

## **Nirgundi (*Vitex Negundo Linn.*)**

**Family-**Lamiaceae (Refer Appendix-II for key features)

### **Synonyms**

1. Sugandhika
2. Subhah
3. Indrasursa
4. Bhootkeshi

### **Vernacular Name**

English- Five leaved chaste tree  
Hindi -Nirgandi, Mewri Nimba  
Kannada -Nikki gida or Lakki gida  
Malayalam -Indrani  
Marathi -Nirgunda



**Habitat & Distribution-** Nirgundi grows all over India. As it is an attractive shrub, it is cultivated in gardens.

*Vitex negundo* is common throughout India, found growing along the banks of rivers, rivulets, stream-beds etc. It is also grown as hedge plant. It has distribution in Sri Lanka, Afghanistan, Malesia and Philippines.

### **Morphology**

**Habit-** Shrub grows upto 12 ft. in height

**Root-** Branched, cylindrical

**Stem -** Pinnately compound, digitately 3 to 5 foliate, leaflets are oblanceolate, grey-pubescent below.

**Leaf-** Leaf is 3 to 5 foliate, leaflets are shortly petiolate, narrow lanceolate, acute or acuminate, 5 to 12 cm long and 1.5 cm to 4 cm broad. The upper surface is sub-glabrous, black in colour, lower surface greyish white. Has got pleasant aromatic odour and has bitter taste.

**Inflorescence-**Dichasial cyme

**Flower-**Bracteate, pentamerous, bisexual, zygomorphic and complete, sepals are 5, shortly 5-toothed, petals are 5, upper lip two to bed, much shorter than the lower, purple to violet in colour, stamens are 5 in number. Gynoecium is bicarpellary syncarpous superior ovary.

**Fruit-**Small, globose, drupe, seeds are ovate oblong shaped.

bryo.

**Flowering & Fruitng** - More or less through-out the year.

**Chemical constituents -**

Phenol, dulcitol, alkaloid-vitricine, B-pinenes, angoside, aucubin, casticin, arte-metin, orientin etc.

**Rasadi Panchaka**

- Rasa -Tikta Katu Kashaya
- Guna -Laghu Ruksha
- Vipaka -Katu
- Virya –Ushna

**Parts used**-Mula (Root), Patra (Leaf).

**Matra (Dosage)**

- Mula churna (Root powder)- 1 to 3 g
- Swarasa (Juice) -10 to 20 ml
- Kwatha (Decoction)- 40 to 50 ml

**Karma (Actions)**

**Shweta nirgundi**-Keshya, Netrya, Shulahara, Shothahara, Krimighna. Kushthaghna, Jwaraghna, Kandughna, Kasahara, Medhya.

**Nila nirgundi** - Kasahara, Shophahara, Pradaranashaka, Adhmanahara.

- Shephali - Sandhivatahara, Gudavatahara.
- Nirgundi patra (Leaf) - Krimighna
- Nirgundi pushpa (Flower) Krimighna, Gulmanashaka, Pleehaghna, Kushthaghna, Kandughna and Shophahara.

**Dosha Karma (Action on Dosha)**

Vatakapha Shamaka, Vata Shamaka due to its Ushna virya and Kapha Shamaka because of Ushna virya, Katu vipaka and Tikta Katu Kashaya rasa.

**Rogagnata (Therapeutic indications)**

**Shwetanirgundi**- Shula, Shotha, Krimi, Vatavyadhi, Kushtha, Kandu, Kasa, Keshavikara.

**Nila Nirgundi** - Kasa, Shopha, Pradara, Adhmana

- Shephali-Sandhivata, Guda vata
- Nirgundi patra (Leaf) - Krimi, Gulma, Kushtha, Kandu and Shopha.

**Amayika Prayoga(Therapeutic uses) -**

1. Kasa (Cough) - Ghee processed with juice of Nirgundi leaves alleviates cough caused by kapha. (Sushruta)
2. Snayuka (Guinea worm) By taking cow's ghee for three days and Nirgundi juice for another three days severe guinea worms are destroyed. (Vrinda)
3. Gandamala (Cervical lymphadenoma) - Nir-gundi root pounded with water as snuff relieves Gandamala. (Vrinda)
4. Vata-vyadhi Powder of Nirgundi root should be taken with oil. It is useful in Ar-thritis, Lumbago and Trembling. (Rasaratnasamucchaya)
5. Pootikarna (Otitis media) Oil processed with Nirgundi juice and mixed with rock salt, jaggery and honey checks purulent dis-charge from ear by local application. (Vangasena)

**Specific formulations -** Nirgundi kalpa, Nir-gundi taila

**Ra.Ni. -3 types**

1. Sinduvara
2. Nila Nirgundi
3. Shephali

**Grahya Laxana (Genuine Characteristics)**

Roots are stout cylindrical 2 to 7 cm in diameter. External surface is greyish brown colour, longitudinally wrinkled with occasional warty protuberences and circular root scars. Transversely cut surface shows a light brown surface with dark coloured concentric rings and a thin closely adhering bark. On braking becomes fibrous and it is difficult to break. Has got slight aromatic odour and bitter in taste.