

Adhatoda vasica

Scientific Classification



Kingdom: Plantae
Clade: Tracheophytes
Clade: Angiosperms
Clade: Eudicots
Clade: Asterids
Order: Lamiales
Family: Acanthaceae
Genus: Justicia
Species: J. adhatoda

(synonym: *Justicia adhatoda*), commonly known as Malabar Nut or Vasaka, is a well-known medicinal plant widely used in traditional systems of medicine like Ayurveda, Siddha, and Unani. Below are its details:

Medicinal Properties:

1. Active Compounds:

Vasicine (alkaloid)

Vasicinone

Essential oils and flavonoids.

2. Therapeutic Uses:

Respiratory Health: Known for its expectorant and bronchodilator properties, used to treat asthma, bronchitis, and cough.

Anti-inflammatory: Helps in reducing inflammation.

Antimicrobial: Effective against bacterial and fungal infections.

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Wound Healing: Used externally to heal wounds.

Blood Purification: Known for detoxifying the blood.

3. Traditional Applications:

Decoctions or syrups made from leaves are used for treating colds, coughs, and throat infections.

Leaves are chewed or used in poultices for their antiseptic properties.

Pharmacological Benefits:

Expectorant: Stimulates the removal of phlegm from the airways.

Antitussive: Reduces coughing.

Bronchodilator: Eases breathing in respiratory ailments.

Antioxidant: Protects against free radicals.

Antifungal and Antibacterial: Helps fight infections.

How It Is Used:

Powder: Leaves are dried, powdered, and taken with honey or water.

Juice: Fresh leaves are crushed to extract juice for respiratory conditions.

Syrup: Popular in commercial preparations for cough relief (e.g., Vasaka syrups).