

# Department of Dravyaguna Vidnyan

## Plant Name: Vacha



Plant Name: Vacha

### Introduction

- **Botanical Name:** *Acorus calamus* Linn.
- **Family:** Acoraceae (formerly Araceae)
- **Common Names:**
  - **Sanskrit:** Vacha, Uragandha, Shataparvika, Golomi
  - **Hindi:** Bach
  - **Marathi:** Vekhand
  - **Gujarati:** Uragandha
  - **Tamil:** Vasambu
  - **Telugu:** Vasa bacham
  - **Kannada:** Baje

### Significance in Ayurveda

- Vacha means "speech", indicating its ability to **improve voice clarity, intellect, and memory.**
- A **Medhya Rasayana** (nootropic herb) used for **cognitive enhancement and speech disorders.**
- Known for its **deepana (digestive stimulant), lekhana (scraping), and krimighna (anthelmintic) properties.**

## Classification According to Ayurveda

- **Charaka:**
  - Dipaniya (Digestive stimulants)
  - Krimighna (Anthelmintics)
  - Medhya Rasayana (Brain tonics)
- **Sushruta:**
  - Arkadi gana
- **Vagbhata:**
  - Medhya Rasayana

## Morphology

- **Type:** Perennial, aromatic, semi-aquatic herb.
- **Rhizome:** Thick, aromatic, branched, brown externally, pale yellow internally.
- **Leaves:** Linear, sword-shaped, bright green, arranged alternately.
- **Flowers:** Small, yellow-green, spadix-like inflorescence.
- **Fruits:** Rarely formed, berry-like.

## Distribution & Habitat

- Found in marshy areas, riverbanks, ponds, and waterlogged fields.
- Grows in Himalayan foothills, Central and South India.
- Also found in Europe, China, and North America.

## Chemical Constituents

- **Essential Oils** – Asarone, Calamenene, Eugenol, Beta-asarone
- **Alkaloids** – Acorine
- **Glycosides** – Acorin
- **Tannins, Resins, and Starch**

## Properties (According to Ayurveda)

- **Rasa (Taste):** Tikta (Bitter), Katu (Pungent)
- **Guna (Quality):** Laghu (Light), Tikshna (Sharp), Ruksha (Dry)
- **Virya (Potency):** Ushna (Hot)
- **Vipaka (Post-digestive effect):** Katu (Pungent)
- **Karma (Actions):**
  - Medhya (Cognitive enhancer, brain tonic)
  - Lekhana (Scraping action, reduces fat and toxins)
  - Deepana (Stimulates digestion)
  - Krimighna (Destroys intestinal worms)
  - Vatanulomana (Pacifies Vata, relieves gas and bloating)
  - Sangyahsthapan (Restores consciousness in fainting conditions)

## Dosha & Dhātu Affinity

- **Dosha:** Balances Kapha and Vata, slightly increases Pitta.
- **Dhatus:** Acts on Rasa, Rakta, Meda, and Majja Dhātu.

## Indications

- **Neurological Disorders:** Epilepsy, Parkinson's disease, Memory loss
- **Speech Disorders:** Stammering, Delayed speech in children
- **Digestive Issues:** Bloating, Loss of appetite, Indigestion
- **Respiratory Problems:** Cough, Cold, Bronchitis, Asthma
- **Mental Health:** Depression, Anxiety, Insomnia
- **Skin Disorders:** Eczema, Wounds, Swelling
- **Urinary Disorders:** Dysuria, Burning sensation in urine

## Parts Used

- **Rhizome (Rootstock)** – Primary medicinal part

## Dosage

- **Churna (Powder):** 250 mg – 1 g with honey or warm water
- **Kwatha (Decoction):** 30-50 ml
- **Ghrita (Medicated ghee):** 5-10 g
- **Taila (Medicated oil for massage & nasal application)**

## Uses

### External Uses

- **Nasal Insufflation (Nasya)** – Powder is inhaled to clear sinuses and improve mental clarity.
- **Oil Application** – Vacha oil is used for head massage in neurological disorders.
- **Paste** – Used for wound healing and skin infections.

### Internal Uses

- **Cognitive Function & Memory**  
Acts as a **nootropic**, enhancing learning and memory retention.
- **Speech Disorders**  
Helps in stammering and delayed speech development in children.
- **Digestive Health**  
Improves appetite, relieves bloating, and treats intestinal worms.
- **Respiratory System**  
Useful in cough, asthma, and bronchitis.
- **Mental Health**  
Reduces anxiety, depression, and insomnia.
- **Detoxification**  
Its lekhana (scraping) action helps remove toxins and excess fat.

## Important Yogas (Formulations)

- **Vacha Churna** – Used for speech disorders, digestion, and memory enhancement.
- **Vachadi Ghrita** – Beneficial in neurological disorders.
- **Saraswatarishta** – A classical brain tonic for children and adults.
- **Kalyanaka Ghrita** – Used for epilepsy, psychosis, and anxiety.
- **Anu Taila** – Medicated oil containing Vacha, used in nasal therapy (Nasya)

for mental clarity.

## Therapeutic Uses

1. **Stammering & Speech Delay**  
Mix Vacha churna with honey and **apply on the tongue in children.**
2. **Memory & Cognitive Enhancement**  
Vacha powder with Brahmi and Shankhpushpi acts as a **powerful brain tonic.**
3. **Indigestion & Bloating**  
Vacha churna with warm water relieves **indigestion, bloating, and loss of appetite.**
4. **Respiratory Issues**  
Vacha churna with honey is useful for **cough and asthma.**
5. **Depression & Anxiety**  
Vacha ghrita helps in **calming the nervous system** and reducing stress.

## Contraindications & Precautions

- Should be used cautiously in **high Pitta conditions** (ulcers, gastritis).
- Excessive use may cause **nausea and vomiting.**
- Avoid in **pregnancy** due to its strong cleansing action.