{Nirgundi}

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{Vitex negundo}

{Lamiaceae}

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| Tamil | {Nochi} |
| Malayalam | {Indrani} |
| Hindi | {Nirgandi, Mewri} |
| English | {Five leaved chaste tree} |

Description

{Habitat  
  
Nirgandi grows all over India. As it is an attrac-tive shrub, it is cultivated in gardens.  
  
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 be-low.  
  
Inflorescence-Dichasial cyme  
  
Flower-Bracteate, pentamerous, bisexual, zy-gomorphic 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.  
  
Vitex negundo Linn. (Nirguna  
  
Fruit - Small. globose, drupe, seeds are ovate oblong shaped with a straight  
  
bryo.  
  
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 br colour. longitudinally wrinkled with occasional warty proturberences and circular scars. Transversely cut surface shows a light brown surface with dark coloured con tric rings and a thin closely adhering bark. On braking becomes fibrous and it is diff to break. Has got slight aromatic odour and bitter in taste.  
  
Leaf-Leaf is 3 to 5 foliate, leaflets are shortly petiolate, narrow lancelolate, acu acuminate, 5 to 12 cm long and 1.5 cm to 4 cm broad. The upper surface is sub-glabr black in colour, lower surface greyish white. Has got pleasant aromatic odour and bitter taste.}

Useful Parts

{Mula( Root), Patra( leaf)}

Benefits

1. {Amayika Prayoga (Therapeutic administration)  
     
   1. Vatavyadhi (Disorders of Vata)  
     
   निर्गुण्डी मूल चूर्णन्तु कर्ष तैलेन लेहयेत् । सन्धिवातः कटिवातः कम्पवातश्च शाम्यति ॥  
     
   (र.र.स. 21/164)  
     
   One Karsha (12 g) powder of root of Nirgundi (Vitex negundo) is taken with oil. It is very useful in case of Sandhivata (Osteo arthritis), Kativata (Lumbago) and Kampavata (Trembling).  
     
   2. Kasa (Cough)  
     
   निर्गुण्डिपत्रस्वरसे च पक्वसर्पिः कफोत्थं विनिहन्ति कासम् । (सु.उ. 52/30)  
     
   Ghee processed with juice extracted from leaves of Nirgundi (Vitex negundo) is efficacious in Kasa (Cough) originated from Kapha dosha.  
     
   3. Apasmara (Epilepsy)  
     
   निर्गुण्डीमूलकं जगध्वा ह्यपस्माराद् विमुच्यते ।। (र.र.स. 21/57)  
     
   Powder of Nirgundi (Vitex negundo) root if taken internally, very useful in case of Epilepsy.}

Pharmacological Action

* {Pharmacological Actions  
    
  Leaf - Antiparasitic, Vermifuge, Anodyne and Alterative  
    
  Root-Tonic, Febrifuge, Expectorant, Diuretic  
    
  Fruit-Emmanogogue}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Tikta, Katu, Kashaya} |
| Guna | {Laghu, Ruksa} |
| Virya | {Ushna} |
| Vipaka | {Katu} |
| Karma | {Vatakapha shamaka} |