

ADHATODA

(Justicia adhatoda)

Clinical Summary

Actions

- Antitussive
- Antispasmodic
- Expectorant
- Bronchodilator
- Antiasthmatic
- Hepatoprotective
- Antioxidant

Indications

- Bronchitis, cough, colds, asthma
- Post-partum haemorrhage and to assist uterine involution after pregnancy (shrinking)
- Locally for gum disease

Traditional Use

An important herb in Ayurvedic medicine for more than 2000 years, adhatoda is used traditionally in productive cough, asthma, tuberculosis, fever, dysentery, diarrhoea, jaundice, skin disorders, bleeding disorders and headache.

Energetics

Drying, bitter, cold.

Constituents

Pyroquanzoline alkaloids including vasicine, vasicinone, vasicol, pregnane, adhatodinine, vasicinol and vasicinolone

Use in Pregnancy

Contraindicated in pregnancy. In Ayurvedic medicine it is considered safe postpartum.

Contraindications and Cautions

None known.

Drug Interactions

None known.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
5 to 10mL weekly