



Review Article

LITERATURE REVIEW OF VASA IN VARIOUS AYURVEDIC TREATISE

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ABSTRACT

Adhatoda vasica Nees., also known as Malabar nut or *Vasa*, has long been utilized in traditional medicine for its potent respiratory therapeutic properties. This plant has been used for 2000 years to treat respiratory problems. The leaves of this plant give a stimulant effect on the respiratory system. In Ayurveda medicinal system it is considered a potent herb to cure diseases like cough, symptoms of cold, asthma, bronchitis. *Vasa* is said to have *Tikta* and *Katu* in *Rasa* and *Sheet* in *Veerya* it has *Katu Vipaka* and is said to have *Kapha-Pittahara* property. *Vasa* was reviewed in various text like *Veda*, *Samhita*, *Kosha Grantha*. *Vasa* was found to be as the main ingredient of many formulations in the treatment of *Raktapitta*, *Kaphaj Vikar*, *Vataj Vikar*, and other respiratory diseases. *Vasa Swarasa* was found in various formulations used as *Bhawana Dravya*, also various *Paryaya*, *Guna*, *Karma* and different opinions of *Acharyas* in various *Samhitas* were observed.

INTRODUCTION


An extensive review of *Vasa* was done in many *Ayurvedic Samhitas*, those included in the *Brihatrayi* and the *Laghutrayi* like *Sushrut Samhita*, *Charak Samhita*, *Bhavaprakasha Samhita*, *Ashtang Hridaya*, *Ashtanga Sangraha*, *Bhela*, *Harita*, *Kashyap* and other *Samhitas* like *Gada- Nigraha*, *Kalyanakaraka*, *Siddhasara Samhita* etc. *Vasa* here was found to be a very effective herb being a part of many formulations in treatment of diseases like *Kasa*, *Shwasa*, *Kushtha*, *Jwara*, *Pandu*, *Ashmari* etc. A detailed review of *Vasa* was done in many *Nighantus* from the ancient times to the most recent. We came across too many synonyms many being common in every *Nighantu* like *Vrish*, *Atrushak*, *Vasak*, *Vajidanta*, *Aswadanta*, *Mrigendrani*, *Naasa*, are one of those synonyms mentioned in one or two *Nighantus* only. A detailed review of *Vasa* was also done in *Rasa Granthas* like *Rastarangini* and *Rasaratnasamuccaya* and various *Kosha* like *Shiva Kosha*, *Vachaspatyam* and *Amar Kosha*.

MATERIAL AND METHODS

Vasa in Samhita kala

Charak Samhita^{1,2}

Vasa has been mentioned in many chapters of *Sutra Sthanam*, *Chikitsa Sthanam* and *Siddhi Sthanam*, In *Sutra Sthanam* in *Aaragvadhya adhyaya* *Vasa* is mentioned in *churna* for external application, In *Sweda adhyaya* it is mentioned in *Nadi Sweda dravyas*. In *Chikitsa Sthanam* in *Jwara Chikitsa* it is used internally as *Vasadi Ghrita*, In *Guduchyadi Niruha Basti* its leaves are used as *kwath dravya*, In *Chandanadi taila* its leaves are used as *Kwath dravya*. In *Raktapitta Chikitsa* in *Atrushakadi Kwath* its leaves are used. In *Vasa Ghrita* its *Panchaanga* is used internally with *Madhu*. In *Gulma Chikitsa* its *Panchaanga* is used internally with *Madhu*. In *Kustha Chikitsa* in *Kanak Bindu Arishta* its leaves are used. In *Chitrakadi lepa* its leaves are used. In *Kustha roga* the *Kwath* of *Vasa* and *Triphala* are used for internal use for drinking and for external use for bathing. In *Maha Khadira Ghrita* its leaves are used as *Kwath Dravya* and used internally. In *Kustha* leaves of it are used as *Kwath* for Drinking, Bathing and Local application. In *Rajyakshma Chikitsa* *Vasa Ghrita* and *Shatavari Ghrita* is used. In *Kshawathu Chikitsa* leaves of *Vasa* is used as *kwath dravya* for bathing. In *Arsha Chikitsa* in *Dwitiya Phalarishta* its leaves are used as *kwath dravya*. In *Rakta-arsha* *Vasa* leaves are used for *parisechana* with other drugs. In *Shwas- Kasa Chikitsa* *Vasa Ghrita* is used with *Madhu* internally. In *Kasa*

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Chikitsa in treatment of *Pittaja Kasa* the *Vasa* in form of *Mamsarasa* with milk and *Yusha*. In *Visha Chikitsa* it is used as *Kwath dravya* in the formation of *Amrita Ghrita*. In *Trimarmiya Chikitsa Vasa* leaves are used in *Mutrakrricha Nashak Yoga*. It is the constituent of *Pashanbhedadi Churna*. *Vasa moola* are used in *Karpasmutradi Yoga*. In *Kapha-Janya Netra roga Vasa* leaves are used with other drugs for *Ashchyotan*. In *Vata-vyadhi Chikitsa* in *Vrishamooladi taila Vasa moola* are used. In *Vatashonita Chikitsa* in *Triphaladi Kalka Vasa* stem bark are used. In *Yonivyapat Chikitsa* in *Pippalyadi Yoga Vasa* leaves are used. In *Vrishakadi Churna Vasa* leaves are used. In *Kariradi Kwatha Vasa* leaves are used for *Yoni prakshalan*. In *Siddhi Sthana* in *Vastisutriya-siddhi* in *Chandanadi Niruha Vasti Vasa moola* is used. In *Punarnavadi Niruha Vasti Vasa* leaves are used. In *Sneha Vyapat siddhi* in *Dashmooladi anuvasan taila Vasa* leaves are used.

Susruta Samhita³

Vasa has been mentioned in *Sushruta Samhita* in *Sutra Sthanam* in *Pushpa* and *Shaak Varga*. It has been mentioned in *Chikitsa Sthanam* in *Chikitsa of Vaat roga, Kushtha, Raktpitta Chikitsa*. In *Sutra Sthanam* in *Kshar Paka vidhi Vasa Panchaanga* is used in the formation of *Bhasma*. In *Shaka Varga Vasa* is explained. In *Anpana Vidhi* the *Rasa of Vasa (Tikta Rasa)* and *Kapha-pitta nashak guna* is explained. In *Pushpa Varga* the *Guna Karma of Vasa (Tikta, Katu Vipaka, Kshay and Kasa Nashak)* is explained. In *Chikitsa Sthanam* in *Vata vyadhi Chikitsa* in *Patra Lavana Vasa* leaves are used. In *Kalyanak Lavan Vasa* is used. In *Mahavatavyadhi Chikitsa* in *Pinda taila Vasa* is used. In *Kustha Chikitsa Pushpa* of *Vasa* are used as *Pathya Aahar*. In *Kustha Chikitsa Vasa* is used with *Gomutra*. In *Medhaayush-kameeya-rasayan Chikitsa Vasa moola taila* is used as *Rasayan*. In *Anuvasanotra Vasti chikitsa* in *Bhootikadi taila Vasa* is used *Anuvasanartha*. In *Mrinaladi taila Vasa* is used *Anuvasanartha*. In *Triphaladi taila Vasa* is used *Anuvasanartha*. In *Vidangadi taila Vasa* is used *Anuvasanartha*. In *Niruhkrama Chikitsa* in *Kushadi Asthapana Vasa* is used. In *Lodhradi Asthapana Vasa* is used. In *Vrishadi Asthapana Vasa* is used.

Astangahrdaya⁴ (7th century A.D.)

Vasa has been mentioned by *Acharya Vagbhata* in *Sutra Sthan* in *Annaswaroop Vigyanaya Adhyaya* and *Rasbhediya Adhyaya* etc. and in *Chikitsa Sthan* in *Jwara, Raktpitta, Kasa Chikitsa* etc. *Vasa* has also been mentioned in *Uttar* and *Kalpa Sthan* also.

In *Annasvarupa vijnaniya Adhyaya Vasa* is placed in *Shaka varga* and is used to treat *Kapha-pitta* disorders. It is mentioned in treatment of *Vaman, Kasa* and *Raktpitta*. In *Rasbhediya Adhyaya Vasa* is placed in *Tikta varga*. In *Sodhanadi-gana Samgraha Vasa* is placed in *Pittaghna gana*. In *Virataradi gana Vasa* is mentioned. In *Swedvidhi Adhyaya Vasa* is placed in *Drava Sweda*. In *Gandooshadi Vidhi Adhyaya Vasa* is

mentioned in *Ritu-Anusar Mukhalepa*. In *Chikitsa Sthanam* in *Jwara Chikitsa Adhyaya* in *Pittaj Jwara Vasa* is used as *Kwath*. In treatment of *Kapha-Pittaj Jwara* in *Jeerna-Jwara Nashak Ghrita Swarasa* and *Kalka* is used. In the treatment of *Visham Jwara* in *Vrisha Ghrita Vasa* is used. In *Rakta-pitta Chikitsa Adhyaya Vasa Swarasa* is used internally with *Sharkara* and *Madhu*. *Vasa* is used as *Kwath* in *Rakta-pitta*. *Vasa* is used in *Rakta-pitta Nashak Vasa ghrita*. In *Kasa Chikitsa Adhyaya Vasa* is used in *Pitta Kasa Nashak Swarasa*. *Vasa Panchaanga* is used in *Vasadi Ghrita*. In *Mutraghata Chikitsa Adhyaya Vasa* is used in the treatment of *Mutraghata*. In *Gulma Chikitsa Adhyaya* in *Dhadika Ghrita Vasa* is mentioned. In *Pandu Roga Chikitsa Adhyaya* It is mentioned in *Kwath Dravya* with *Honey*. In *Kushtha Chikitsa Adhyaya Vasa* is mentioned in *Mahatikta Ghrita*. It is mentioned in *Vajrak Ghrita*. In *Vata-vyadhi Chikitsa Adhyaya* in *Nimbadi Ghrita Vasa* is mentioned. In *Vatashonita Chikitsa Adhyaya Vasa* is mentioned in *Kalka Dravya*. In *Kalpa-siddhi Sthanam* in *Vastikalpa Adhyaya* in *Rasnadi Kalpa Vasa* is mentioned. In *Dashmooladi Sneha Vasa* is mentioned. In *Uttar Sthanam* in *Timir Pratishediya Adhyaya* in *Patoladi ghrita Vasa* is mentioned. In *Mahatriphala ghrita Vasa* is mentioned. In *Sarva-Akshiroga Pratishediya Adhyaya* in *Nagaradi aschyotan Vasa* is mentioned. In *Mukha-roga Pratishediya Adhyaya* in *Pakvatalu Paka chikitsa Vasa* is mentioned. In *Patoladi Ghana Kwatha Vasa* is mentioned. In *Guha roga Pratishediya Adhyaya* in *Vachadi Yoga Vasa* is mentioned. In *Yonishoola Chikitsa Vasa Pushpa* are used to give internally with *Madhya*. In *Yoni roga moola of Vasa kwatha* is cooked with milk and given internally. In *Rasayan-Vidhir Adhyaya Vasa* is used as *Kwath Dravya*.

Astangasangraha⁵ (7th century A.D.):

In *Sutra Sthan* in *Annaswaroop Vigyanaya, Swedvidhi Adhyaya* and in *Chikitsa Sthan Jwara, Jeerna Jwar, Raktpitta, Rajyakshma Chikitsa* etc. it has also been mentioned in *Uttar Tantra* in *Visha Chikitsa* and *Drishtivikar* etc. In *Sutra-Sthanam* in *Anna- Swarupa Vigyanaya Adhyaya* in *Shaka Varga Vasa* are mentioned. In *Sweda-Vidhi-Naam Adhyaya Vasa* is mentioned in *Drava Sweda*. In *Chikitsa Sthanam* in *Jwara Chikitsitam* in *Santata Jwareshu Kashay yoga Vasa* is mentioned. In *Jeerna Jwara Chikitsitam* in *Vasadi Ghritam Vasa* is mentioned. In *Rakta-Pitta Chikitsitam*. In *Vasarasadi yoga Vasa panchaanga* is used. In *Kustha Chikitsitam Adhyaya* in *Vajrak Ghrita Vasa* is mentioned. In *Aaragvadhadi pradeha Vasa* is mentioned. In *Timira pratishedo Adhyaya* in *Mahatriphalam Ghritam Vasa* is mentioned.

Sharangdhara⁶(13th century A.D.):

Vasa has been mentioned in *Pratham Khand* of *Sharangdhar Samhita* in *Paribhasha Prakaran*. It has also been mentioned in *Madhyam Khand* in *Rasadi Kalpana, Kath Kalpana* etc. in *Uttar Tantra* in *Vaman*

Vidhi Adhyaya. In *Poorva Khand Vasa* is mentioned in drugs to be always taken as fresh and not in double quantity. In *Madhyama Khand* in *Rakta-pittadi Vasaputapaka Vasa* is mentioned. In *Patoladi kwatha Vasa* is mentioned. In *Santatadi Jwar Patoladi Kwatha Vasa* is mentioned. In *Chaturthika Devdarvadikwatha Vasa* is mentioned. In *Rakta-Pittadi Vasadi Kwath Vasa* is mentioned. In *Kasa- Jwara Vasa kwath* with *Madhu* is mentioned. *Kasa, shwas* in *Kshudradi Kwath Vasa* are mentioned. In *Vatarakta* in *Amritadi kwatha Vasa* is mentioned. In *Kwath Kalpana* in *Netraroga* in *Vasaadi kwath Vasa* is mentioned. In *Hima Kalpna* in *Raktapitta Vasa hima* is mentioned. In *Rakta-Pittado-Dhanyakadi Hima Vasa* is mentioned. In *Vatak Kalpana* in *Kaishore Guggul* in *Vatarakta Vasa* is mentioned. In *Avaleha Kalpana* in *Avaleha Anupan Vasa* is mentioned. In *Kshayasheenadi Chyavanaprasha Vasa* is mentioned. In *Sneha Kalpana* in *vishmajwaradi panchatiktak ghrita Vasa* is mentioned. In *Mahatiktak ghrita* in *Vataraktakushthadi Vasa* is mentioned. In *triphaladhy ghrita* in *Netraroga timiradi Vasa* is present. In *Rasadishodhana Marana Kalpana* in *Roga-Anusar Anupana Vasa* is mentioned. in *Kusthadi Sarveshwar Rasa Vasa* is mentioned. In *Loha Rasayan Vasa* is mentioned.

Bhavaprakasa⁷ (16th century A.D.)

Around 65 formulations of *Vasa* have been found in *Madhyam Khand* of which 37 are in the form of decoction and 8 in the form of *Swarasa*. It is here mentioned in *Mishra Prakaran* of *Bhavprakash Samhita* in *Shloka* 101-102 that the leaves of *Vasa* should be taken when used as medicine. It is also interesting to note that it has been mentioned twice in *Purvakhanda* of *Bhavaprakasha Samhita* in *Misravarga Aushadghrahan Paribhasha Shloka* 107-109 that *Vasa* should be taken fresh always and need not to be taken in double quantity.

In *Bhavaprakasha Madhyam Khand* in *Lakshadi tail Jwara, Bhrama, Shrama, to induce sleep Vasa* is mentioned. In *Mahadrakshadi kwath* in *Pitta jwara Vasa* is mentioned. In *Vasadi kwath* in *Jwara, kasa Vasa* is mentioned. In *Kiratadi gana kashaya* in *Kantha kubja Vasa* is mentioned. In *Dwatrimshat kwath* in *Sannipata jwara, shwasa, balasa, kasa Vasa* is present. In *Vasavleha* in *Shwasa, Rajyakshma, kasa, Parshwashool Vasa* is mentioned. *Mahanaryan tail* in *Vata vyadhi Vasa* is mentioned. *Guduchyadi ghrit* in *Vatarakta Vasa* is mentioned. In *Loha Rasayan* in *Vata kapha dosha, Twak vikar, kamla Vasa* is present. In *Kumara tail* in *Murcha, Halimak, Hanugraha, Badhirya Vasa* is present. In *Panch kashaya churna* in *Prasansini Yonivyapat Vasa* is mentioned.

Bhela Samhita⁸:

Vasa has been mentioned in *Chikitsa Sthanam* of *Bhela Samhita* in *Kasa Swasa Chikitsa, Jwar Chikitsa, Shotha Chikitsa* etc. in *Kshar Agad* in *Vataj Gulma Vasa* is

mentioned. In *Vrish Ghrit* in *Kasa Shwasa Pandu Vasa* is mentioned. In *Ashwathmuladi modak* in *Vajikarana Vasa* is mentioned. In *Raktarsha nashak yoga* in *Raktarsha Vasa* is mentioned. In *Kakadanyadi Ghrit* in *Shwas, Hridya rog Vasa* is mentioned.

Harita Samhita⁹:

In *Harita Samhita Vasa* has been mentioned in treatment of *Kaphaj Rog, Kustha Chikitsa, Kasa Swasa Chikitsa* and in *Krimi Chikitsa* also and in *Krimi Chikitsa* also. In *Duralabhadi Kwath* in *Pittaj jwara Vasa* is mentioned. In *Patoladi Kwath* in *Pitta-Kaphaj jwara Vasa* is mentioned. In *Drakshadi churna* in *Tikshna Agni Vasa* is mentioned. In *Palashadi Ghrit* in

Tridoshaj Shoola Vasa is mentioned. In *Khandakadya Rasayan* in *Raktapitta Vasa* is mentioned. In *Brihat Talishaadya aushadhi* in *Kasa Vasa* is mentioned. in *Aragwadhadi kwath* in *Kustha Vasa* is mentioned. In *Shadbindu Namak tail* in *Krimi, Shiroroga Vasa* is mentioned.

Kasyapa Samhita¹⁰(600-1000B.C):

Vasa has been mentioned in *Sutra, Chikitsa* and *Siddhi Sthana* of *Kashyap Samhita*. It has been mentioned in *Sutika Updrav, Andhaputna, Vataj Gulma Chikitsa*, also in *Dhatri Abhyang* etc. in *Atrushak kwath* in *Andhaputna Vasa* is mentioned. in *Bala tail* in *Dhatri Abhyanga Vasa* is mentioned. in *Saisuka Sneha* in *Basti Vasa* is mentioned.

Siddhasara Samhita¹¹(7th century A.D.)

Vasa has been mentioned as an ingredient of *Vaatpittajwar Nashak Yoga* in the treatment of *Jwara* in 5th chapter *Shloka* 43. *Ghrit* prepared with *Vasa Kwath* and *Brihat Vasa Ghrit* have been mentioned in treatment of *Jwara, Kasa, Raktapitta* etc. in *Shloka* 83-85 of 5th chapter. *Vasa* is mentioned in the treatment of *Raktapitta* in chapter 7th in *Shloka* 12.

Vasa in other important Ayurvedic treatise

Yogshatam¹² (7th century A.D.)

Vasa has been mentioned in *Kaphaj Jwara* in the 3rd *Shloka*. *Vasa* has been mentioned as an ingredient of *Duralabhadi Kwath* in *Jwarnashak Yoga* in *Shlok* 8. *Vasa* has been mentioned as an ingredient of *Elopulyadi Kwath* in *Ashmari* and *Mutrakrichcha Chikitsa* in *Shloka* 14. It has been mentioned as an ingredient of *Vasaguduchyadi Kwath* in *Vatrakt Chikitsa* in *Shlok* 17 *Vasa* has been mentioned as an ingredient of *Nadeyi Kshar* in *Chikitsa of Gulma Rog, Udar Rog* and *ashtheela* in *Shloka* 24. *Vasa* has been mentioned in *Guduchyadi Ghrit* in *Shwas, Agnimand* and *Grahni Chikitsa* in *Shloka* 40. It has been mentioned in *Vrishadi Ghrit* and *Vajrak Ghrit* in *Visarpa, Gulma, and kushthya Rog* in *Shloka* 41. *Vasa* has also been mentioned as an ingredient of *Urdhwajaturrogghar Ghrit* for *Twagrog, Vidradi, Jwar* etc. in *Shloka* 48.

Harmekhala¹³(8th century A.D.):

Fresh *Vasa rasa* has been mentioned in the treatment of *Kamla, Pandu and Raktpitta* in *Shloka 150* of 4th chapter. In *Haridradi kwath* in *Tridoshaj jwara Vasa* is mentioned. In *Vasadi swaras* in *Raktpitta Vasa* is mentioned. In *Dhupan yoga* in *Kasa yoga Vasa* is mentioned. In *Chinnaruhadi kwath* in *Kaphaj jwara Vasa* is mentioned.

Vaidyaprasarakam¹⁴(9th century A.D.):

Vasa has been mentioned in *vaidyaprasarakam* in treatment of *Vata rog, Pradar, Jwara, Raktpitta, Netra rog, Timir Kushtha* etc. in *Vasakadi kwath* in *Kaphjanya visham jwara Vasa* is mentioned. in *Vasaka swaras* in *Pradar Vasa* is mentioned. In *Duralabhadi kwath* in *Kasa Vasa* is mentioned. in *Vrishadi kwath* in *Raktpitta Vasa* is mentioned. in *Triphaladi kwath* in *Pitta jwara Vasa* is mentioned. In *Chandanadi kwath* in *Timir, Nakulandhya Vasa* is mentioned. in *Singhadi k Puran shwasa Kalka* in *Ashmari Vasa* is mentioned. In *Pundreekadya tail* in *Trishna Vasa* is mentioned. in *Mahatiktam ghrith* in *Kasa, Swasa Vasa* is mentioned. in *Chyavanaprasha* in *Rasayana Vasa* is mentioned. in *Patoladi ghrith* in *Pittaj Shotha Vasa* is mentioned. In *Duralabharishth* in *Aruchi Vasa* is mentioned.

Vrindamadhava¹⁵(9th century A.D.):

In *Vrindamadhava Vasa* has been mentioned in *Chikitsa* of *Kasa, Swasa, Jwara, Pandu, Kamla, Raktpitta, Aamvata* etc. In *Kantakaryamritadi kwath* in *Pittakaphaj jwara Vasa* is mentioned. In *Chandanadya ghrith* in *Pittaj Grahni Vasa* is mentioned. In *Phaltrikadi kwath* in *Pandu, kamla Vasa* is mentioned. In *Hriberadi kwath* in *Raktpitta Vasa* is mentioned. In *Vridhamla ghrith* in *Raktpitta Vasa* is mentioned. In *Shirishadi tail* in *Kshaya Vasa* is mentioned. In *Vridhnarayan tail* in *Vataj rog Vasa* is mentioned. In *Triphaladi tail* in *Kaphaj Vikar Vasa* is mentioned.

Kalyanakaraka¹⁶(9th century A.D.):

Ghrith prepared from flowers of *Vasa* mentioned as *Vrishkusum* and its roots is said to cure *Rajyakshma* in 18th chapter 17th shloka.

Cikitsakalika¹⁷(10th century A.D.):

Vasa has been mentioned in *Chikitsakalika* as in treatment of *Pittaj Vikar, Jwar, Mutrakrichcha, Kushtha, Atisara* etc.

In *Vasadi kwath* in *Visarpa chikitsa Vasa* is mentioned. In *Tiktam ghrith* in *Kustha Vasa* is mentioned. In *Vyaghri ghrith* in *Rakta-pitta Vasa* is mentioned. In *Tuthyadi kwath* in *Mutrakrichcha Vasa* is mentioned. In *Vasa ghrith* in *Shoshchikitsa Vasa* is mentioned. In *Guggulu tiktam ghrith* in *Vranrohanam Vasa* is mentioned.

Yogratnasamuccaya¹⁸ (10th century A.D.):

Vasa has been mentioned in *Kasa, Swasa, Raktpitta, Kamla, Visarpa, Badhira Sarvanetra rog, Dushta-vrana* etc. In *MahaVasadya ghrith* in *Pittaj kasa,*

gulma, Swarbheda Vasa is mentioned. In *Mahatiktak ghrith* in *Kasa, jwara, vatarakta Vasa* is mentioned. In *Saraswat ghrith* in *Badhira Vasa* is mentioned. In *Panch tikta ghrith* in *Dushta-vrana Vasa* is mentioned. In *Shirishadya tail* in *Apasmar, unmad, Kshaya Vasa* is mentioned. In *Chyavanaprasha Avaleha* as *Rasayan Vasa* is mentioned. In *Shampakadi kwath* in *Pittakaphaj jwara Vasa* is mentioned. In *Darvyadi kashaya* in *Pradar Vasa* is mentioned. In *Lakshadi yog* in *Kushta Vasa* is mentioned. In *Rasnadi kwath* in *Aamvata Vasa* is mentioned. In *Evarukadi yoga* in *Mutrakrichcha Vasa* is mentioned. In *Dashmooladya anu-vasan tail* in *Sarvaroga Nash Vasa* is mentioned.

Cakradatta¹⁹(11th century A.D.):

Vasa has been mentioned in the treatment of *kasa, Swasa, Hikka, Vaatrakt, Gulma, Ashmari,* etc. in *Chakradatta*. In *Kantakaryaadi kwath* in *Pittashleshma jwara Vasa* is mentioned. In *Muvradyam ghritham* in *Pandu Vasa* is mentioned. In *Vasa khand kushmandaka* in *Raktpitta Vasa* is mentioned. In *Kakolyadi siddha rasa* in *Paitik kasa Vasa* is mentioned. In *Bhringrajadi ghritham* in *Swarbheda Vasa* is mentioned. In *Lauhrasayan* in *Medoroga Vasa* is mentioned. In *Mahakhadirkam ghritham* in *Kushtha Vasa* is mentioned. In *Amlapittahar yoga* in *Amlapitta Vasa* is mentioned. In *Bhunimbadi kwath* in *Visarpa Vasa* is mentioned. In *Patoladhyam ghritham* in *Netrarog Vasa* is mentioned. In *Haridradi kwath* in *Stanya Dosha Vasa* is mentioned.

Vangsen²⁰ (12th century A.D.):

Vasa has been mentioned as an ingredient of various *Kwath* treating various types of *Jwara* in *Vangsen samhita*. It is also mentioned in the treatment of *Yoni shoola, Bandhya, Sangrahini,* etc.

In *Hriberadi kwath* in *Kasa, Swasa Vasa* is mentioned. In *Singhasyadi kwath* in *Sannipataj jwara Vasa* is mentioned. In *Ksheervrikshadya tail* in *Jeerna Jwara Vasa* is mentioned. In

Patoladya anu-vasan in *Vaat dosha, jwara Vasa* is mentioned. In *Bilwadi kwath* in *Skand Graha Vasa* is mentioned. In *Khadirashtak* in *Visarpa, Pama Vasa* is mentioned. In *Mahamanjishtadi kashaya* in *Kandu, Pama Vasa* is mentioned. In *Panchtikta ghrith* in *Arsha, kasa Vasa* is mentioned. In *Bhunimbadi kwath* in *Jwara trishna Vasa* is mentioned. In *Amritadi kwath* in *Kandu and Pama Vasa* is mentioned. In *Shirishadi kwath* in *Pittaj Masurika Vasa* is mentioned. In *Mahatriphala ghrith* in *Abhishyand Vasa* is mentioned. In *Mahamayur ghrith* in *Pakshaghat, netra rog Vasa* is mentioned. In *Amritakhya lauh Rasayan* in *Raktpitta Vasa* is mentioned. In *Manashiladi Dhupan* in *Hikka Vasa* is mentioned. In *Nadeyi Kshar* in *Gulma, Udar rog Vasa* is mentioned. In *Bhunimbadi churna* in *Vidaradi Vasa* is mentioned. In *Guduchi tail* in *Vat dosha Vasa* is mentioned.

Yogasata Vaidyavallabha²¹(12th century A.D):

Vasa has been mentioned in this book in treatment of *Jwara*, and many other formulations to treat *Kushtha*, *Visarpa*, *Ashmari* etc.

Gadanigraha²²(12th century A.D):

Vasa has been mentioned extensively in *Gada Nigraha* in treatment of many types of *Jwara*, *Kasa*, *Raktipitta*, *Kamla*, *Pandu* etc.

In *Guggulu Tikta ghrith* in *Jwara*, *Pandu* Vasa is mentioned. In *Kuberakadya churna* in *Visham jwara* Vasa is mentioned. In *Darvyavleha* in *Mukha roga* Vasa is mentioned. In *Kulinjanadyo Avaleha* in *Kushtha roga* Vasa is mentioned. In *Kantakaryaadi kashaya* in *Kaphaj jwara* Vasa is mentioned. In *Padmakadi kwath* in *Vatpittaj jwara* Vasa is mentioned. In *Rasnadinshatik kwath* in *Manyastambha*, *Antra-vridhhi* Vasa is mentioned. In *Haritaki Pippali yoga* in *Raktipitta* Vasa is mentioned. In *Vasaghritham* in *Pittaj kasa* Vasa is mentioned. In *Nadeyadwam lavan* in *Gulma* Vasa is mentioned. In *Devdarvadi churna* in *Shotha* Vasa is mentioned. In *Brihattriphaladi ghrith* in *Sarvanetra roga* Vasa is mentioned. In *Pippalyadi yoga* in *Yonishool*, *arsha* Vasa is mentioned.

Vaidyamanorama²³(13th century A.D):

In this *Samhita* Vasa has been appreciated by the words that say just like goddess Gauri destroys all the problems of the world Vasa is capable of treating various diseases in itself.

Vasa has been mentioned in *Bandhya chikitsa* chapter 13 *Shloka* 5. *Kanji* prepared from Vasa leaves is helpful in *Netra Roga* chapter 16 *Shloka* 53. Vasa has been mentioned in *Shwasa Kasaghna Ghrith* in chapter 3 *Shloka* 8. Vasa has been mentioned as an ingredient of *Guduchyadi churna* in *Kasa Shwasa chikitsa* chapter 3 *Shloka*.

Vaidyarahasya²⁴ (13th century A.D):

Vasa has been mentioned as an ingredient of *Brihadkshudradi Kwath* in the treatment of *Sheeta Jwara* in 162 *Shloka* in *Jwara chikitsa*. It has been mentioned in *Raktipitta chikitsa* in *Shloka* 2. Vasa has been mentioned as an ingredient of *Kasakartari rasa* in *Kasa chikitsa* in *Shloka* 22.

Vaidyasatasloki²⁵ (15th century A.D.):

Vasa is described as *Prasasth-sarvajwarhar aushadhi* in 2nd *Shlok* 2 of page number 2. *Prasasth-Raktipittahar aushadhi* in *Shlok* 4 on page number 4. *Prasasth Kasa Shwasa Hikka har aushadhi* in *Shlok* 10 of page number 8. *Swarbheda Shwaskashar aushadhi* in *Shlok* 13 of page number 11 as *Atrushak*. *Masurikahar aushadhi* in *Shlok* 47 of page number 32. *Rasna talu rog har aushadhi* in *Shlok* 81 of page number 52.

Vaidyajivanam²⁶ (16th century A.D):

Vasa has been mentioned in *Visham Jwara chikitsa* in *Vasadi Kwath Shloka* 58. Vasa has also been mentioned in *kasa Shwasa Chikitsa* in *Vasadi Kwath*

Shloka 6. Vasa has been appreciated in *Kshaya roga Chikitsa* in 2nd *Shloka*. It is said that Vasa should always be used in *Kshaya roga*.

Yogaratanakara²⁷(17th century A.D):

In *Yogaratanakara* Vasa has been mentioned extensively in many chapters like *Jwar*, *Chikitsa*, *Raktipitta*, *Rajyakshma*, *Kasa*, *Shwasa*, *Mutrakrichcha*, *Masurika Chikitsa* etc.

In *Dwatinshadang kwath* in *Urustambh*, *Antra-vridhhi*, *kasa*, *Shwasa*, *hikka* Vasa is mentioned. In *Parpatyadi kwath* in *Raktsthivi chikitsa* Vasa is mentioned. In *Manjisthadi kwath* in *Abhinyas*, *Sannipataj jwara* Vasa is mentioned. In *Panchtikta ghrith* in *Visarpa*, *krimi* Vasa is mentioned. In *Vasadi ghrith* in *Raktipitta* Vasa is mentioned. In *Khandakadyavaleha* in *Gulma* Vasa is mentioned. In *Mahavishgarbha tail* in *Vata roga* Vasa is mentioned. In *Bhallataka Avleha* in *Kushtha* Vasa is mentioned. In *Shoolahara yoga* in *Yonishool* Vasa is mentioned. In *Drakshadi churna* in *Kasa*, *Shwasa* Vasa is mentioned.

Bhaishajyaratnavali²⁸(18th century A.D):

Vasa has been mentioned in *Bhaishajyaratnavali* in many places like in the treatment of *Raktipitta*, *Kasa*, *Shwasa*, *Halimak*, *Kshaya rog*.

In *Phaltrikadi kwath* in *Pandu*, *kamla* Vasa is mentioned. In *Priyanguvaadi churna* in *Raktipitta* Vasa is mentioned. In *Kanak Sundar rasa* in *Rajyakshma* Vasa is mentioned. In *Kantkaryadi kwath* in *Pittaj kasa* Vasa is mentioned. In *Bilvadi patra swaras* in *Shwasa* Vasa is mentioned. In *Bhringrajadya ghrith* in *Swarbheda* Vasa is mentioned. In *Maharasnadi kwath* in *Vata roga* Vasa is mentioned. In *Pashanbhedadi kwath* in *Dusah Mutrakrichcha* Vasa is mentioned. In *Eladi kwath* in *Ashmari*, *Mutrakrichcha* Vasa is mentioned. In *Vasantkusumakar rasa* in *Prameha*, *kshaya* Vasa is mentioned.

Madhavchikitsa²⁹:

Vasa has been mentioned as an ingredient of various formulations in treatment of various diseases like in *Dwatinshanga kwatha* in treatment of *Jwara*. In *Shlok* 75. Vasa has also been mentioned in treatment of *Chaturthak Jwara* in *Shlok* 82. Vasa as *Vrish* has been mentioned in ninth chapter of *Raktipitta Chikitsa* in first *Shlok* itself. It is said here that there is no medicine equal to Vasa to subside *Raktipitta*.

The leaves of Vasa are crushed and on squeezing the obtained juice is advised to take with *Madhu* and *Sharkara*. by this even grave condition of *Raktipitta* can be cured mentioned in *Shlok* 4th of 9th chapter. *Vasa Avleha* has been mentioned in treatment of *Rajyakshma* in *Shlok* 27 of 10th chapter. *Vasa Ghrith* taken with *Trikatu Churna* and *Honey* is advised in the treatment of *Shwasa roga* in *Shloka* 21 of 12th chapter. *Vasadi kwath* has been mentioned in *Vaatrakt Chikitsa* 24th chapter *Shloka* 2. *Vasadi Guggulu* has been

mentioned in the treatment of *Kaphadika Amlapitta* in chapter 52 *Amlapitta chikitsa* in *Shloka 4*.

Abhinav-navajivanam³⁰

Vasa has been mentioned in this book in many formulations indicated in various diseases like *Kamla*, *Pandu*, *Jwara*, *Kasa*, *Shwas* etc.

Arkaprakasa³¹

Vasa has been mentioned in treatment of *Raktapitta*, *Jwara* etc.

Siddhabheshajamanimala³²

Atrushak has been mentioned in *Shudradikashaya* and as *Vasa* in *Yavaksharadi yoga*.

Vasa in Rasa Grantha

Rasaratnasamuccaya³³

Vasa has been mentioned in places in *Ras Ratna Samuccaya*, it has been found as an ingredient in many formulations stated in treatment of *Raktapitta*, *Kasa*, *Shwasa* and *Rajyakshma*, in other diseases as well like *Kustha*, *Grahani*, *Mutra Krichha* etc. *Vasa* has also been mentioned in as an ingredient in the *Maran* of *Abhrak* and *Marak* of *Seesak*.

In *Kasoagni rasa* in *Kasa Vasa* is mentioned. In *Kanaksundar rasa* in *Rajyakshma Vasa* is mentioned. In *Grahaghna dhoop* in *Unmad Vasa* is mentioned.

Rasatarangini³⁴:

Vasa has been mentioned as an ingredient of various formulations and in *Maran* of *Bhasma* in *Rastarangini*. It has been mentioned in *Amayika prayog* of different *Rasa aushadhi* like in *Amayika prayog* of *Manahsila*, in *Amayika prayog* of *Yavakshar*, in *Amayika prayog* of *Kajjali*, in *Amayika prayog* of *Loha*, it has also been mentioned in *Maran* of *Loha*, *Abhrak*, *Seesak*, etc.

In *Ras sindoor amayik prayog* in *Shwasa rog Vasa* is mentioned. In *Manahsila amayik prayog* in *Kasa*, *shwasa Vasa* is mentioned. In *Tankan amayik prayog* in *Kaph vishleshan Vasa* is mentioned. In *Shankh amayik prayog* in *Puran shwasa Vasa* is mentioned.

Vasa in Kosha Grantha:

Amara Kosha³⁵(5 th century A.D.):

In this book *Vasa* is mentioned under *Dvitiya Kanda Vanaushadhi-Varga*: 103 (pg. 209). In this book 8 names of *Vasa* have been mentioned i.e., *Vaidyamata*, *Sinhi*, *Vaashika*, *Vrish*, *Atrushak*, *Sinhasya*, *Vasak*, *Vajidantak*.

Shivakosha³⁶ (1677 A.D.):

Vasa has been mentioned in this book in *Sutra Sankhya* chapter 53 as *Vrishak*, *Atrushak*, *Sinhika* in verses 51 and 53.

Vacaspatyam³⁷:

In this *Kosa* synonym of *Vasa* along with their interpretation is mentioned at various places. In this book *Bhishagmata* (pg. 4672, vol. 6), *Vrish* (pg. 4855, vol. 6), *Vaidyamata* (pg. 4875, vol. 6), *Vasak* (pg. 4776, vol. 6), *Vasa* (pg. 4776, vol. 6), *Sinhasya* (pg.5282, vol. 6), *Sinhika* (pg. 5282, vol. 6), *Sinhi* (pg. 5282, vol. 6), these names of *Vasa* have been described.

Dravyaguna kosha³⁸(1997 A.D.)

Dravyaguna kosha written by Priya Vrata Sharma was published in 1997. The *Kosha* contains different synonyms of plants and their meanings. Synonyms of *Vasa* have been mentioned as *Vajidantak*, *Vajidanta* on page 164 of *Dravyaguna Kosha*.

Sabdakalpadruma³⁹(20th Century A.D.)

This *Kosa* by Shree Raja Radhakanta Deva Bahadura contains synonyms of *Vasa* as *Atrushak* (page no. 24 vol. 1), *Bhishagmata* (page no. 513 vol. 3), *Vasak* (page no.355 vol. 4).

Bedi-Vanaspati Kosha⁴⁰

This *Kosha* has been written by Prof. Ramesh Bedi. It has been published in 6 volumes. With the intention of providing information on all plants that can be used medicinally. Synonyms and names of *Vasa* as *Singhak*, *Singhparnak*, *Singhparni* have been given in part 6 page 106 *Singhmukhi*, *Singhika*, *Singhi* have been given on page 107 its synonym *Vrish* has been mentioned in part 5 page 371 *Vrish* and *Vrishak* on page 369 of part 5 *Vasa* and *Vasak* on page 323 and *Vasica* on page 324.

Sanskrit synonyms of Vasa described in various Nighantus

Numerous synonyms of *Vasa* have been mentioned in various *Nighantus* like, *Aatrush*, *Atrushak*, *Ainavavasa*, *Arushak Sinhi*, *Sinhasya*, *Vajidanta*, *Hayadantak*, *Ashwadantak*, *Arushak*, *Atrush*, *Atrushak*, *Bhishagmata*, *Bhishak*, *Pushpa*, *Naasa*, *Mrigendrani*, *Matrika*, *Kanthirvi*, *Kasanupatan*, *Mrigendrani Karkat*, *Karkasa*, *Panchmukhi*, *Ramrupak*, *Sheetvalli*, *Shitparni*, *Shwetmukha*, *Sinhasyo*, *Sinhak*, *Sinhika*, *Sinhmukha*, *Sinhmukhi*, *Sinhvallika*, *Sinhparni*, *Sinhparnika*, *Tamra*, *Utpatrushak*, *Vaidyamata*, *Vajidantak*, *Vampeedo*, *Vasadani*, *Vasak*, *Vasako*, *Vasika*, *Vasa*, *Vrish*, *Vrish*, *Vrisho*, *Vrishak*.

Sr.No.	Sanskrit Name	Nighantu																				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
1.	<i>Aatrush</i>	+				+		+	+	+			+		+							
2.	<i>Aatrushak</i>		+	+	+			+		+	+			+	+		+	+			+	
3.	<i>AinavaVasa</i>											+										
4.	<i>Arushak</i>											+										
5.	<i>Ashwadanta</i>									+												
6.	<i>Ashwadantak</i>															+						
7.	<i>Atrush</i>														+	+						
8.	<i>Atrushak</i>																					+
9.	<i>Bhishagmata</i>					+		+	+	+	+		+		+		+				+	
10.	<i>Bhishak</i>											+										
11.	<i>Hayadantak</i>															+						
12.	<i>Kanthirvi</i>												+									
13.	<i>Karkasa</i>											+										
14.	<i>Karkat</i>			+																		
15.	<i>Kasanupatan</i>																				+	
16.	<i>Matrasinghi</i>																				+	
17.	<i>Matrika</i>													+								
18.	<i>Mrigendrani</i>													+								
19.	<i>Naasa</i>													+								
20.	<i>Panchmukhi</i>													+								
21.	<i>Pushpa</i>	+																				
22.	<i>Ramrupak</i>																				+	
23.	<i>Sheetvalli</i>																					

24.	Shitparni																							
25.	Shwetmukha									+														
26.	Sinhasya			+	+												+	+				+	+	
27.	Sinhasyo					+								+	+									
28.	Sinhak																						+	
29.	Sinhi																						+	+
30.	Sinhika						+			+	+	+											+	+
31.	Sinmukha		+								+	+												
32.	Sinmukhi											+	+	+										+
33.	Sinparni						+			+	+													+
34.	Sinparnika																							+
35.	Sinvallika																							+
36.	Tamra																							+
37.	Utpatarushak																							+
38.	Vaidyamata																							+
39.	Vajidanta																							+
40.	Vajidantak																							+
41.	Vamapeedo																							+
42.	Vasa			+	+																			+
43.	Vasadani																							+
44.	Vasak																							+
45.	Vasako																							+
46.	Vasika																							+
47.	Vrish																							+
48.	Vrish																							+
49.	Vrisho																							+
50.	Vrishak																							+

Interpretation of Sanskrit Synonyms of Vasa

S.No.	Sanskrit synonym	Meaning
1.	<i>Vasaka</i>	A shrub which covers the ground with dense foliage
2.	<i>Atrushak</i>	
3.	<i>Kaphaha</i>	Alleviates <i>Kapha dosha</i>
4.	<i>Karkasha</i>	It has minutely pubescent leaves
5.	<i>Kasanutpatan</i>	Treats respiratory disorders
6.	<i>Dantsatvapradayi</i>	Provides strength to teeth
7.	<i>Bhishak</i>	It cures many diseases
8.	<i>Mata</i>	It supports like a mother
9.	<i>Matrika</i>	It support/ cares like a mother
10.	<i>Bhishagmata</i>	It supports like a physician and mother
11.	<i>Raktpittaprasadini</i>	Helpful in <i>Raktpitta</i>
12.	<i>Raktamutrajitta</i>	Also treats <i>Raktmutra</i>
13.	<i>Vasadini</i>	It decreases fat thus helpful in obesity
14.	<i>Vajidanta</i>	Its flowers are white like horse teeth
15.	<i>Vrisha</i>	Its flowers have profuse nectar
16.	<i>Simhasya</i>	Bilabiate flowers like opened mouth of lion.
17.	<i>Simhika</i>	Alleviates number of diseases.

Properties and Actions of Vasa according to Nighantus

Different *Nighantus* have mentioned different properties of *Vasa*. Most of them have said *Vasa* to be *Kashaya* and *Tikta* in *Rasa*, *Laghu* in *Virya* and *Sheet* in *Guna*. They have said *Vasa* to be *Vaatkara* and *Pittakaphahar* in action. They have mentioned *Kasa*, *Shwasa*, *Raktpitta*, *Kshaya* and *Jwara* where *Vasa* is used extensively.

Sr.no.	Nighantu	Rasa	Guna	Virya	Vipaka	Doshkarma	Other Karma	Roghanata	Ref.
1.	Madanadi Nighantu	Kashaya, Tikta	-	Ushna	-	Pittashamani	-	Urdhwaraktipitta, Kshayapaha, Kaphvatjwarapaha	Pittaghna gana Purva bhag 6/8-9
2.	Dravyaguna Sangraha		-	-	-	-	-	Kshaya, Kasa	Pushpa shaka varga shlok 51
3.	Dhanvantri Nighantu	Tikta	-	Sheet	-	Pitta, Kapha	-	Raktvikar, Kasa nashak, Kshaya, Jwara, Trishna, Vaman, Kushtha nashak	Guduchyadi varga shlok 22-23
4.	Madanapala Nighantu	-	Sara	-	-	Vaatvardhak, Kaphahara	-	Raktpittahara, Shwasa, Kasa, Jwara, Chardi, Meha, Kushtha, Kshaya	Abhayadi varga shloka 36-37
5.	Raj Nighantu	-	-	-	-		-		
6.	Kaiyadev Nighantu	Kashaya, Tikta	Laghu,	Sheet	-	Vaatkarak, Kaphpitta Raktshamak	Hridaya swarya, hima	Shwasa, Kasa, Jwara, Prameha, Aruchi, Chardi, Kushtha, Trishna and Kshatkshaya nashak	Aushadhi varga shloka 12-13
7.	Bhavprakasa	Kashaya, Tikta	Laghu	Sheet	-	Vaatpittakapha	Vaatkrit, Swarya, hridya	Trishna, Shwasa, Kasa, Jwara, Vaman, Prameha, Kushtha, Kshaya	Guduchyadi varga shloka 88-90
8.	Gunaratna mala	Katu, Tikta			-	Vaatvardhak, Kaphshamak	Kshayanas hak, swarya	Raktipitta, Kasa, Shwasa, Jwara, Vaman, Prameha, Kushtha,	Dhasham shak varga page 432
9.	Priya Nighantu	Tikta	Laghu	Sheet	-	-	Varnya swarya	Jwaraghna, Kasaswa sahar, kshaya, kushtha, Raktipitta	Page 102 shloka 141-142
10.	Sodhal Nighantu	-	-	-	-	Kapha	Raktmutrajit	-	Guduchyadi varga shloka 112-113
11.	Laghu Nighantu	-	-	-	-	-	-	Raktipitta, vaman, kasa	Shloka 49

Use of Vasa in different important formulations

Sr.no.	Formulation	Indication	Ref.
1.	Vasa Ghrit	Raktpitta	Ca. ci. 4/88
2.	Vasa Ghrit	Gulma	Cs.Ci.5/126
3.	Mahatikta Ghrit	Kushtha	Cs.Ci.7/153
4.	Vasa Putpaka	Raktpitta	Sh.Ma.Kh. 1:34
5.	Maharasnadi Kwath	Aamvata	B.M.K.26/132
6.	Darvyadi Kwath	Pradar	B.M.K.63/247
7.	Kakadanyadi Ghrit	Shwas, Hridya Rog	Bhel Ci. 26:20
8.	Sarveshwar Rasa	Supti, Mandal Kushtha	Sh.Ma.Kh. 12:195
9.	UshirVasak Kwath	Raktpitta, Kasa	Sh.Ma.Kh. 12:76
10.	Patoladi Ghrita	Nasa Roga, Karna Roga, Mukha Roga	As.Us.13/6
11.	Vasadi Kwath	Kushtha	Har. 3/39:23
12.	Vasadi Kalka	Kushtha	Har. 3/39:54
13.	Atrushak Ghrit	Andhaputna	Kas. Ci. 4:49
14.	Vrish Tail	Dhatri Chikitsa	Kas. Ci. 18:40

RESULT AND DISCUSSION

By reading these *Samhitas* we found a very important role of *Vasa* in *Kasa*, *Shwasa* and other respiratory ailments because most of the *Vasa* formulations were found in treatment of these diseases. *Vasa* was said to be as *Prashasth Aushadha* or *Param Aushadha* for *Raktpitta* and *Rajyakshma* in many *Samhitas*. After review of *Vasa* in various *Nighantus* many synonyms of *Vasa* were found some *Nighantu* contained only synonyms of *Vasa* whereas some had other properties like its *Rasa Panchak* (Five properties of a plant) and *Karma* (action) along with its synonyms. *Vasa* was not found in *Vedic Nighantu*, *Madhav Dravyaguna*, *Ayurved Mahodadhi* and *Raj Vallabha Nighantu*. *Sausrut nighantu*, *Siddhasara Nighantu*, *Ashtang Nighantu*, *Paryayaratnamala*, *Chamatkar Nighantu*, *Nighantushesh*, *Abhidanmanjari*, *Saraswati Nighantu*, *Paryaymuktavali* and *Shaligram Nighantu* only synonyms of *Vasa* have been mentioned and not its properties. *Madanadi Nighantu* has mentioned that *Vasa* has *Ushna Virya* contrary to what most of the *Nighantus* state as *Vasa* being *Sheet* in *Virya*. In most of the *Nighantu* *Vasa* is said to have *Kashaya* and *Tikta Rasa* but in *Gunaratnamala*, *Vasa* is said to have *Katu Tikta rasa*. In *Kaiyadev Nighantu* and *Bhavprakash Nighantu*, *Vasa* is said to be *Hridya* and in *Gunaratnamala*, *Priya Nighantu*, *Bhavprakash* and *Kaydev Nighantu*, *Vasa* is said to be *Swarya* also. A review in the *Rasa Grantha* showed that *Vasa* was found to be taken as *Bhawna Dravya* in many *rasa* formulations also. In the treatment of *Kasa*, *Shwasa*, *Raktpitta*, *Jwara*, *Ashmari*, *Kushtha*, etc. *Vasa* has also

been mentioned in the *Maran* of *Abhrak*, *Seesak* and *Loha*.

CONCLUSION

The extensive review of *Vasa* in various *Ayurvedic* treatise like *Samhitas*, *Nighantu*, *Kosha Grantha* and *Rasa Grantha* concluded to the fact that *Vasa* have a wide range of therapeutic qualities as it is seen in the treatment of numerous diseases in the form of an ingredient or *Bhawana Dravya* or an individual *Dravya* itself. *Vasa* been mentioned in ancient *Samhitas* and *Nighantu* indicates its established use since many years. Also, the large number of synonyms of *Vasa* indicates that it has been a popular medicinal plant with uses indicated in its name itself like *Kasanutpatan*, *Raktpittaprasadini*, *Dantsatvapradayi* etc. This extensive review of the plant *Adhatoda vasica* (*Vasa*) will bring to light its underrated importance and help the *Ayurvedic* practitioners in various ailments. It will also make it easy for the *Ayurvedic* scholars to conduct further research studies on *Vasa*.

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