

Ethnobotanical notes and pharmacological overview of traditional plant: *Adhatoda vasica*

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Abstract

Background: *Adhatoda vasica* (Nees.) of the Acanthaceae family has excellent medicinal properties. It is a crucial ingredient in a number of formulations that have been used for decades in India to treat a wide range of health-related difficulties, including fever, jaundice, headaches, colds, cough, whooping cough, asthma, dyspnea, phthisis, chronic bronchitis, and diarrhea. In our country (India) and other countries, the *A. vasica* plant has great medicinal importance. In the Ayurveda system of treatment, this plant is frequently employed.

Aim: The aim of this comprehensive study is to provide updated information on the phytochemical and pharmacological activity of *A. vasica*.

Objectives: The stated objectives are to collect systematic data on the botanical description, phytochemistry, pharmacology, and toxicity of *A. vasica*, as well as detailed information on the many formulations that have conventionally been available on the Indian market.

Method: The relevant information was obtained from a variety of peer-reviewed journals. Google Scholar, PubMed, ScienceDirect, and SciFinder were used to retrieve the journals.

Result: *A. vasica* is a rich source of therapeutic agents that may have the potential to treat a variety of illnesses, while a detailed investigation of pharmacological activity is needed to confirm the contributing mechanism.

Conclusion: *A. vasica* is an important medicinal shrub, abundantly found across India, and a rich source of several alkaloids, terpenoids, carbohydrates, and terpenoids that may be used therapeutically in the medical system for treating a range of illnesses. It is a key ingredient in several Ayurvedic and Unani preparations available on the Indian market that are being used to treat a variety of illnesses.

KEYWORDS

Adhatoda vasica, ethnobotanical uses, pharmacological activity, phytoconstituents, Vasaka

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