

A Comparative Study of Vasa Avaleha Prepared By Swarasa and Kwatha

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Abstract

Vasa (Adhatoda vasica) is a well known plant by the name Adusha traditionally. It is frequently used for treating upper respiratory disorders in the form of Swarasa & Kwatha (decoction). But its Avaleha form is most palatable one, which is not found in Brihattriya i.e. Charak, Sushruta & Astang Hridaya.

Though the scattered references are found in Ayurvedic classics regarding its use in the form of Swarasa, Kwatha, & Churna etc. Gada Nigraha was the first classics to quote the formulation Vasa Avaleha. So it may be considered as a new formulation of medieval period.

Vasa Avaleha was prepared by using Vasa Swarasa and Vasa Kwatha and both the formulation were analyzed on Organoleptic viz. Rupa, Gandha as well as Physico-chemical parameters viz. pH, total alkaloid content, T.L.C., H.P.L.C. etc. Analytical study shows that the pH (of 5% aqueous solution) was 6.10 and 6.18 & total alkaloid content (by Gravimetric method) was 0.406% w/w and 0.0.42% w/w for the Vasa Avaleha (S) and Vasa Avaleha (K) respectively, while H.P.L.C study reveals presence of various alkaloids which includes Vasicine, Vasicinone etc.

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