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Clinical Indications Of *Vasakarishtha* An Experiential And Scientific View

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ABSTRACT: -

Asavarishtha preparations are commonly used in the clinical practice by Ayurveda physicians in India and Indian subcontinent. Among these, *Pippalyasava*, *Pushkaramoolasava*, *Dashamoolarishta*, *Kanakasava*, *Kutajarishtha*, *Kumari Asava*, *Mustakarishtha*, *Draksharishta*, *Usheerasava*, *Abhayarishta* are few formulations which are commonly used by physicians in the management of various non communicable diseases . *Vasakarishtha* is one such preparation which is used in the management of chronic respiratory disorders. It is usually used in Acute bronchitis, chronic bronchitis, bronchial asthma, URTI, LRTI, *Pratishyaya* , *Peenasa*, deviated nasal septum , chronic repeated sneezing , (*Kshavathu*), *Kasa*, *Shwasa*, *Raktapitta*, *Rajayakshma*, bronchiectasis , emphysema and cor pulmonale , . It is having the actions like *dipana* (appetizer), *pachana* (digestive), bronchodilator, expectorant, *Kasaghna*, *Shwasahara*, antibacterial , bactericidal , anti-infective , immunomodulator , immunity booster, antistress , adaptogenic and mucolytic in action . The present paper highlights about the therapeutic indications of *Vasakarishtha* in experiential and scientific view.

Key words – *Vasakarishtha* , Ayurveda , Bronchodilator



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INTRODUCTION

Vasakarishtha is an alcohol based formulation which is commonly used in the treatment of respiratory disorders.¹*Kasa, Shwasa, Pratishyaya, Peenasa, Kshavathu, Kaphaja Jwara, Rakta Pitta*, acute bronchitis, chronic

bronchitis, and bronchial asthma are few disorders which are amenable for treatment by *Vasakarishtha*. It is given in various disease specific adjuvants in different respiratory diseases with good outcome and results.²

Table 1 showing Ingredients of *Vasakarishtha*:³⁻⁶

S.No	Ingredients	Botanical name
	<i>Kashaya dravyas</i>	
1	<i>Vasa</i>	<i>Adhatoda vasica</i>
2	<i>Jala</i>	<i>Water</i>
3	<i>Guda</i>	<i>jaggery</i>
4	<i>Dhataki</i>	<i>Woodfordia fruticosa</i>
	<i>Prakshepaka dravyas</i>	
1.	<i>Tavak</i>	<i>Cinnamomum zeylanica</i>
2.	<i>Ela</i>	<i>Elettaria cardamomum</i>
3.	<i>Patra</i>	<i>Cinnamomum tamala</i>
4.	<i>Kesara</i>	<i>Mesua ferrea</i>
5.	<i>Kankola</i>	<i>Piper cubeba</i>
6.	<i>Shunti</i>	<i>Zingiber officinale</i>
7.	<i>Maricha</i>	<i>Piper nigrum</i>
8.	<i>Pippali</i>	<i>Piper longum</i>
9.	<i>Toya(Hrivera)</i>	<i>Pavonia odorata</i>

Method of preparation: Prepare the *kashaya* or decoction by boiling *kashayadravyas* in water and reduce to ¼th and strain the decoction. When the decoction is cooled add jiggery,

Actions⁷⁻¹⁴

1. *Dipana* (Appetizer)
2. *Pachana* (digestive)
3. Antibacterial
4. Anti-infective
5. Bactericidal
6. Immunomodulator
7. *Rasayana* (Rejuvenator)
8. Immunity booster
9. *Kasaghna* (Antitussive)

Dhataki and prakshepaka dravyas. Keep for fermentation in a closed vessel for 1 month, After completion of fermentation arista is filtered and stored in a glass bottle.

10. *Shwasahara* (Expectorant)
11. Bronchodilator
12. Mucolytic
13. Antistress
14. Adaptogenic
15. CNS depressant
16. Sedative
17. Appetizer
18. Carminative

Clinical indications¹⁵⁻¹⁸

1. *Kaphaja kasa*
 2. *Tamaka shwasa* (Bronchial asthma)
 3. *Rajayakshma* (Tuberculosis)
 4. Chronic bronchitis
 5. Bronchial asthma
 6. Acute bronchitis
 7. Bronchiectasis
 8. Emphysema
 9. Cor pulmonale
 10. *Pratishyaya* (Allergic rhinitis)
 11. *Pinasa* (Sinusitis)
 12. URTI
 13. LRTI
 14. *Hikka* (Hiccoughs)
 15. *Kaphaja jwara*
 16. Rhinitis
 17. Deviated nasal septum
 18. Epistaxis
 19. Fungal infections of the lung
 20. Pneumonia
 21. LVF
 22. Pulmonary edema
 23. CKD with LVF
 24. Liver cirrhosis with ascites and respiratory distress
 25. Nephrotic syndrome with ascites and respiratory distress
 26. CKD with general anasarca and respiratory distress
- Amayika prayoga (Internal use)¹⁹⁻²⁰***
- *Kaphaja kasa* – It is given with *Sitopaladi Choorna* and *Tribhuvana Kirti Rasa*.
 - *Tamaka shwasa* (Bronchial asthma) - It is given with *Shwasa Kuthara Rasa*, *Poornachandrodaya* and *Talisadi Choorna*.
 - *Rajayakshma* (Tb) - It is given with AKT and *Sitopaladi Choorna*.
 - Chronic bronchitis - It is given with *Mrityunjaya Rasa*, *Sheetamshu Rasa* And *Taleesa Patra Vataka*.
 - Bronchial asthma – It is given with *Mrityunjaya Rasa*, *Somasava* And *Talisadi Choorna*
 - Acute bronchitis - It is given with *Vrinapahari Rasa* And *Sitopaladi Choorna*.
 - Bronchiectasis - It is given with mixture of *Talisadi Choorna*, *Malla Sindoor*, *Godanti Bhasma* And *Mrityunjaya Rasa*.
 - Emphysema – It is given with the mixture of *Talisadi Choorna*, *Malla Sindoor*, *Godanti Bhasma* And *Mrityunjaya Rasa*.
 - Cor pulmonale - It is given with *Shwasahara* and cardiotoxic drugs like *Arjunarishta* And *Prabhakara Vati* along with *Punarnavadi Mandoora*.
 - *Pratishyaya* (Allergic rhinitis) - It is given with *Naradiya laxmivilasa rasa* or *naga guti*.
 - *Pinasa* (Sinusitis) - It is given with *Maha laxmi vilasa*, *mrityunjaya rasa* and *sitopaladi choorna*.
 - UTRI – It is given with *Mrityunjaya Rasa* internally and *Anu Taila Nasya*.
 - LRTI – It is given with *Sheetamshu Rasa*, *Vrinapahari Rasa*, *Mrityunjaya Rasa*, And *Talisa Patra Vataka Or Dashamoola Katutraya Kashaya Or Poushkaradi Kashaya*.
 - *Hikka* (Hiccoughs) - It is given with *Mayura Pichha Bhasma* And *Kharjurasava*.
 - *Kaphaja jwara* – It is given with *Mrityunjaya rasa*.
 - Rhinitis - It is given with *Naradiya laxmi vilasa rasa*.
 - Deviated nasal septum – It is given with *Pathyadi Kwatha* And *Laghu Sootha Shekhara Vati*.
 - Epistaxis – It is given with *Chandra Kala Rasa* And *Bola Parpati*.
 - Sinusitis – It is given with *Mrityunjaya Rasa* And *Laghu Sootha Shekhara Vati*.
 - Fungal infection of the lungs – It is given With *Poushkaradi Kashaya* And *Tribhuvana Kirti Rasa*.
 - Pneumonia - It is given with mixture of *Poornachandrodaya Rasa*, *Malla Sindoor* *Mrityunjaya Rasa* And *Talisadi Choorna*.

- LVF – It is given with *Punarnavadi Mandoora* , *Punarnavashtaka Kashaya* And *Poushkaradi Kashaya* .
- Pulmonary edema - It is given with absolute bed rest, *Punarnavadi Mandoora* , salt and water restriction and *Poushkaradi Kashaya* .
- CKD with LVF – It is given with the medication for CKD and *Sitopaladi Choorna* And *Somasava* .
- Cirrhosis , ascites and respiratory distress - It is given along with *Punarnavadi Mandoora* , *Talisa Patra Vataka*, And *Somasava* .
- Nephrotic syndrome - It is given with *Punarnavadi Mandoora*, *Sitopaladi Choorna* and high protein diet.

DISCUSSION

Vasakarishtha is a *asavarishtha* preparation used mainly in pulmonary disorders. It contains *Vasaka* (*Adathoda vasaka*) which is having actions like *Tikta Rasayukta* (Astringent), *Laghu* (Light), *Kasaghna*, *Shwasahara*, *Raktapitta Nashaka*, *Kshayahara*, *Dipana* (Appetizer), *Pachana* (digestive), antistress, adaptogenic, immunity booster, immunomodulator, bronchodilator, expectorant, mucolytic and *Rasayana* actions. It is given with various disease specific adjuvants with good outcome.²⁰ In respiratory and cardiac disorders it shows good results . In conditions of fluid retention and volume overload, and pulmonary edema, it is given along with diuretics and expectorants. On prolonged use also it does not produce any serious adverse drug reactions.²¹

CONCLUSION

1. *Vasakarishtha* is used mainly in respiratory disorders . It is effective in diseases associated with cough, expectoration and dyspnea .
2. On prolonged usage also, it does not show any adverse drug reactions .Rather it increases appetite ,and easy passage of bowels and urine.

3. With suitable disease specific adjuvants , it gives good result in various disorders .

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