

# *Vitex negundo*

## *scientific classification*



Kingdom:	Plantae
Clade:	Tracheophytes
Clade:	Angiosperms
Clade:	Eudicots
Clade:	Asterids
Order:	Lamiales
Family:	Lamiaceae
Genus:	Vitex
Species:	<i>V. negundo</i>

*commonly known as Nirgundi, is a highly valued medicinal plant used extensively in traditional medicine systems like Ayurveda, Siddha, and Unani. It is known for its wide range of therapeutic properties.*

### ***Medicinal Properties:***

#### ***1. Active Compounds:***

Flavonoids (e.g., casticin, luteolin)

Alkaloids

Essential oils (camphene, cineol, etc.)

Iridoid glycosides.

#### ***2. Therapeutic Uses:***

Anti-inflammatory: Relieves swelling, pain, and inflammation.

Analgesic: Alleviates body pain, headaches, and joint discomfort.

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Antipyretic: Reduces fever.

Antimicrobial: Effective against bacteria, fungi, and viruses.

Antioxidant: Protects against oxidative damage.

### **3. Traditional Applications:**

Used to treat arthritis, rheumatism, and sciatica.

Treats skin disorders, ulcers, and wounds.

Improves respiratory health by alleviating asthma, bronchitis, and colds.

Alleviates menstrual pain and other gynecological issues.

### **Pharmacological Benefits:**

**Anti-arthritic:** Reduces joint inflammation and pain.

**Antifungal & Antiviral:** Protects against microbial infections.

**Muscle Relaxant:** Soothes sore muscles and cramps.

**Sedative:** Promotes relaxation and aids in stress relief.

**Hormonal Balancer:** Used to manage menstrual irregularities and hormonal imbalances.

### **How It Is Used:**

**1. Leaf Paste:** Applied topically for wounds, boils, and joint pain.

**2. Decoction:** Made from leaves or roots to treat fevers, colds, and digestive issues.

**3. Oil:** Nirgundi oil is widely used for external application in joint pain, muscle stiffness, and inflammation.

**4. Smoke:** Leaves are burned, and the smoke is used to repel insects and treat respiratory conditions.

**5. Juice:** Fresh leaf juice is consumed for internal detoxification.