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A BRIEF REVIEW ON ADHATODA VASICA NEES.

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ABSTRACT:

Adhatoda vasica Neesbelong to family acanthaceace. It contain certain chemical constituents like alkaloids, flavoids, fatty acids and triterpens. Adhatoda vasica extensively used for treating joint pain, lumbar pain, sprains, malaria, cold cough, chronic bronchitis and asthma. Adhatoda vasica have wide range of pharmacological activity mainly used in Bronchodilator, Anti-bacterial, Abortifacial, Insecticidal and HIV protease inhibitor activity. Main phytochemicals are that has been investigated are 2-4 dihydroxychalcone 4-glucoside. This review article helps the researcher for further investigation.

Keywords: *Adhatoda Vasica Nees*, pharmacological activity, phytochemical activity, chemical constituents.

1. Adhatoda vasica Nees.

1.1.1 INTRODUCTION

BIOLOGICAL SOURCE¹: Drug consist of dried as well as fresh leaves of *Adhatoda Vasica Nees*.Belongs to family Acanthaceae.

VERNACULAR NAMES¹:

Sanskruit : Vasa, Amalaka, bashika

Hindi : Adusa, adalsa , Atarusaka

Gujrati : Aradusi, adulso²

Kannad : Adusoge, kurchigida, pavate²

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Malyalum : Adalodakam

: Malabar nut, Vasaka English

Tamil : Adhatodai

Telugu : Adasaramu

Bengali : Basak

Assam : Vachaka

Marathi : Adulsa

PARTS USED:Leaves, roots, flowers, bark¹, stem and fruits³

Botanical description: Vasaka is a small, evergreen, perennial shrub, reaching 1.0-2.5 m **height** with opposite, ascending branches. The Leaves are simple, opposite, lanceolate and leathery, 7-19 cm long and 4-7 cm wide, pubescent, and light green in colour above, darker on the lower surface. The flowers are large, dense, terminal spikes with large bracts. The corolla is white, the lower lip often streaked with pink or purple, and the capsule small, clavate and longitudinally channeled, containing four globular seeds. Fruits of the Adhatodavasicaare four seeded capsules. In Pakistan, fruits of the plnts are used for cold, antispasmodic and bronchitis. The fruit of the plants are slso used for Diarrhea, Dysentery, Fever and as laxative². Stem used to stimulate uterine contraction during childbirth, antipasnodiac, emmenagogue and abortifacient.5

Habitat: The plant grows throughout the Indian peninsula up to an altitude of 1300 m, on wastelands in a variety of habitates and types of soil. It is sometimes cultivated as a hedge plant and the twigs and leaves used as "green manure." It is also found in Sri Lanka and Malaysia.1

1.1.2 Chemical Constituents:

Alkaloids: Vasicine (= peganine), a quinazoline alkaloid, is the major alkaloid present in all parts of the plant. The leaves also contain vascisinone, 7-methoxtvasicinone, vasicinol, adhatodine, adhatonine, adhavasinone, betaine, deoxyvasicine, deoxyvasicinone, 1vasicinone, 1-vasicol, maiontone, 5-methoxyvasicinone, 7-methoxyvasicinone, N-oxides and glycosides of vasicine, N-oxides and glycoside of vasicinone, peganidine, vasnetine, hydrate anisotine, 3-hydroxyanisotine, desmethoxyaniflorine, vasicoline and vasicinolone.²⁻ ⁵ The root contains vasicinol, vasicinolone, vasicinine, adhatonine^{6,7} and vasicol⁸. ⁽³⁾

Phytosterols and triterpenes: Daucosterol, α - amyrin, β-carotene, 3-hydroxy-oleanane-5eneepitaraxerol, 3α-hydroxy-hexatetracont-1-en-15-one⁷are present.⁹

Flavonoids: Apigenin, astragenin, kaempferol, quarcetin, vitexin, isovitexin, and violanthin, and 2"-O-xylosylvitexin, rhamnosylvitexin,

2'-hydroxy-4 glucosyloxychalcone are present in the leaf and flower. 10, 11

Essential oil:The flower volatile oil contains a ketone identified as 4-heptanone as the major compound, together with at least 36 other components including 3-methylheptanone.¹⁰

Fatty acids and hydrocarbons: The leaf oil is a complex mixture of over 50 compounds, the major component being decane, together with the hydroxyalkanes, 37-hydroxy hexatetracont-1-en-15-one and 29-methyl triacontan-1-ol and linolenic, arachidonic, linoleic, palmitic and oleic acids.^{12, 13}

Chalcone:

2'4-dihydroxychalcone are extracted from leaves of adhatoda vasica.³ 2'glucosyl-4-

Steroid:

Epitaraxerol is extracted from leaves.3

Galactose& Glucose:

B-glucoside-galactose, β-sitosterol-D-glucoside, D-glucose, D-galactose, O-ethyl-α-D-galactoside, sitosterol-β-D-glucoside are extracted from leaves.³

Amino Acids:

Amino-n-butyric acid, Glycine, proline, serine, and valine are extracted from leaves.3

1.1.3 Ethanobotanical uses:

The leaves, flowers, fruits and root are extensively used for treating joint pain, lumbar pain, sprains, malaria, eczema, cold, cough, whooping cough, chronic bronchitis and asthma, as a sedative, expectorant, antispasmodic and anthelmintic. The dry leaves are given with other expectorants and form a part of several proprietary compounds. In chronic bronchitis, these are efficacious and afford relief, especially when the sputum is thick and tenacious. The cough is relieved and the sputum is liquefied and is easily expelled. The leaf juice is stated to cure diarrhea, dysentery and glandular tumor, and is given as an emmenagogue. It is also used for the treatment of bleeding piles In southeast Asia, the paste, the powder and decoction of root is used for curing tuberculosis, diphtheria, malarial fever, leucorrhoea and eye diseases The root decoction is also used for gonorrhea. Mainly yellow leaves of the plants are exploited for cough and smoke and ash of leaves is used for asthma. In India, leaves of the plant are used for checking postpartum

haemorrhage and urinary trouble and preganat women in the gora village of Lucknow use them to induce abortion. A decoction of the leaves is used by Neterh at people in Bihar to stimulate and heal before and after delivery. In Sitapur district of Uttar Pradesh, people use the paste of roots mixed with sugar for treatment of acute nightfall. Moreover, the macerated roots of *A.vasica* applied on vagina to help parturition. The leaf power boiled in seaame oil is used to stop bleeding, earaches as well as pus from ears and jaundice.⁷

1.1.4 Pharmacological reviews

• Bronchodilatory and antihistaminic activity

Gupta et al.¹⁵ has investigated that vasicine showed bronchodilatory activity both *in vitro* and *in vivo*, the activity being comparable to that of theophylline.

Bhallaet al.¹⁶ has investigated that vaiscinone, however, showed bronchodilatory activity in vitro but bronchoconstriction *in vivo*. The two alkaloids in combination had a more potent bronchodilatory activity and the combination of vasicinone with aminophylline also had an additive effect.

Antibacterial activitry

Brantneret al.¹⁷ has studied metanolic extract of the leaves for antibacterial activity using the paper disc and dilution methods. The *in vitro* screening showed a strong activity of the alkaloid fraction against *Pseudomonas aeruginosa* (MIC+164µg/ml). Significant antibacterial activity against the gram positive bacteria *Streptococcus faecalis*, *Staphylococcus aureus*, *Staphepidermidis* and the gram negative E. coli was also noted.

Antitubercular activity

Grange et al.¹⁸ has investigated that bromhexine and ambroxol, semi synthetic derivatives of vasicine, an alkaloid from Adhatodavasica, and are widely used as mucolytics which have pH dependent growth inhibitory effect on Mycobacterium tuberculosis.

Antidyspepsia activity

Chaturvediet al.¹⁹ has examined that syrup of *Adhatodavasica* improved symptoms of dyspepsia

Insecticidal activity

Srivastavaet al.²⁰ had found that leaves control insect pests in oil seeds, in both laboratory and warehouse conditions.

Saxenaet al.²¹ has studied that vasicinol produced antifertility effects in *Dysdercuskoenigii* and *Triboliumcastaneum*, due to blocking of the oviduct.

Kokate et al.²² had investigated that essential oil showed insecticidal activity against granary pests, e.g. Sitophilusoryzae, Rhizoperthadominica and Bruchuschinensis, and also juvenile hormone mimicking activity in *Dysdercuskoenigii*. It exhibited repellant activity against S. oryzae and B. Chinensis.

Abortifacient and utertonic activity

Gupta et al.²³ had investigated that vasicine showed an abortifacient effect in guinea pigs (although not in rats), depending on the stage of pregnancy. The effect was more marked under the priming influence of oestrogens, indicating that the action of the vasicine was probably mediated via the release of prostaglandins.

Wound - healing activity

Bhargva et al.²⁴ had done a comparative studies of powdered plant, alcoholic extract and chloroform extract of Adhatodavasica for wound healing activity. The alcoholic extract was the most effective.

Hepatoprotactive activity

al.²⁵ has studied Bhattacharya et that the leaves shows significant the hepatoprotectiveeffect at a dose of 50-100 mg/kg on the liver damage induced by dgalactosamine in rats.

Anti-inflammatory activity:

A dose of 50 µg/pellet alkaloid fraction (methanol extract) has been reported to be poten t anti-inflammatory agents as was shown in modified hen's egg chorioallantoic membrane.²

Anti-ulcer activity:

Adhatodavasicaalso has immense potential as an anti-ulcer agent which is used to treat or ameliorate peptic ulcer or irritation of the gastrointestinal track og great therapeutic relevance. Adhatodavasicaleaf powder showed a considerable degree of anti-ulcer activity in rats with the highest degree of activity (80%) observed in the ulceration model induced by ethanol in comparison to pylorus and aspirin indiuced peptic ulcer (41%).2

Anti-diabetic activity:

Adhatodavasicahas also been proved for its anti-glucosidal activity. In screening experimenr, 40 tarditional herbs were tested for rat intestinal α-glucosidase. The methanolic extract from the leaves of AV showed the highest sucrose inhibitory activity.9

Anti-oxidanant activity:

Oral administration of A.vasica leaves extract at 800 mg/kg controlled hematological paramters to normal like GSH and LPO level in post irradiated animals. Pretreatmentwith A.vasicaNees at 100 and 200 mg/kg also significantly improves SOD, catalase and GSH levels in CCl₄- induced hepatotoxicity⁷.

Antispasmodic and Anti-spasticity activity:

An essential oil from the leaves of vasica showed smooth muscle relaxant activity in the islopatedguniea-pig tracheal chain. Vasicin e from the plant Adhatodavasicahas stimulatory effects on rat/guniea pig uterus and tracheal muscle as well as,on other tissues.2

Anti-allergy activity:

Methanolic extract of the plant has been shown to possesantiallergic activity in gunieapigs of 6 mgper animal¹¹ or 2.5 gm/kg respectively.²A plant extract containing the alkaloid vascinol and 20% vasicine inhibited allergic reactions induced by oval bumin about 37% at a concentration of 5 mg. Vasicinone has been shown to be a potent anti-allergen in tests on mice, rats and guniea pig.²

HIV-protease inhibitor activity:

The crude extracts of adhatodavasicaplants exhibited powerful inhibitory activity of pepsin enzyme thus it might be a effective inhibitor of HIV-protease which belongs

Combination of vasic to same family of enzyme aspartate and sharing same signature group at the active site.2

Cardioprotective activity:

ine and vasicinone from the leaf extract of the plant significant reduction in cardial depressant effects was observed. No effects was shown by DL-form of vasicinone ,however L-form was found to be effective stimulating cardiac muscle weakly.²

Thrombolytic activity:

The thrombolytic potential crude extract of roots of AV using in vitroclot lysis model. In another experiment, at 5 mg/ml concentration of root extract of AV showed 19.33% clot lysis activity which was slignificant comparing with negative control, normal saline.9

Anti-gingival activity:

An experiment was conducted to investigate the oral hygiene and gingival health benefits of tootpaste formulated with a mixture of the herbs of which AV was one. One millimeter of resting saliva was collected to ascertain anaerobic and aerobic bacterial counts, plague index, percenatage sites with bleeding on probing and pocket depth at 6 sites/tooth were recorded at baseline. Home use of the allocated toothpaste (test or placebo) twice a day for 12 weeks was fallowed. Significant reduction was notes in test sample treated group indicating the beneficial effects of this herbal toothpaste containing AV on oral hygiene and gingival health variables.9

Anti-Alzheimaractivity:

Extracts of AV has inhibitory effect on acetylcholinesterase, and this effect on enzyme is reversible. Researcher claimed that the herbal drug AV may be used in the treatment of Alzheimer.

Along with above said benefical health effects, the AV also showed few other activities which have indirect effect on human health conservation, namely, antifungal, larvicidal, anticestodal and acaricial.

Although AV has been used as a medicine from long back and claimed to be safe for the use as medicine still few adverse effects have also been reported like cytotoxicity, adverse reaction in the form of urticarial, exanthema, and cintact dermatitis in swedan population.9

Radioprotective activity:

Swiss albino mice when exposed to 60Co radiationshowed radiation-induced sickness including markedchanges in histology of testis and chromosomal aberrationsin bone marrow cells with 100% mortality within 22 days. The ethanolic extract of A. vasicaleaf when given orally at adose of 800 mg kg_1 body weight per mouse for 15 consecutivedays and then exposed to radiation, death of Adhatodapretreatedirradiated mice was reduced to 70% in 30 days. Adhatoda pretreatment significantly prevented radiationinducedchromosomal damage in bone marrow cells, which suggests that Adhatodaplant extract has significant radioprotective effects on testis.

Allopathic activity:

The allopathic activity of Adhatodavasica. The aqueous leaf and flower extracts showed inhibitory effectrs on seed germination and seedling survival of turnip. Remarkably lesser inhibitory effect of the flower extract was notes at all doses. the lower and moderate doses, on seed weight of turnip.³

Anti-cholinesteraseactivity:

Vasicinone obtained from the roots, produces transient hypotension in cats, contraction og isolated intestine and depression of isolated heart in guniea pigs, thus showing good anticholinesterase activity.¹⁴

Cholagogueactivity:

In laboratory experiments on cats and dogs, *Adhatodavasica*was found to increase bile activity when the animals were given an intravenous dose of 5 mg/kg. In dogs, the amount of excreted bile increased by 40-100%. The animals also showed an increase in bilirubin excretion.¹⁶

• Anti-malarial activity:

Vasicine,pyrrolquniazoline alkaloid and embelin, and a benzoquione obtained from *A.vasica*and *Embeliaribes*respectively, exhibited antiplamodial activity in schizont maturation inhibition assay and lactate dehydrogenase inhibition assay, which are based on morphological ceiteria and biochemical reaction respectively.¹¹

Anti-Anthelmintic activity:

10% aqueous extract of leaves of *A.vasica*exhibited mortality rate of 73% on Melodogyne incognitachit.⁷

1.1.5 Phytochemical reviews

Bhartiyaet al.²⁶ had investigated a new moiety 2'-4-dihydroxy chalcone 4- glucoside in the flowers.

Brain et al.²⁷ has been determined HPLC method for vasicine and vasicinone and also reported the studies on stability of vasicine and vasicinone in solutions and plant extracts.

Rajniet al.²⁸ has reported that treatment of Vasaka cell with chloramphenicol (100-200mg/l) antibiotic doubled the production of quinazoline alkaloids.

Das et al.²⁹ has been developed HPTLC method for the determination of pharmacologically important quinazoline alkaloids vasicine and vasicinone in Vasaka. The assay combines the separation and quantification of analytes on silica gel 60 GF254 HPTLC plates with visualization under UV light and scanning at 270-281 nm.

Shilpaet al. had investigatedethnomedicinal value and pharmacognosy of the *Adhatodavasica*that leaves contain pyrroloquinazoline alkaloids ,chiefly vasicine (1,2,3,9-tetrahydropyrrolo[2,1-b]quinazolin-2-ol,C₁₁H₁₂N₂O), and vasicinone (3-hydroxy-2,3-dihydropyrrolo[2,1-b]quinazolin-9[1H]-one,C₁₁H₁₀N₂O₂). Addition of 2-aminobenzylamine to

the vicinyl vicinal tricarbonyl reagent leads to the synthesis of vasicine. The novel quinazoline alkaloid characterized as 1, 2, 3, 9-tetrahydro-5-methoxypyrrol[2,1-b]quinazolin-3-ol, and adhavasinone has also been isolated from leaves. A new moiety 2'-4-dihydroxy chalcone-4-glucoside has been identified in flowers.

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i305

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