



# Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

## VASA



**Latin name:** *Adathoda vasica*

**Family:** Acanthaceae

**Regional names:** અરદુસી (Gujarati), अर्दूसी (Hindi)

**Morphology:** Dense shrub with yellowish bark. Leaves are elliptic-lanceolate. Flowers in spikes. Corolla is white with few irregular rose coloured bars in throat. Fruit is a capsule.

**Synonyms:** Vasaka, Simhasya, Atarusha, Kasantpatana, Raktapittaprasadini

**Rasa Panchaka:**

**Rasa:** Tikta, Kashaya

**Guna:** Ruksha, Laghu

**Virya:** Sheeta

**Vipaka:** Katu

**Karma:** Hrudya, Raktasangrahana

**Useful parts:** Patra, Pushpa, Moola

**Indications:** Raktapitta, Mutraghata, Kasa, Swasa

**Dosage:** 10-20ml of fresh juice

**Formulations:** Vasa Swarasa, Vasavaleha, Vasa ghruta, Vasa Panaka, Vasakasava