



USE OF JUSTICIA ADHATODA MOTHER TINCTURE IN RESPIRATORY COMPLAINTS

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ABSTRACT-

Justicia adhatoda, also known as Malabar Nut, is a well-known flowering plant in Homoeopathic medicine, particularly for its benefits in treating respiratory complaints.

Here, effort is made to explain the use of Justicia adhatoda mother tincture in respiratory complaints, especially cough, bronchitis, asthma, and COPD. It acts as a natural expectorant, bronchodilator, and anti-inflammatory agent, making it effective in reducing symptoms and improving breathing.

Key words- Plant, respiratory complaint, mother tincture, Chronic cough, bronchitis, asthma, inflammatory, restlessness, Anxiety, impatience, homoeopathy, cure.

Introduction-

- Source- Plant kingdom,
- Common name- Malabar Nut, Vasaka,
- Miasm-

Psoric Miasm, due to its action in treating chronic respiratory conditions (like coughs and bronchitis) that recur or persist over time, often in individuals with a weak immune system.

Tubercular Miasm may also be relevant in cases where there is a tendency toward chronic, debilitating illness with symptoms like wheezing, shortness of breath, and chronic cough, coupled with a sense of exhaustion or weakness.

Homoeopathic effective treatments aim to improve the condition, prevent worsening & restore Physical and emotional well-being & self-esteem.

Pharmacological Action of Justicia Adhatoda:

Justicia adhatoda (commonly known as Vasaka) contains several bioactive compounds, with the most notable being alkaloids, flavonoids, and other secondary metabolites. These compounds contribute to its pharmacological properties such as bronchodilation, antitussive, anti-inflammatory, and antimicrobial effects. Below are the key active compounds found in Justicia adhatoda:

1. Vasicine (also known as Adhatodine)

- *Type:* Alkaloid
- *Activity:* Vasicine is the primary active alkaloid in Justicia adhatoda. It is known for its bronchodilator and antitussive (cough-suppressing) effects. It relaxes smooth muscles in the respiratory tract, helping to open up the airways and reduce coughing.

2. Vasicinone

- *Type:* Alkaloid (oxidized form of vasicine)
- *Activity:* Vasicinone also has bronchodilatory effects and works synergistically with vasicine. It plays a role in the anti-inflammatory and antimicrobial activities of the plant.

3. Flavonoids

- *Types:* Includes compounds such as quercetin, luteolin, and kaempferol.
- *Activity:* Flavonoids in Justicia adhatoda contribute to its antioxidant, anti-inflammatory, and antimicrobial properties. They help reduce oxidative stress and inflammation, supporting the plant's use in respiratory conditions.

4. Tannins

- *Activity:* Tannins in the plant exhibit antimicrobial and astringent properties. They help in reducing mucus production and can also aid in healing inflamed tissues.

5. Saponins

- *Activity:* Saponins are known for their expectorant properties, aiding in the removal of mucus from the respiratory tract. They also contribute to the plant's antimicrobial effects.

6. Steroids and Terpenoids

- *Activity:* Some studies suggest that steroids and terpenoids present in *Justicia adhatoda* may play a role in its anti-inflammatory and analgesic effects.

7. Glycosides

- *Activity:* These compounds may contribute to the plant's overall therapeutic effects, including its anti-inflammatory and potential diuretic activities.

8. Essential Oils

- *Activity:* The essential oils derived from the leaves of *Justicia adhatoda* contain compounds with antimicrobial and anti-inflammatory properties.

Summary:

The pharmacological effects of *Justicia adhatoda* are largely due to its alkaloids (especially *vasicine* and *vasicinone*), flavonoids, tannins, and other bioactive compounds. These work together to provide therapeutic benefits, particularly in the management of respiratory conditions such as asthma, bronchitis, and coughs. However, more research is needed to fully understand the spectrum of activities of these compounds.

Preparation of Justicia adhatoda Mother Tincture-

Aim- To prepare *Justicia adhatoda* mother tincture by maceration.

Apparatus- *Justicia adhatoda* plant, chopping board & knife, mortar & pestle, measuring cylinder, chemical balance with weight box, macerating jar, distilled water, strong alcohol, clean container, pen, gum, scissors, labelling paper, etc.

Procedure-

- Take *Justicia adhatoda* plant & cut into small pieces, then take it in Mortar & pestle to form pulp & moisture content is calculated.
- Now, this derived pulp is kept in macerating jar.
- Now, prepare menstrum of drug substance, mother tincture for which take 11.5ml of purified water & 88.5ml of strong alcohol.
- Now, this prepared menstrum is added to jar.
- See that, the pulp should be covered with mass of drug substance.
- Now, the macerating jar tightly corked so that evaporation of menstrum is avoided.
- This kept in cool & dark, dry place.
- Now, the jar is shaken once in a day within 2-4 weeks.
- After 2-4 weeks supernatant liquid is decanted & remaining pulp or residue is taken in a linen cloth for extraction of liquid part.
- The filtrate obtained is mother tincture of *Justicia adhatoda*
- Now, this mother tincture is transferred into clean bottle & label as *Justicia adhatoda* Mother Tincture.

Dosage and Usage:

Typically, *Justicia adhatoda* mother tincture is used in low doses, such as 10-15 drops diluted in water or as prescribed by an homoeopathic physician. It is most commonly used to treat respiratory issues like coughs, asthma, bronchitis, and as an expectorant.

Precautions:

Always consult a homoeopathic physician before using any tinctures, especially if you are pregnant, breastfeeding, or on medications.

Uses of Justicia adhatoda Mother Tincture in Respiratory complaints-

Justicia adhatoda is a well-known homeopathic medicine for treating a variety of respiratory complaints. The mother tincture of *Justicia adhatoda* is particularly beneficial due to its potent expectorant, bronchodilator, anti-inflammatory, and antitussive (cough-suppressing) properties.

Justicia adhatoda mother tincture is used in respiratory complaints:

1. Cough (Dry and Productive)

Action: *Justicia adhatoda* is a powerful expectorant and antitussive, which helps to loosen mucus and facilitate its expulsion from the lungs. It also helps soothe the throat, reducing the irritation that causes coughing.

Indications: It is especially effective in treating chronic cough, persistent dry cough, and productive cough with thick sputum. This makes it particularly useful in conditions like bronchitis, asthma, and seasonal coughs.

Dosage: Typically, 10-15 drops of *Justicia adhatoda* mother tincture diluted in a small amount of water, 2-3 times a day.

2. Asthma-

Action: *Justicia adhatoda* has bronchodilator properties, meaning it helps to relax and widen the air passages in the lungs, making it easier to breathe. It also helps to reduce the inflammation in the bronchi, which is particularly beneficial in asthma and chronic obstructive pulmonary disease (COPD).

Indications: It is particularly useful for bronchial asthma with symptoms of wheezing, shortness of breath, and tightness in the chest. It can also be helpful in seasonal asthma triggered by allergens like pollen or dust.

Dosage: 10-15 drops of the mother tincture, diluted in water, 2-3 times daily.

3. **Bronchitis-**

Action: The expectorant and anti-inflammatory properties of *Justicia adhatoda* make it an effective remedy for both acute and chronic bronchitis. It helps in clearing mucus from the bronchial tubes, reducing the inflammation, and calming the cough associated with bronchitis.

Indications: *Justicia adhatoda* is especially useful when the cough is persistent, and there is an excess of thick, yellow or green sputum that is difficult to expectorate.

Dosage: 10-15 drops of mother tincture in water, taken 2-3 times daily for bronchitis.

4. **Chronic Obstructive Pulmonary Disease (COPD)**

Action: *Justicia adhatoda* can be beneficial for people suffering from COPD, which involves chronic inflammation of the airways and reduced airflow. The herb's bronchodilator, anti-inflammatory, and expectant properties can help in improving airflow, reducing mucus buildup, and alleviating respiratory distress.

Indications: Individuals with emphysema, chronic bronchitis, or other forms of COPD who experience shortness of breath, wheezing, and productive cough can benefit from *Justicia adhatoda*.

Dosage: 10-15 drops of mother tincture in a little water, taken 2-3 times a day. The dosage may be adjusted based on the severity of symptoms and professional advice.

5. **Sinusitis-**

Action: *Justicia adhatoda* is known to help in reducing inflammation in the sinus cavities and loosening mucus. This makes it useful in conditions like sinusitis, which often presents with nasal congestion, headache, and thick nasal discharge.

Indications: If sinusitis is accompanied by chronic cough, or if there is thick, greenish-yellow mucus being expelled from the sinuses, *Justicia adhatoda* may be indicated.

Dosage: 10-15 drops in warm water 2-3 times daily. Gargling with the tincture diluted in warm water may also help in cases of post-nasal drip.

6. **Sore Throat (Associated with Respiratory Infections)-**

Action: *Justicia adhatoda* has soothing, anti-inflammatory properties that can help in easing the pain and discomfort associated with a sore throat, particularly when it is related to upper respiratory infections.

Indications: It is effective for individuals who experience irritating coughs, throat irritation, or hoarseness due to infections or allergic reactions.

Dosage: 5-10 drops of mother tincture diluted in warm water for gargling or taken 2-3 times daily to relieve symptoms.

7. **Allergic Rhinitis (Hay Fever) -**

Action: *Justicia adhatoda* can be helpful in reducing the symptoms of allergic rhinitis (hay fever), such as nasal congestion, sneezing, and itchy, watery eyes, particularly if these symptoms are triggered by dust, pollen, or airborne irritants.

Indications: Individuals suffering from seasonal allergies, especially those who also have congestion and difficulty clearing the nose due to thick mucus, may find relief with *Justicia adhatoda*.

Dosage: 10 drops of mother tincture, diluted in water, taken 2-3 times daily during allergy season or when symptoms flare up.

Conclusion:

Justicia adhatoda (Vasaka) Mother Tincture is an effective and natural remedy for a wide range of respiratory complaints, including cough, bronchitis, asthma, COPD, and sinusitis. It works by acting as an expectorant, bronchodilator, and anti-inflammatory agent, helping to relieve congestion, promote mucus expulsion, and soothe the airways. Always consult a healthcare provider before use, particularly if you have underlying health conditions or are taking other medications.

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