

Nirgundi

- **Botanical Name:** *Vitex negundo*
- **Family:** Verbenaceae
- **Synonyms:** Sindhuvara, Sambhalu, Nallavalli, Nishinda
- **Vernacular Name:** Commonly known as "Nirgundi" in Hindi, "Five-Leaved Chaste Tree" in English, and "Nallanochi" in Tamil.
- **Classification:** A deciduous shrub or small tree belonging to the Verbenaceae family.
- **Habitat:** Native to South and Southeast Asia, it thrives in tropical and subtropical regions. It is commonly found in riverbanks, wastelands, and along roadsides.
- **Morphology:** A shrub that grows up to 2–8 meters in height. It has quadrangular stems, compound leaves with five lanceolate leaflets, and small, bluish-purple flowers arranged in panicles. The fruits are small, round, and black when ripe.
- **Useful Parts:** Leaves, roots, flowers, and seeds.
- **Chemical Composition:** Contains flavonoids, alkaloids, terpenoids, and essential oils. It is rich in bioactive compounds like nishindine and vitricine.
- **Pharmacological Action:** Known for its anti-inflammatory, analgesic, antimicrobial, and antioxidant properties. It is used in treating joint pain, respiratory disorders, skin ailments, and menstrual issues. It also has calming effects and is used for stress relief.
- **Formulation:** Used in Ayurvedic preparations like Nirgundi Taila (oil) and herbal decoctions for pain relief and respiratory health. It is also applied externally as a poultice for wounds and swelling.

Rasa: Katu

Guna: Ruksha , Laghu

Virya: Ushna

Vipaka: Katu