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Scientific Explorations of *Adhatoda vasica*

An Asian Health Remedy



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(1908–1999)

*A great philanthropist, thinker, visionary, and
founder-chancellor of **Jamia Hamdard**, New
Delhi, India*

Preface

The therapeutic potential of phytoremedies to cure diseases is due to the presence phytoconstituents in different parts of a plant. Since the ancient times, traditional plant medicine has been a “hit and trial” approach that was memorized and transmitted verbally from one generation to the next. Infact the plant medicines or botanicals have drawn people’s attention in all eras and are used in different systems of medicine (Ayurveda, Unani, Siddha, and Homeopathy). Since medicinal plants have a great potential to combat diseases, it becomes more important to understand those plants through scientific approaches considering their origin and modern updates. This book deals with the scientific details of *Adhatoda vasica* L. Nees, which is a promising and potential medicinal plant and is indigenous to India and abundantly found in Asian regions. The plant consists of mainly alkaloids, but secondary metabolites in different parts of the plant exhibit seasonal quantitative variations.

The chapters of the book emphasize on various aspects of the plant such as its profile, geographical distribution, and taxonomical details. Phytochemical and biotechnological updates in this book reveal the plant as an important remedy to cure various diseases of different physiological systems. Though the plant constituents favor the treatment of pulmonary diseases, fractional extracts possess a wide range of therapeutic efficacy. Ethnomedicine and its pharmacological aspects, as well as their recent updates, are the most attractive part of the book. The book also elaborates perceptions about the existing formulations for various ailments and suggests the possibilities of future work that could be designed to explore any hidden dynamicity. Patent details regarding the isolation of various plant components and their dosage forms are summarized in a separate chapter. This book will be useful for both students and research scholars in this field.

Jazan, Saudi Arabia
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