

## JUSTICIA ADHATODA (Vasaka)

### Introduction

*Justicia adhatoda* Linn. is an indigenous plant commonly known as Vasaka which has been proved by Dr. S.C. Ghose. *Justicia adhatoda* is a well known remedy for all sorts of cough and cold amongst the ayurvedic physicians. They are so sure of its efficacy that they call it Baidyamata i.e. mother of physicians.

On the basis of the symptoms as mentioned in the Drugs of Hindoosthan this drug was clinically verified. *Justicia* has been found to be cooling, destroyer of hoarseness and a strong arrester of blood. It is highly efficacious in cold, coryza, cough, bronchitis, pneumonia, phthisis, spitting of blood, fever, jaundice, vomiting, thirst, loss of appetite and constipation. During clinical verification trials too it has been found efficacious in the upper respiratory tract infections.

### Description

A dense evergreen, often gregarious shrub 1-2.5 meter high. Stem with yellowish bark, terete, glabrous, branches, many ascending leaves 12-20 cm. long, elliptic-lanceolate, acuminate, tapering to the base, minutely puberulous, dark-green above; pale beneath. Flowers in short dense axillary peduncled spikes 2.5-7.5 cm. long, arranged towards ends of the branches; peduncles stout, shorter than the leaves; bracts upto 22 mm long, elliptic, sub-acute glabrous or nearly so, 5-7 nerved, closely reticulate, bracteoles 18 mm long, 1-nerved, margin ciliate. Calyx 8-12 mm long, hairy outside, tube 12 mm long, upper half much inflated laterally, upper lip curved, mottled, lower lip as long as upper lobes, oblong, rounded. Filaments hairy at the base, the lower anther cells spiculate (not spurred) at the base. Ovary and lower position of style hairy. Capsule 18 mm or more in length, clavate, pubescent. Seeds orbicular.

### Distribution

Throughtout India in plains and in sub-Himalayan tracts ascending upto 1,200 meters.

### Clinically Verified Symptoms

Potency : Q, 6, 30, 200

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
1	2	3	4	5
Mind	Irritable, easily angered	4,7	07	07
Head	Dull aching pain in frontal region > pressure	7	1409 199	917 74

	Heaviness in the head due to cold	4,7	09	07
	Heaviness & feeling of fullness in head	4	104	79
<b>Nose</b>	Coryza with thin, watery profuse discharge < morning	4	2516	1918
		2,4	603	372
	Constant sneezing with loss of smell (< morning)	4 4	476 476 05	284 283 04
	Acrid watery discharge			
	Blockage of nose (< night)	4	102 03	76 02
	Coryza, discharge thin watery profuse with constant sneezing < dark room	4	51	28
	Coryza with thin nasal discharge and sneezing < in the evening	7,9 7,9	862 638	537 441
	Coryza with thick expectoration white	4,7,9	239 343	188 214
	Blockage of nose	7	364	246
	Sensitive to dust	7	138	90
	Catches cold easily	4	11	09
	Sneezing frequent	7	72	38
<b>Mouth</b>	Profuse thirst with dryness of mouth	4,7	21	15
<b>Throat</b>	Pain in the throat	9	222	143
<b>Stomach</b>	Thirst increased	7	01	01
	Anorexia	7	59	32
	Vomiting after coughing	7	315	209

<b>Abdomnen</b>	Distension of abdomen	7	12	07
	Flatulence with distension of abdomen > passing flatus	7	87	76
	Pain in abdomen due to flatulence	7	79	61
<b>Rectum &amp; Stool</b>	Stool constipated, hard difficult	7	898	498
	Constipation, dry hard stool	7	129	81
	Loose watery stool with mucus and slight tenesmus	7	48	23
	Stool loose mixed with mucus	4,7	02	02
<b>Respiratory System</b>	Hoarseness of voice	7	211	146
	Hoarseness of voice (< after coughing)	4	227	123
	Wheezing	7	73	60
	Dry cough < in the morning, evening and night	7	2106	1461
	Dyspnoea < in morning (< evening)	4	1093 61	852 38
	Dry cough	7	481	228
	spasmodic	7	428	255
	barking	7	416	243
	rattling	7	416	243
	Rattling cough < morning	4	30	24
	Cough with pain in chest	4,7	84	60
	Paroxysmal cough with dyspnoea	4	01	01
	Respiratory complaints from dust	7	02	02
	While cough pain in throat and rattling in chest	7	04	03



	Cough followed by vomiting vomiting of mucus	7	84 32	65 29
	Cough with thick expectoration (yellow, < at night)	7	134	71
	yellow expectoration	7	89	62
	Cough with dyspnoea and suffocation.	7	12	07
<b>Fever</b>	Fever with chill, headache and rapid pulse < at night	7	207	138

### Additional Symptoms

	No. of patients Relieved
Tonsillitis worse on swallowing	12
Vertigo worse in evening	22
Pain in chest worse after coughing	17
Flatulence with heaviness of abdomen.	33
Small reddish eruptions with itching worse at night	09
Post nasal catarrh	16

### Discussion

It has been successfully used for upper respiratory tract infections especially in the beginning. It is found effective in the early stage of acute rhinitis when it starts with sneezing, discharge is thin, watery and profuse. It is also useful in patients who develop sneezing coryza, wheezing from dust. Coryza when associated with dull frontal headache is a guiding symptom of this drug. It is also useful in acute bronchitis where there is wheezing, cough and dyspnoea, and coughing is followed by vomiting.