

**Nirgundi (Botanical Name: *Vitex negundo L.*)**

**Family:** Lamiaceae

**Vernacular:** Hindi Nirgundi, Sanskrit Sindhuvara, English Five leaved chaste tree

**Synonyms:** Nirgundi, Sindhuvara, Shephalika

**Ras Panchak:**

**Rasa** - Katu Tikta,

**Guna** - Laghu Ruksha,

**Veerya** - Ushna,

**Vipaka** - Katu

**Amayik Prayog:** Sandhivata, Amavata, Shoola, Kasa, Krimiroga

**Matra:** Patra Swarasa 10 - 20 ml, Kwath 50 - 100 ml, Churna 1 - 3 g

**Specific Formulation:** Nirgundi taila, Dashmool kwath, Mahavishgarbha taila

**Chemical Composition:** Nishindine, Flavonoids, Vitexin, Negundoside, Essential oil

