



ARUSA

Leaf

The drug *Arusa* consists of fresh, dried, mature leaves of *Justicia adhatoda* L. (Acanthaceae), a sub-herbaceous bush, found throughout the year in plains and sub-Himalayan tracts in India, ascending upto 1200 m. It flowers during February-March and also at the end of rainy season. Leaves stripped off from older stems and dried in sheds.

- **Temperament:** Hot and Dry
- **Action(s):** Expectorant (Munaffis-e-Balgham), Antispasmodic (Daf-e- Tashannuj), Emmenagogue (Mudirr-e-Tams)
- **Therapeutic Use(s):** Cough (Sual), Bronchial asthma(Zeeq-un-Nafas), Pthisis (Sil), Odontalgia (Waja-ul-Asnan)
- **Dose:** 5-10 ml Leaf decoction 3g powder
- **Important Formulation(s):** Sharbat-e-Eijaz, Sharbat-e-Arusa