.	<i>Vasa Swaras</i>	<i>Swaras</i>	Internal	<i>Raktapitta</i>	<i>BP. MK. Raktapittaadhikar9/ 27</i>
14.	<i>Vasa Hima</i>	<i>Hima</i>	Internal	<i>Raktapitta</i>	<i>BP. MK. Raktapittaadhikar9/ 28</i>
15.	<i>Aatrushakadikwath</i>	<i>Kwath</i>	Internal	<i>Raktapitta</i>	<i>BP. MK. Raktapittaadhikar9/ 31</i>
16.	<i>Khandakadya Lauh</i>	<i>Avelaha</i>	Internal	<i>Raktapitta</i>	<i>BP. MK. Raktapittaadhikar9/ 75</i>
17.	<i>Nitushyavadikwath</i>	<i>Kwath</i>	Internal	<i>Vaman due to Amlapitta</i>	<i>BP. MK. Amlapittaa-shleshmapitta adhikar 10/15</i>
18.	<i>Vasadi Kwath</i>	<i>Kwath</i>	Internal	<i>Amlapitta</i>	<i>BP. MK. Amlapittaa-shleshmapitta adhikar 10/16</i>
19.	<i>Shivpalpindi</i>	<i>Avleha</i>	Internal	<i>Amlapitta</i>	<i>BP. MK. Amlapittaa-shleshmapitta adhikar 10/18</i>
20.	<i>Vasaavleha</i>	<i>Avleha</i>	Internal	<i>Rajyakshma</i>	<i>BP. MK. Rajyakshma adhikar 11/55</i>
21.	<i>Kantkaryadi kwath</i>	<i>Kwath</i>	Internal	<i>Pittaj kasa</i>	<i>BP. MK. Kasa adhikar 12/24</i>
22.	<i>Pippalyadi kwath</i>	<i>Kwath</i>	Internal	<i>Kaphaj kasa</i>	<i>BP. MK. Kasa adhikar 12/25</i>
23.	<i>Brahmyadiavleha</i>	<i>Avleha</i>	Internal	<i>Swarbheda</i>	<i>BP. MK. Swarbhedadhikar 15/18</i>
24.	<i>Madhyamrasnadi kwath</i>	<i>Kwath</i>	Internal	<i>Aamvat</i>	<i>BP. MK. Aamvatadhikar 26/131</i>
25.	<i>Maharasnadikwath</i>	<i>Kwath</i>	Internal	<i>Vatropa</i>	<i>BP. MK. Aamvatadhikar 26/131</i>
26.	<i>Vasadi kwath</i>	<i>Kwath</i>	Internal	<i>Vatarakta</i>	<i>BP. MK. Vataraktadhikar 29/36</i>
27.	<i>Singhasyadyakwath</i>	<i>Kwath</i>	Internal	<i>Vatarakta</i>	<i>BP. MK. Vataraktadhikar 29/50</i>
28.	<i>Gandharvhastadikwath</i>	<i>Kwath</i>	Internal	<i>Vatarakta</i>	<i>BP. MK. Vataraktadhikar 29/52</i>
29.	<i>Amritadyaghrita</i>	<i>Ghrita</i>	Internal	<i>Vatarakta</i>	<i>BP. MK. Vataraktadhikar 29/102</i>
30.	<i>Mahaguduchighrita</i>	<i>Ghrita</i>	Internal	<i>Vatarakta</i>	<i>BP. MK. Vataraktadhikar 29/110</i>
31.	<i>Mrinaladyamishrak tail</i>	<i>Taila</i>	External	<i>Vatarakta</i>	<i>BP. MK. Vataraktadhikar 29/145</i>
32.	<i>Vrishadi kwath</i>	<i>Kwath</i>	Internal	<i>Kaphaj Prameha</i>	<i>BP. MK. Pramehapidika adhikar 38/48</i>
33.	<i>Loharasayan</i>	<i>Churna</i>	Internal	<i>Medorog</i>	<i>BP. MK. Sthoulya adhikar 39/32</i>
34.	<i>Triphaladya tail</i>	<i>Taila</i>	External, Internal	<i>Sthoulya, Alasya</i>	<i>BP. MK. Sthoulya adhikar 39/58</i>
35.	<i>Vasa Patra Ras</i>	<i>Lepa</i>	External	<i>Durgandhi</i>	<i>BP. MK. Sthoulya adhikar 39/69</i>
36.	<i>Mahabhallatak avleha</i>	<i>Avleha</i>	Internal	<i>Switra, Kushtha</i>	<i>BP. MK. Kushtha adhikar 54/84</i>

37.	Madhyammanjishthadi Kwath	Kwath	Internal	Kushtha	BP. MK. Kushtha adhikar 54/101
38.	Brihat Manjishthadi Kwath	Kwath	Internal	Kushtha	BP. MK. Kushtha adhikar 54/102
39.	Bhunimbadi Kwath	Kwath	Internal	Visarpa	BP. MK. Visarpa adhikar 54/34
40.	Drakshadi Kwath	Kwath	Internal	Paittik visphota	BP. MK. Visphotak adhikar 58/20
41.	Bhunimadi Kwath	Kwath	Internal	Kaphajanya visphota	BP. MK. Visphotak adhikar 58/21
42.	Nimbadikwath	Kwath	Internal	Pittaj Masoorika	BP. MK. Masoorikasheetla adhikar 60/42
43.	Chandanadikwath	Kwath	Internal	Sheetla jwara	BP. MK. Masoorikasheetla adhikar 60/67
44.	Mahatriphaladya ghrith	Ghritha	Internal	Netrarog	BP. MK. Netrarog adhikar 63/232
45.	Triphaladya ghrith (dwitya)	Ghritha	Internal	Netrarog	BP. MK. Netrarog adhikar 63/233
46.	Vasakadikwath	Kwath	Internal	Netrarog	BP. MK. Netrarog adhikar 63/247
47.	Vachadikwath	Kwath	External	Yonidhavan	BP. MK. Yonirog adhikar 70/43
48.	Jeerakadi Modak	Churna	Internal	Yonirog	BP. MK. Yonirog adhikar 70/49
49.	Kapitthadi kwath	Kwath	External	Mukhmandika Grahjusht	BP. MK. Balrog adhikar 70/104

DISCUSSION

Vasa is a highly important medicinal plant that has been described since ancient times. Above study form different *Nighnatus* and *Samhitas* reveals that *Acharya* knows the importance of *Vasa* in the therapeutic management of various diseases such as *Shwasa & Kasa*, *Raktapitta*, *Jwara*, *Kushtha*, *Meha* etc. Hence, they used *Vasa* as a single drug or in combination with other drugs in the form of *Churna*, *Kwath*, *Vati*, *Rasuaushadhi*, *Lepa*, *Ghritha*, *Taila* which are used both internally or externally to cure and prevent the various diseases. It is observed that *Vasa* has been used as an ingredient of 38 formulations used for external application mainly indicated in *Kushtha*, *Kilasa*, *Kitibh*, *Dadru*, *Bhagandar*, *Arsha*, *Apchi*, *Pama*, *Jwara*, *Shotha*, *Kaphaj Netrarog*, *Vatavyadhi*, *Vatarakta*, *Shwitra*, *Romantika*, *Mudhagrabh Apkarshan*, *Kasa*, *Vatarakta*, *Prameha*, *Daurgandhya*, *Sthaulya*, *Kacchu*, *Shiroroga*, *Yonidhawan* and *Mukhmandika*. 203 formulations containing *Vasa* are indicated for internal administration disease condition like *Jeerna Jwara*, *Raktapitta*, *Gulma*, *Kushtha*, *Rajyakshma*, *Arsha*, *Grahani*, *Kasa*, *Visha*, *Vatarakta*, *Yonishool*, *Pandu*, *Visarpa*, *Shandya*, *Mutrughat*, *Sandhigata*, *Ashthigata*, *Majjagat Vata*, *Netraroga*, *Mukharog*, *Hikka*, *Shwasa*, *Swarabheda*, *Chardi*, *Ashmari*, *Amlapitta*, *Masoorika*, *Naktaandhya*, *Prameha*, *Pramehapidika*, *Udadrrug*, *Sheetpitta*, *Udarda*, *Kotha*, *Pradarrog*, *Sarvastreerog*, *Rasayan*, *Aamvata* and *Visphota*.

In Ayurveda, *Vasaka* is noted for its *Kaashar* property which means it helps to alleviate cough. Oral administration of *Adhatoda vasica* plant extract to guinea pigs showed antitussive activity against irritant induced aerosols comparable to codeine^[36] as. It also possesses *Shwashara* property which means it helps alleviate symptoms of respiratory distress. Bronchodilating effect of ethanolic extract of *Adhatoda vasica* was tested on histamine aerosol and acetylcholine induced broncho-constriction in guinea pigs. The broncho-dilating effect of *A. vasica* was found similar to ketotifen.^[37] 10 azepino [2,1-b] quinazolone derivatives (R1 to R10) were (synthetic analogues of vasicine, an alkaloid from *Adhatoda vasica*) and evaluated for their anti-asthmatic activity using a murine model of asthma. Compounds R2, R4, R6, R7, and R8 significantly reduced Th2 cytokine levels and eosinophil counts in asthma-induced animal models.^[38] *Vasa* is used in formulations for *Pittaja Jwara*, which can be compared to inflammation-induced fever. *Vasa* contain five alkaloids from *Adhatoda vasica* Nees: vasicine, vasicinone, vasicine acetate, 2-acetyl benzyl amine, and vasicinolone, all of which show notable anti-inflammatory and antimicrobial properties in experimental studies. Vasicine exhibited the strongest anti-inflammatory effects, with a 59.51% inhibition rate at 20.0mg/kg six hours after carrageenan administration. Vasicinone showed a peak inhibition of 63.94% at 10.0mg/kg four days post-CFA injection. Additionally, vasicine

demonstrated significant antibacterial activity against *E. coli* at 20µg/ml and antifungal activity against *C. albicans* at doses above 55µg/ml.^[39] The hot and cold methanolic extracts of *Adhatoda vasica* and alkaloids isolated from the hot methanolic extract, were evaluated for antimicrobial activity against clinically important bacteria such as *Staphylococcus aureus* ATCC 25923, *Staphylococcus aureus* NTCC 3750, *Escherichia coli* ATCC 25922, and *Salmonella typhi* NTCC 786. So it confers anti-typhoid activity of *A. vasica*.^[40] *Vasa* is also mentioned as *Pramehhar*. *Adhatoda vasica* leaf extracts showed 79.05% and 77.05% in vitro antidiabetic activity, respectively, using Alfa amylase inhibition assay.^[41] The methanolic extract from *Adhatoda vasica* Nees leaves shows high sucrase inhibitory activity, suggesting potential as an antidiabetic agent and potential treatment for metabolic disorders.^[42] Few formulations containing *Vasa* is also indicated in *Rajyakshma* which can be correlated with pulmonary tuberculosis. Activity of bromhexine and ambroxol, semi-synthetic derivatives of vasicine from the Indian shrub *Adhatoda vasica*, against *Mycobacterium tuberculosis in vitro* has been reported^[43]. Aqueous extract of *Adhatoda vasica* leaf showed significant hepatoprotective effect at doses of 50–100mg/kg, on liver damage induced by d-galactosamine in rats.^[44] Therefore it can also be used in hepatic disorders; however, further research is needed to validate the reported findings.

CONCLUSION

Vasa (Adhatoda vasica) is widely used in the treatment of various disease conditions such as, *Jwara*, *Raktapitta*, *Gulma*, *Kushtha*, *Rajyakshma*, *Arsha*, *Grahani*, *Kasa*, *Visha*, *Vatarakta*, *Yonishool*, *Pandu*, *Visarpa*, *Shandya*, *Mutraghat*, *Sandhigata*, *Ashthigata*, *Majjagat Vata*, *Netraroga*, *Mukharog*, *Hikka*, *Shwasa*, *Swarabheda*, *Chardi*, *Ashmari*, *Amlapitta*, *Masoorika*, *Naktaandhya*, *Prameha*, *Pramehapidika*, *Udadrrug*, *Sheetpitta*, *Uarda*, *Kotha*, *Pradarrog*, *Sarvastreerog*, *Rasayan*, *Aamvata* and *Visphota* as outlined in Ayurvedic texts. It is incorporated in more than 237 classical formulations, with 203 used internally, 38 applied externally and 4 formulations are indicated for both internal and external uses. While research has validated several of *Vasa's* pharmacological activities as described in Ayurveda, some therapeutic effects still require further scientific investigation to be fully substantiated. Therefore, it is crucial to explore the plant's potential in the medical science to unlock its beneficial applications.

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