



***Justicia adhatoda* L.**

Family: Acanthaceae

Common names: Malabar nut, Vasaka, Vasa



Description:

Justicia adhatoda is native to Asia. It is a shrub with lance-shaped leaves and are oppositely arranged, smooth-edged, and borne on short petioles. The trunk has many, long, opposite, ascending branches. Flowers are usually white and the inflorescence shows large, dense, axillary spikes. Fruits are pubescent, and are with club-shaped capsules.

Utilization:

It has potent bronchodilatory, expectorant and anti-spasmodic properties (Karthikeyan *et al.*, 2009). The juice from the leaves and the decoction of the leaves and roots are helpful in diarrhoea, dysentery and glandular tumour (Ayyanar and Ignacimuthu, 2008). It relieves muscular pain, cramps or convulsions due to its antispasmodic property.

Part	Uses
Leaves	Hepatoprotective and bronchiodialator
Leaf crude extract	Antibacterial activity
leaves	Cold and cough
leaves, roots and flowers	Respiratory disorders like asthma

References:

Karthikeyan A, Shanthi V, Nagasathya A; (2009) Preliminary Phytochemical and antibacterial screening of crude extract of the leaf of *Adhatoda vasica* (L). *Int. J. Green Pharm*: 3: 78-80.

Ayyanar M, Ignacimuthu S; (2008) Medicinal uses and pharmacological Actions of five commonly used Indian Medicinal plants: A mini-review. *Iranian J. Pharm. Therapeut* 7: 107-114.

Bhattacharyya D, Pandit S, Jana U, Sen S, Sur T.K; (2005) Hepatoprotective activity of *Adhatoda vasica* aqueous leaf extract on D-galactosamine-induced liver damage in rats. *Fitoterapia*, 76.2, 223-225.

Amin A.H, Mehta D.R; (1959) A bronchodilator alkaloid (vasicinone) from *Adhatoda vasica* Nees. *Nature*, 184.4695, 1317-1317.

Correa G.M, Alcantara A.F.C; (2012) Chemical constituents and biological activities of species of *Justicia*: a review. *Revista Brasileira de Farmacognosia*, 22.1, 220-238.

Bose D, Chatterjee S; (2015) Antibacterial activity of green synthesized silver nanoparticles using Vasaka (*Justicia adhatoda* L.) leaf extract. *Indian journal of microbiology*, 55.2, 163-167.