TABLE OF CONTENT

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Topics</th>
<th>Page no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td>Some abbreviations of books and authors</td>
<td>2</td>
</tr>
<tr>
<td>3.</td>
<td>Nirgundi in Samhitā</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Caraka Samhitā</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Susruta Samhitā</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Astāṅga Hridaya</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Astāṅga Samgraha</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Kāsyapa Samhitā</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Sārangadhara Samhitā</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Harihar Samhitā</td>
<td>13</td>
</tr>
<tr>
<td>4.</td>
<td>Nirgundi in Cikitsā granthas</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chakradatta</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Gada Nigraha</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Yogaratnākār</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Rasendrasāra Samgraha</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Bhaisajya Ratnawali</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Rasa tarangini</td>
<td>20</td>
</tr>
<tr>
<td>5.</td>
<td>Nirgundi in Kosas and Nighantus</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Amarakosha</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>Bhāvaprakāsh Nighantu</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>Rājnighantu</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>Nepali Nighantu</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>Madanpālnighantu</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td>Shankar Nighantu</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td>Abhinava Nighantu</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>Kaiyadeva Nighantu</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td>Dhanwantari Nighantu</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>Mahausadh Nighantu</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Nighantu Ādarsa (Uttarardha)</td>
<td>33</td>
</tr>
<tr>
<td></td>
<td>Brihat Nighantu Ratnakar</td>
<td>37</td>
</tr>
<tr>
<td></td>
<td>Vaidhyavinod Bhasatika</td>
<td>39</td>
</tr>
<tr>
<td></td>
<td>Banausadhi Nirdeshika</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Banausadhi Shatak</td>
<td>42</td>
</tr>
<tr>
<td>6.</td>
<td>Nirgudi in Yunanai Dravyaguna vijnan</td>
<td>43</td>
</tr>
<tr>
<td>7.</td>
<td>Nirgundi in Dravyaguna text</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dravyaguna vijnan of Acharya Priyavrat Sharma</td>
<td>45</td>
</tr>
<tr>
<td></td>
<td>Dravyaguna vijnāna of Gyanendra Pandey (vol.II)</td>
<td>47</td>
</tr>
</tbody>
</table>
INTRODUCTION

Āyurveda, the most ancient system of medicine mainly deals with curing of morbidity by the use of herbs and Dravyaguna is the branch of Āyurveda that is mainly responsible for the purpose. Herbal medicines have been used for many thousands of years so these have become one of most important aspect of human living hood. Although forms of use of herbs may be different for different groups of people but these are parts of human living behavior. Nature has given us solutions of almost all morbid conditions by the way of plants. Herbs are naturally gifted remedies when used in proper way according to morbidity and conditions of patient and status of nature. Plants have a great potential for producing new drugs for human benefit. Plants used in traditional medicine contain a vast array of substances that can be used to treat chronic and even infectious diseases. According to a report of World Health Organization, more than 80% of world’s populations depend on traditional medicine for their primary health care needs. The demand for more and more drugs from plant sources is continuously increasing. It is therefore essential for systematic evaluation of plants used in traditional medicine for various ailments.

Plants on medicinal uses had been described in ancient period (period of Vedas). Among Vedas Hrigveda had described 67 medicinal plants, Yajurveda had
mentioned 81 plants used in medicine and Atharvaveda from which Āyurveda was originated had mentioned 289 medicinal plants. The Caraka samhitā had explained 1100, Sushruta samhitā had explained 1270, and Astanga Hridaya had explained 1150 medicinal plants along with their properties and uses.

In context of Nepal use of medicinal plants is oldest way of health care and even nowadays it is used by more than half of the total people. Use of modern medicines haphazardly caused decrement in use of herbs but their side-effects and other negative aspects are making people think again about Ayurvedic medicines and live by natural ways.

Nirgundi("Vitex negundo"), a popular plant have been used for many thousands of years and is of great importance in medicine. It has been mainly used for the treatment of diseases related to vata (nervous disorders). In present context, many research have been carried out on this plant. Though almost all parts of Vitex negundo are used, the leaves and the bark are the most important in the field of Medicine. The decoction of its leaves are considered as vermifuge, febrifuge and tonic.

**Some abbreviations of Books and Authors**

A.H- Ashtānga Hridaya  
A.S- Ashtanga Samgraha  
A.P- Āyurveda Prakāsh  
BPN – Bhava Prakash Nighantu  
B.R –Bhaīsajya Ratnavali  
C.D-Chakra Datta  
C.S- Caraka Samhitā  
G.N- Gada Nigraha  
R.N- Rāja Nighantu  
S.Sa –Sushruta Samhitā
The paste of the bark of sirisa and sindhuvara is anti-poisonous.

Nirgundi, akshib, marica, gandira, etc. are kept under krimighna gana.

Sindhuvara, haridra, manjistha, nisotha, etc. are kept under vishaghna gana.

Nirgundi, pippali, salt, root, apámarga, mustard, juice of vartaaku, aragvadha and sahacara pounded with roots urine and sour liquid along with jiggery are made into a suppository which should be inserted into the urethra in unctuous enema.
Sinduvara along with other dravyas like tagara, mamsi, khadira etc, should be collected in equal quantity and made into pills. This alleviates all poisons and destroys fever.

श्वेतकक्षीकर्म्यां त्वियोंसा || C.S.Ci. 23.79.

Sindhuvara along with patra, musta, ela, candana etc. makes anti-poison formulation known as 'mahagandhahasti' containing sixty drugs. It destroys eye diseases (pilla, itching, timira, night blindness, cataract and arbuda) irregular fever, indigestion, skin disease (ringworm, itching, eczema, and pimples). It destroys quickly the poisons of all rats, spiders, serpents. If one smears his body with it, he can hold the insects and ingest poisons even destined by death, he lives always free from disorders.

अष्टि तक्षकन्यानां सिंधुवारिका || C.S.Ci. 23.200.
Sindhuvara root, sveta and girikarnika- this is a poison for the bite by darvikara type of snake along with snuffing the bite with kustha mixed with honey.

मुक्तालेपो सिंधुवारिका || C.S.Ci. 23.200

The paste of mukta is good for swelling, burning sensation, piercing pain and fever. candara, padmaka, usira, sirisa, sindhuvarika, ksirasukla, tagara, kustha patala, udiuya, sariva—all these powered together with the juice of slesma taka to make a universal application for spider poison. This may be applied as paste etc. according to conditions.

यष्टिं मधुक सिंधुवारिका नाशनम् || C.S. Ci. 30. 271.
To remove abnormal color from the milk, one should take paste of yastimadhu, mrdvika, payasya and sindhuvarika with cold water.

विड्ठंरण्डजनीपटोल स्त्रीणां तथा तुण्म् || C.S. Si. 4. 18.
Oil should be cooked with the decoction of Nirgundi, vidanga, eranda etc. this oil used in forms of intake, massage and unctuous enema, alleviates quickly the disorders of skin, worms, prameha, piles, disorders of grahani, impotency, irregularity of digestive fire.
Nirgundi in Sushruta Samhita

S.Sa.Su.38.16

The surasadi gana consists of nirgundi, surasi, indura, arjaka etc.

S.Sa.Su. 46. 286.

The sindhuvara is renowned for its virtue of destroying thā pitas.

S. Sa. Ci. 37. 120.

A strong emetic composed of nirgundi, jati(flowers) and varihistha(vala) together with jimutaka, profusely mixed with honey and saindhava, should be given warm to the patient. it is a very powerful emetic and leads to the recovery of even a malignant form of apachi.

S. Sa. Ci. 37. 120

The leaves of argyadha pasted with the expressed juice of nirgundi and cow's urine and these plugs (varti) should according to the age of the patient, be
inserte into the mouth of the bladder with (the top end of) a rod or an indicator(salaka) for the outflow of injected fluid.

कुटन्नेटैला सिद्धसिंधुवारार साठी साधना: S.Sa.Ka.5-77.

Tarkshyagada; A compound made of the fine powder of sindhuvara, prapaundarika, deva-daru, musta, candana etc. and saindhava salt taken in equal parts and pasted with honey should be kept inside a hosu. this agada is called the tarkshyagada and is capable of neutralizing the effect even of the poison of a takshaka.

द्राक्षा साधना सिद्धसिंधुवारार साठी साधना: S.Sa.Ka.5-77.

Mandli-vishahara Agada; One part each of sindhuvara drakshya, sugandha, naga-vritika etc. should be powdered together and mixed with honey this antivenomous medicine (agada) is highly efficacious especially in the case of poisoning by a mandali bite.

सोमराजीसंज्वा सिद्धसिंधुवारार साठी साधना: S.Sa.Ka.5.84.

The following drugs viz. somraji seeds and somaraji flowers, Sindhuvara, katubhi, saptali, punarnava, flowers of sirisha etc. comprise the ekasara agada. these should be applied singly or in combinations of two or three to destroy the effects of poison.

S.Sa.Ka.6.21

Sindhuvara(flowers) along with kusum, sirisa, patali, salmali, and many other herbal plants are mixed and concentrated in the preparation known as mahasaugandi agada. This agada is the king of all the other agada as it destroys all poisons.

S.Sa.Ka.7.20

Sindhuvara pasted together and mixed with honey is the remedy in case of the bite of rat of kulinga species.

पट्टोलवर्ज्ञा सिद्धसिंधुवारार साठी साधना: S.Sa.U. 45.16.
Leaves of patola, selu, sunishana, tuthika and sindhuvara(nirgundi) as well as tender sprouts of vata and atimukta(tinduka) as pot-herbs and cooked with classified butter are recommended as diet in raktapitta.

तथा,जेक चैव || S. Sa. U. 11.11.

Sindhuvara along with vilva, kapittha, arjaka etc. are used as anjana in case of valasa grathita(eye slave).

तत्वशास्त्रं मधुमयुक्तम || S.Sa.U. 21.50

Treatment of foetid discharge from the ear(puti-karna): the use of ear-drops of the compound of oil, the expressed juice of nirgundi and honey mixed together exerts an attack of puti-karna.

निर्गुण्डीपत्रस्वरसं कसम || S. Sa. U. 52. 29.

Treatment of kaphaj kasa: a case of cough due to action of the damaged bodily kapha is relieved by the use of expressed juice of the leaves of nirgundi duly cooked with classified butter.

Nirgundi in Aastangahridaya

सिन्धुवारित योजयेप्रशालन्ते || A.H.Su. 7-25.

For food poisoning case(reaching stomach and intestine) the patient should be administered emesis and purgation therapies, followed by nasal medication, collyriums and drinking of decotion prepared from the two haridra, katabhi, guda (molasses jaggery) sindhuvarak, vispava, baspika, sataparvika,( hen’s egg) and avalguya to relieve the effect of poison.

निर्गुण्डीपत्रस्वरसङ्काशितः च साधितम् || A.H.Ci. 3.57.

Medicated ghee prepared from the fresh juice of leaves of nirgundi cures cough, ghee prepared from juice(decocition) of vidang and paste of vyosa instilled into it (cures cough).
Medicated oil prepared with (decotion of) nirgundi, aruskara, surahva, suvarnadudghi, srivesta, guggulu, sili, patu, tala (haritala) and visva etc. added with milky sap of snuk and arka. Each equal in quantity and cooked. This known as mahavajra taila possesses greater qualities than vajraka taila cures leucoderma, haemorroids, tumors and garland of tumors (scrofula).

Medicated oil is prepared with the decotion of kakandi, langalika, nahika, uttandikiphala, seeds of jimuta, karkoti, visala etc. and fresh juice of nirgundi one adhaka. By use of this oil for drinking, anointing the tumors and nasal medication, gandamala (scrofula) which are chronic, which exude pus, which present incurable features all become cured.

Medicated oil prepared with decoction of langalika, paste of the same in one, fourth part along with four parts of fresh juice of nirgundi used as nasal drop etc. cures Apaci.

Fresh roots of sindhuvarita and sveta girikarnika should be consumed in case of bite by hooded snake and pakala (kustha) mixed with honey should be used as nasal drops.
Kapha should be removed by producing vomiting by making the patient drink the powder of yasthyahava, madana, ankola, galini, and sinduvarika.

Bilva, candana, sindhuvara, karaghata, and varangam etc. these are used for drinking, collyrium, nasal medication, external application and bathing the part cures the poison of spider predominant of vata, pitta and kapha respectively, just as a prosperous person dispels poverty.

The person suffering from rat bite poison should drink the decotion of sindhuvara, nata, sigru, root of bilva, punarnava, vaca, sindhuvara and jimuta added with honey, pastaka boiled sali rice along with dadhi(curd) or drink the powder of seeds of sarapunkha mixed with takra(butter milk).

Root of sindhuvara, bones of the cat visa and nata made into paste with water and used as nasal medication etc. destroys the poison of rats.

Nirgundi in Aastangasamgraha of vagbhata (6th century)

Sindhuvara along with dravyas like sirisa, selu, kakubhi etc. are taken for the preparation of drug that cures raktapitta (bleeding disease).

The cakes prepared from Nirgundi, sprous of nipa, markava can cure svitra krimi.

Nirgundi, swadamstra, visa, aksiva, kebuka, vidanga etc. This group known as krimighna gana (kills the worms, bacteria etc. quickly).
Flowers and leaves of nirgundi, surasa, arjaka etc. These should be made use of as Bali (offering to evil spirits) to be offered/placed on all the four sides of the house, meeting place of four roads, chaitya, temple, reservoir of water; offering should be made in the evenings and at nights holding a lamp.

सिन्दुवार: ................कद्रतम् ॥ उ.४२/६९

Sinduvara, sita, sunthi etc. are powdered nicely in the preparation of tarkshya agada which is used in the form of internal potion, nasal drops, collyrium. It removes the effect of opisoning even of Takshaka (serpent of heaven).

शिरीष .....................सिन्दुबारकम् ॥ उ.४४/६०

Sinduvara, sirisa, padmaka, usira etc. are macerated with fresh juice of selu and preserved. This agada (anti poisonous recipe) to be used in the form of nasal drops, collyrium, internal potion, externa, application and pouring on the body is highly beneficial in spider poisoning.

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**Nirgundi in Kashyap Samhita**

शिरीषं पाटलीमूलं तण्डुलीयकमेव च ॥ १५७

सिन्दुवारितमूलं च मूलं सहचरस्य च ।

निज्जवाय्य साध्येत् पेयं प्रकुश्टं विपनाशनम् ॥ १५८

Decoction of root of nirgundi, sirisha, patala, sahachara, chaulai when used as peya can cure visa.

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**Nirgundi in Sarangadhar Samhita**

Langali tailam
Taila prepared with juice of nirgundi and paste of langali mula and used as nasal drops cures gandamala (scrofula).

अतः: स्वच्छंदभैरवसः वातरोगे
शुद्ध सूत मूतं लोहं ताप्यं गन्धकातालकं। ॥ १६५
पथ्यात्ममत्रं निर्गुंडिक्रूर्फणं टंकणं विषप्।

............................. पितवेत्कोणमनुपानं सुखाहम्। ॥ १६७-१६९

Purified suta, loha bhasma, taapya, gandhaka, talaka, pathya, agnimantha, nirgundi, tryusana, tankana and visam each quantity for one day. Next with juice of mundi, for another day, rolled into pills of two gunjas, then dried and stored. This recipe known as swacchanda bhairava is useful in all types of vata rogas (nervous disorders). A decoction of rasna, amrita, devadaru, sunthi, erandamula and guggulu. If taken warm as anupana is beneficial.

अथापिनिनामा रस क्षयक्षासादौ
शुद्ध सूतं हिद्राण गन्धं ........।

..................सहदेवमृतानीलिनिर्गुंडिक्रियकेस्तथा।

...... स्वयंमिनिरसो नाम्ना क्षयकारसिनेक्तत। ॥ १५३-१६९

The juice is of nirgundi along with the other dravyas like sahadevi, nili, citraka, mundi, punarnava etc. are used as bhawana dravya in preparation of swayamagni rasa. This rasa cures ksaya (consumption tuberculosis) and kasa (cough).

अथा त्रिविक्रमसः अश्मयाः
मूतं ताम्रमाजाकीर्ति: पाच्यं ........।

...........नाम्ना मासेनकनाशमर्धपुण्। ॥ १७२-१७४

Tamra bhasma is mixed with goats milk and cooked till all the milk evaporates. Purified suta and gandhaka equal in weight to tamrabhasma are taken and all the three are macerated with the juice of nirgundi rolled into discs, kept inside mud which are sealed and dried. They are later kept inside a pot containing sand and subjected to increasing heat for 3 hours. After cooling it is removed and stored. This recipe is known as trivikram rasa if used, in doses of two gunjas followed with juices of root of bija puraka as anupana, cures asmari (calculi) within one month.
Bhasmas of suta, tamra, hingu, puskarmula, saindhava, gandhaka, talaka and katuka each equal quantity are macerated with the juices of punarnava, devadali, nirgundi, tanduliyaka and tikta kosataki. One day in each and dried. Used in doses of one masa with honey and followed with decoction of nimba this recipe known as manthana bhairava cures all kapha rogas (diseases due to increase of kapha in the body).

Decoction of nirgundi along with other dravyas like triphala, dadimatwak, bida, palasa, nilika, babbula etc. are used in the preparation of loha rasayana, confers complexion and strength, is an aphrodisiac and bestows longevity; cures all disease.

Dhattura, eranda, nirgundi, varasabh, suigru and sarsapa made into a paste and applied in effective in slipada (fibriasis) however old it might be.
Paste of karanja, arista and nirgundi removes the krimis (maggots etc.) from the wounds; the paste of lasuna or of hingu and nimba leaves act likewise.

अक्षीयवदाज्ञ स्यात्कीर्णिगुणिका तथा ॥ २७
ताम्रीतिढ्ञनिवधे समगन्धक्योगतः।

Equal quantities of gandhaka (macerated in nirgundi) with goat's milk and used instead will also converts tamra (copper), riti (bran) and dhwani (bronze) into bhasma.

Nirgundi in Harihar Samhita

अर्शीहरवाण्य
मन्दार ............निगुण्डी ..........

......................परियोजित: ॥ २७

नीमको पात २ तोला, बकाणको पात २ तोला, निगुण्डको पात २ तोला, इमलको पात २ तोलालाई एउटा भाडोमा रखेर त्यसमा पानी हालेर उमालेर त्यसको बाफ लिनाले मासको दुखाई कम हुन्छ।

गुर्धसीचिकित्सा

guruguloyogarajasya .................

शेफालिका ............गुर्धसी लीयते धुसम् ॥ १५
Nirgundi is one of the component of Vishagarbha taila, which is used in joint aches, paralysis, tetanic spasm, sciatica, and all kinds of vata vikaras.

Mahashalwon yoga, contains nirgundi as one of its components which is used in all kinds of vata rogas. 113

Mahakalyana ghrita contains nirgundi along with dravyas like amala, devdaru, tagara etc, which is used in diseases like kasa, sosha, jwor, mandagni, kshaya, arsha, pandu, prameha etc. 150

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Nirgundi in Chakradutta

अथ: यथाचिकित्सा

निर्गुण्डीधृतम्

समूलकलपनाया निर्गुण्ड्या: स्वरसैद्धुतम् ।

सिद्ध पीत्वा क्षतकीणों निवारणांति देववतः ॥

निर्गुण्डीतैलम्

निर्गुण्डीस्वरसनाथ लाङ्कलूलकल्कितम् ।

तैलं नस्यान्तिहन्त्याशु गण्डमालां सुदारुषाम् ॥ २१
निर्गुण्डि त्वाद निर्गुण्डीस्वरस्चतुर्गुणः॥ २९

अथ: नाडीव्रण चिकित्सा

समूलपत्रं निर्गुण्डी पीडायत्वा रसेन तु।
तेन सिद्ध सम तैल नाडीव्रटं चिकित्सयः॥

अथ: गलगुण्डगुण्डमालपीर्यवर्त चिकित्सा

निर्गुण्डीत्वादि निर्गुण्डीस्वरस्चतुर्गुणः॥ २९

निर्गुण्डियद धुपाः सान्निपतज्वारः निर्गुण्डी, नीम, कुथ, वैका, तागर, इत्यादिः।
एव ग्ही तथा भून्ये तद्भन्म धुपं तेलम् त्रिमिसोमध्ये। ॥ ९

निर्गुण्डियद धुपाः सान्निपतज्वारः निर्गुण्डी नीम इत्यादिः।
एव ग्ही तथा भून्ये तद्भन्म धुपं तेलम्। ॥ ९

निर्गुण्डि तैल सममिति सहार्यें, निर्गुण्डीस्वरस्चतुर्गुणः एव ग्राह्यः।
चक्रस्तु समशेषं तुल्यार्थमित्याह अकल्किमिदं तैलम्। ॥ ९

Nirgundi in Gada Nigraha

Kayachikitsa khande Jwaradhiyara Ch. 1

- Nirgundyadi dhupa in sannipatajwar: Nirgundi, neem, kuth, vaca, tagar, etc. are powered and mixed with ghee and honey to make dhupa which cures sannipatajwar. ॥409॥ p-104
- Nirgunyadi dhupa in sannipatajwar( 2nd ): Nirgundi along with dravyas like guggulu, neem, etc. are concentrated and dhup is prepared from it which cures sannipatajwar. ॥411॥ p-105

Kayachikitsa khande Krimi rogadhikar Ch. 6

- Nirgundi kwath in Krimi roga: Nirgundi, sahijana and kayaphal aremixed with vidanga, madanphal paste. This preparation when drink cures krimijanya roga. ॥36॥ p-267
Kayachikitsa khande Rajyakshma kshina soshadhikar Ch. 9

- Nirgundi ghrita in Kshyata kshana: Panchanga od Nirgundi is cooked in ghee. Intake of this preparation cures Ura Kshata and all kinds of pains from Kshina sosha. ¶57 p-267
- Rasnadi ghrita in Ksayaroga: Rasna, Nirgundi, shalparni, etc. decoction of these dravyas are mixed with the paste of jiwanti, piper and milk and medicated fhee. This preparation cures Ksayaroga. ¶67 p-324

Shalakya tantra Karna Rogadhikara Ch. 2

- Rasa of Nirgundi, oil of sarsyun, saindhav lavan, guda, juice of chamli leaves, honey are mixed together and kept in ear to cure putikarna. ¶62 p-57
- Krimikarna chikitsa: Juice of Hurhur, Sinduvara, langali. These three dravyas are mixed with trikatu( sunthi, pippali and marica) to cure Krimikarma Roga. ¶63 p-57

Shalakya tantra Mukhadhikara Ch. 5

- Nirgundi, sarsyun, karanja, neem, pilu and banbhanta seed are smoked to cure toothache. ¶98 p-225

Salya tantra slipadadhikara Ch. 2

- Paste(lepa) of Nirgundi, dhatura, eranda, punarnava, sigru and sarsyun can cure chronic slipada roga. ¶20 p-278

Kaumar tantra Bandhyadhikara Ch. 5

- Garbhaprada Renuka yoga: Renuka(nirgundi), lodhra and laxmana forms garbhaprada yoga. It should be taken with milk and gheel. ¶11 p-490

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**Nirgundi in Yogratnakar**

*Yogratnakar Uttarardha:*

*In gandamalapaci chikitsa:*

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Compiled by Season koju
Nirgundi tailam: Juice of Nirgundi, langali and sarsyun are cooked until the remaining of oil. Taking Nasya of this oil, one can get rid of gandamala soon. \(\text{p-996}\)

**In Nādirvāna chikitsa:**

Nirgundi tailam: Root of Sambhalu( nirgundi) and juices of its leaves are cooked with equal amount of oil of sesame. This oil cures Nādirvāna and Dustavrana. \(\text{p-1056}\)

**In Karnaroga chikitsa:**

Leaves of Sambhalu, chameli, rason, sigru, tulasi, etc. Decoction or juice of these plants are cooked with sesame oil or vatsanav. It cures deafness, karnanaad, krimi, bedana and many ear diseases. \(\text{p-1231}\)

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**Nirgundi in Rasendra Sara Sangraha**

कण्ठकारी सिंधुवार ........... \(2/160\)

Sindhuvara is one of the key ingredients for the preparation of gandhak kajjali, which cures jvara, ajirna, rajayakshma, dysentery.

जातीफलं.....................सिन्धुवारं..................\(22/21\)

Sinduvara is one of the ingredients for mahagandhak sarbanga sundar rasa, which is best medicine to promote immunity in children, indicated in jwara, increases appetite, eradicate grahāni etc.

मदिरिंत हि ..................सिन्धुवारयो ........... \(2/47\)
Sindhuvara is one of the ingredient of panchamrit vati which is indicated in loss of appetite.

Sindhuvara is one of the key ingredients of brihat sutika rasa which is indicated in sutika roga (perpeural disorder).

**Nirgundi in Bhaisajya Ratnawali**

**Bhaisajya ratnawali (I)**

- Nirgundi is one of the ingredients of srivaidyanatha vatika, along with triphala, bhringaraja, patha etc. which if when taken with different anupana can check variety of diseases like amavata, javara, udara roga etc. (8/303)
- Khasaparna vatika has sidhuvara as one of its ingredients along haridra, bhringaraja, aparajita etc. This medicine strengthens digestive system and checks dysentry, fever and sangrahani. (8/310)
- Nirgundi and other plants chitraka, jayanti, vijaya, maricha, mandukparni etc. are used in preparation of rasabhra vati, which is effective in kasa. It also cures sangrahani, diarrhoea and fever. (8/316)
- Mahabhra vati contains juices of nirgundi, mandukkparni, dhattura, aparajita, abhraka bhasma etc. It can cure fever, kasa, bronchitis, colic pain, sinus etc. when taken with effective anupana. (8/324)
- Jatiphaladya vati which is used to cure diarrhoea, grahami, sotha, gudaroga, has nirgundi as one of its ingredients along with vijaya, dadima, patha, jatiphal etc. (8/391)root and leaves of nirgundi, bigger kantakari, asvaganda, pippali and jatiphal are the drugs for preparatoin of sindukadi dhupa which can cure piles and sotha. (9/153)
- Nirgundi, along with trivrit, chitraka, snuhi, etc. are the ingredients of agni mukha lauha, which is an excellent recipe for cure of piles. (9/213)
- Visvoddipka abhram has abhraka bhasma along with nirgundi, chavya, chitraka, dhattura etc. as its components, which is a great medicine for loss of digestive power, colic pain, fever, vomiting etc. (10/222)
- Nirgundi along with haridra, chitraka, triphala, mustaka,, black cumin seeds, ajamoda etc. are present in haridra khand which cures 20 types of diseases related to worms as well as disorder generated by them. (11/58)
- Nirgundi is used as bhawana dravya in preparation of ratnagarbhapottali rasa which certainly cures tuberculosis. (14/185)
Nirgundi ghrita: juice as well as kalka of the five limbs (root, bark, fruit, flower and leaves) of nirgundi and murchhita ghritam are used for this preparation which makes the body of user glow like body of gods. This also treats tuberculosis and phthisis. (14/238)

**Bhaisajya ratnawali II**

- Nirgundi is one of the ingredients of vata gajankusa rasa along with mundi, agnimanthha, vyosa, pathya, sringi etc. which is sed to cure vatik diseases like paksaghata, gridhrasi etc. (26/117)
- Anilasi rasa has nirgundi as one of its ingredient along with eranda, chitraka etc. used for the treatment of all kinds of vata rogas. (26/172)
- Vatakantaka rasa: Nirgundi along with yavakshara, svarjiksara, citric juices etc. is used for the preparation of vata kantaka rasa, which is used for treatment of vata diseases and sannipata diseases. (26194)
- Pushparajaprasarani tailam; which is used for treating 80 types of vata disorder has nirgundi as its ingredients along with satavari, pippali, devadaru, vacha, rasna, etc. (26/359)
- Mahavisa Garbha Tailam where nirgundi along with vacha, chitraka, asvagandha, punarnava etc. are mixed is used for the treatment of all types of vata diseases and impaired chest, thigh, waist, stomach. (26/596)
- Nirgundi is one of the ingredients of visatinduka tailam along with sigru, dhattura, varuna etc. which cures all major diseases including vata disorders, sptavata, 18 types of kustha and all skin diseases. (27/167)
- Rasanadi kvatha has rason with nirgundi roots and dried ginger and it is a great medicine for general vata roga (arthritis). (29/23)
- The kalka of smoke deposits of kitchen, rock salt, oil, ama mulaka or the kalka of leaves of nirgundi taked together should be applied over the anus for cure of udavarta. (31/15)
- Trivikrama Rasa; has nirgundi along with other ingredients like tamra bhasma, goat milk, parada and gandhaka, which cure sarkara and asmari diseases. (36/42)
- Preparation of lauha rasayan contains lauhabhasma along with nirgundi, triphala, trivrit, chtrakta etc. it alleviated vata as as well as kapha and cures kustha, meha, jaundice etc. (39/32)
- Nirgundi leaves, vijaya, apamarga, kokilaksha are mixed to form kalka for apamargadi puta sveda. And the processed kalka and perform sveda therapy on soth affected parts. It helps in curing difficult cases of sotha. (42/35)
• Sothankusa Rasa has decoctions/juices of nirgundi as one of its ingredients along with kapittha, punarnava, bilva etc. which is much helpful in curing sotha, fever, pandu roga etc. (42/52)
• Sudhanidhi contains decoction of nirgundi, juices of mandukaparni, punarnava, bhringaraja etc. This medicine is capable of checking jaundice, fever, sotha, pandu etc. (42/106)
• Nirgundi is one of the ingredients of suskamulakadya tailam along with punarnava, usir, sigru, haridra etc. which is used for treatment of sotha generated due to vitiation of vata, pitta and kapha. (42/156)

Bhaisajya ratnavali III

• Juice of nirgundi, sesame oil, rock salt, smoke ash of kitchen, jaggery and honey can treat the disease putikarna by administering their preparations to the ailing ear. (62/46)
• Roots of nirgundi are used in the preparations of dashamoola tailam along with mustard oil, decoction of dasamoola herbs etc. which helps in curing sirashula generated due to vata and kapha, coughs, sotha, slipada etc. (65/90)
• Kinkini Tailam (major recipe) contains all the five limbs of plant nirgundi as one of its components along with kinkini (sruva vriksha), mustard oil, pippali, musta etc. this oil helps in curing putikarna, karnakandu, karnasotha, badhirya etc. (65/152)
• Nirgundi is one of the ingredients of Indusekhara Rasa, along with other dravyas like arjuna, bhringaraja, silajatu, haratala etc. This medicine provides relief from severe fever of pregnant ladies, svas, kasa, vaman, sangrahani, agnimandya. (68/95)balarogantak Rasa; contains nirgundi leaves, kakamachi, sveta aparajita, pepper powder etc. taken with different anupanas, this medicine is effective in treating all kinds of dosha related disorders among child, fever, kasa etc. (71/113)
• Juices of nirgundi leaves, bhringaraja and kesaraj are used as trturation dravyas in the preparation of balarasa. This medicine is effective in checking fevers caused due to disordered doshas, chronic fever, kasa and all kinds of pain. (71/128)
• Neelkantha rasa (major recipe) contains juices of nirgundi along with other dravyas like brahmi, satavari, naga bhasma, svarna bhasmsa etc. which can cure 11 types of kshaya disorders, grahani, raktapitta, vata disorders, 40 types of pitta disorders and all types of other diseases. (73/68)
• Decoction of nirgundi root is used in the preparation of trailokya chintamani which gives relief old age, death and all types of diseases. (73/138)
Kanaka tailam: dhustura, arka, durva, nirgundi leaves, karangi, mustard oil etc. makes the preparation of kanaka tailam. Application of this oil helps in providing relief from netrasula, shirashoola, slipad, amavata, sotha etc.

Nirgundi in Rasa Tarangini

The juice of nirgundi is used as bhawana dravya in preparation of chandeswori rasa along with other dravyas like arsenic, tamra bhasma, aconite, mercury, sulphur etc. It cures fever.

Nirgundi along with other dravyas like haritaki, bibhitki, amalaki, satawari, sugandhawala, dashamoola etc. are collectively known as loha marak gana as it increases the efficiency of loha bhasma when used with it.

Nirgundi in Amarkosh

Shafali ka tu suvaha nirgundi meethi cha sa

Nirgundi in Bhava Prakash Nighantu

Compiled by Season koju
Sambhalu, which is known as meudi or sindhuvara is of two species or types; one with white flower and one with blue flower. The sambhalu with white flower's sanskrit synonyms are sindhuvara, sindhukj, sindhuvarak. The sanskrit synonyms for sambhalu with blue flowers are nirgundi, sephali, and subaha. Sambhalu (one with white flower) is brain tonic, tikta, kashaya and katu in rasa, laghu, good for eye and hairs and it cures shoola, sotha, ama vata, krimi, kustha, aruchi and kapha jvara. The same kind of properties are found in blue flowered sambhalu.

Properties of leaves of sambhalu: the leaves of sambhalu alleviates vata, kapha and krimi and is laghu.

Note: Bhavprakash has described two types of sambhalu nirgundi for blue flowered sambhalu. And its synonym is sephali. According to Dhanvantari nighanutu, white and blue flowered sindhuvara has been described and also classified sephalika into nirgundi (blue cflower) and sulka. Similarly, raj nighantu and madanpal nighantu also has described blue flowered nirgundi as sephali. Thakur balwant Singh ji has described sephalika as Harsingar. (Nyctanthes arboristis)

Some intellectuals has named nil nirgundi as Justicia gendarussa.

The modern botanists have also described its many varieties. Both white and blue flowered plants are of vitex negundo and its leaf has also found as entire or dentate. Besides, vitex trifolia is also another species found. Renukavej is the fruit of nirgundi species found in Iran.

**Sambhalu nirgundi**
Hindi : sambhalu, samhalu, sinduar, sinuar, mendi
Bengali : nishinda
Marathi : linghad, nigad, nirgundi, tellavavili
Farasi : panjabastusta
Aravbi : asalak
English : five leaved chaste tree, indian privet
Latin : vitex negundo linn.
Family : verbenaceae
Description : the plant is 6-28 ft. height, sometimes as tall as tree with whitish hairy.
Bark : thin, smooth and brownish.
Leaves : petiolated, 3-5 foliated.
Leaflets : entire or dentate, 2-5 inches long, 1/2-1/2 inches broad, small or big sized. The front leaflet is long and is petiolated. The below leaflets are small.
Flower : rectangular and 2-8 inches long, clusters. White or light blue (purplish) in color.
Fruit : small, drupe, 1/4 inches diameter, blackish when ripe.
Its root contains parasitic plant, alectra parasites.
The plant is mainly found in rainy season and is matured in october-november. it is then collected and is powder is made of it.
Its another species is vitex trifolia Linn.
Leaves : 1-3 foliated
Leaflets : entire, 1-3 inches long, apetiolated.
Flowers : light blue in color.
Fruit : blackish, 1/4 inches diameter.
Chemical compositions : leaves contain colorless volatile aromatic oil and resin. Seed contains organic acid, malic acid, little alkaloids and coloring agents.
Properties/uses: It is katu, tikta, kashaya, ushna, laghu, deepan, vedanasthapak, vatahara, kaphahara, febrifuge, diuretic, artavjanan, sothaaghna, visahar, balya and rasayan. It is more effective as sothaghna, vedanasthapan and vatahar. Its flowers are Shital and pittanasak.

- It is used to cure amavata, vatavyadhi, kasa, jwara, pradar, shoola, apachana, aadhman, apachi, kshaya, kustha, sotha, brana and pleehavridhi. It is more effective when used along with shilajeet.
- It is very effective in sotha (oedema) related diseases. In oedema of lungs, pleura, any kind of sandhi sotha, oedema in testes, it can be sued. Leaves are crushed, heated and is tied for 3-4 times in a day. There is no anuloman guna in nirgundi.
- In kaphajwor, phuphuspaka, infusion of its leaves or decoction is given. Dried leaves are smoked in case of pratisyaya. Its leaves are given along with ghee in kasa. In Rajayakshma, Panchanga sworasa is given along with ghee.
- In aamvata, swarasa of nirgundi, tulasi and vaigaraiya along with churna of ajwayan is given. Decoction of blue flowered nirgundi is given in sciatica.
- Powder, swarasa, hot infusion of leaves of nirgundi is given in sitajwara, visamjwar and sutikajwara. It decreases the temperature and foul smell of body. For vaman and thirst control, its flower along with honey is given.
- It can be given and applied in case of Naharuwa krimi.
- Taila medicated with the root and leaves swarasa cures sotha, vrana, kustha, gandamala, indigestion. In karnapuya, its oil is kept in ear, along with honey.
- Hot decoction can be used in case of oligouria.
- Leaves are tied in pain of foot; headaches. And churna of its fruit is given as nasya.
- Leaves are kept in rice, clothes, books for the protection from insects.

Dose: leaf extract: 1-2 tolaa

Leaf powder: 1/4-1/2 tola

Moola twak: 1-3 masa

Nirgundi in Raj Nighantu

Compiled by Season koju
Names:

Sindhuvara, svetapushpa, sindhuk, sinduvahak, surasadhan, neta, siddhak and artha siddhak are the names for Samhalu.

Properties:

Sindhuvara is katu and tikta in rasa, alleviates kapha, vata and kshaya, decreases kustha and kandu (itching) that also decreases shoola and kaasa.

It is another type of sindhuvara which is called as nilnirgundi, sugandha, sitasaha, nirgundi, nilsindhuk, sindhuk, chapika, bhootkeshi, indreni and nilika are the names for nilnirgundi.

Nilnirgundi is katu and tikta rasa, hot potency, dry, and decreases cough. It destroys kapha roga, oedema, vata roga, pain, pradar and flatulence.

Names of shephali:

Compiled by Season koju
Shephalika, subbaha, suklangi, sitamanjari, aparajita, vijaya, vatari and bhootkeshi are the names for shephali.

शेफालिके कुटिलकोणुक्ष्या वातक्षायपहा।

स्वादिःसन्धिवात्रध्नी गुडवातात्विवोपनुत्॥९५६॥

Shephali is katu and tikta in rasa, ushna virya, dry, alleviates vata roga and kshaya. It destroys sarvangavata, sandhi vata and udarvata, guda vata.

(The writer of raj nighantu described 3 types of sindhuvara according to its flower and leaves).

**Nirgundi in Nepali Nighantu**

**Simalee**

Being white, black and brown, it is of 3 types.

**White** : Sans : sindhuvara, svetapushpa, sindhuk, surasadhanak, neta, siddhak, ardhasiddhak, indranika.

**Black** : Sans : nirgundi, sugandha, sitasaha, nilsindhuk, chapika sindhuk, bhootkeshi, droni, nilika.

**Brown** : Sans : sephalika, suhaba, suklangi, sitamanjari, aparajita, bijaya, bataki, bhutkeshika.

**Newari** : chusyaghanli

**Hindi** : samhalu, mendi, siharu

**Bengali** : nishinda

**Marathi** : nirgundi, lingur,

**Latin** : *Vitex negundo* (white)

*Justicia gendarussa* (black)

**Properties**
White: katu, kashaya, tikta, laghu. Its vegetative part are good for eye. It alleviates kapha, vata. And is useful in kshaya, kushta, kandu, sotha, amavata, krimi, aruchi, shoola, hridroga and kasa.

Black: kaut, tikta, ushna and ruksha. It is useful in kasha, kapha, sopha, vitiations of vayu, pradar, aadhmaan.

Brown: katu, tikta, ushna, ruksha. It is useful in kshaya, shookl, kandu, kushta, snadhvata and gudavata. Some people considered it as "banaiyan".

Leaf of simalee: alleviates vata, slesma and krimi.

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**Nirgundi in Madanpaal Nighantu**

निर्गुण्डी (निर्गुण्डी)

निर्गुण्डी श्वेतकुसुम: सिन्धुक: सिन्दुबारक:।

भूतकेशपरो नीलसिन्धुक: पुष्पलीलक:।

शेफालिका शीतभूरैनको निमन्त्रणी। ६२

Nirgundi, svetakusum, sindhuk, sindhuvara, are the names for sambhalu, and bhootkeshi, neelsindhuk, puspanilika, sephalika, sitaviru, banak, anilmanjadi are the names for another type of sambhalu.

निर्गुण्डी स्मृतिद्रोणको चार वर्णका लघु। ६३

Sambhalu (nirgundi) is braintonic, tikta, katu and kashaya in rasa and is light (laghu).

केश्या नेत्रहिता हत्तिय शूलशोभामारङ्गाण।

कृतिकुश्याशिन्धुखोऽवशिष्यापि तद्द्रव्याः। ६४

It nourishes hairs, good for eye and pacifies shool, sotha, amavata, krimi, kushta, aruchi (anorexia), kapha, wounds. And the same are the properties of nil sambhalu. It is famous in the name of sambhalu.

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**Nirgundi in Shankar Nighantu**

निर्गुण्डी (निर्गुण्डी-सम्बूल-मेघुडी)

Compiled by Season koju
Monograph on Vitex negundo Linn.

Nirgundi in Abhinava Nighantu

Samhalu

Sanskrit : snidhuvara
Farasi : fanjikishta
Arabi : asalak

Morphology : greenish or yellowish.
Rasa : tika and kashaya
Identification: leaves resembling Jawase. 3-4 gaja long, shrub.

Prakriti: ushna and ruksha

Harmful: for kidney and oja

Darpanasak: .......

Representative/substitute: gulnar.

Dose: 3 masa

Properties, action, uses:

1. Baddhak (constipating)
2. Alleviates sotha and vayu
3. Hot harming tridosha.
5. Cures uterus sotha, stops bleeding from uterus and hridroga.
7. Its seed acts as contraceptive.
8. Arabis called it habbulnasal (i.e. not toxic oil).

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**Nirgundi in Kaiyadeva Nighantu**

निर्गुण्डी

_Vitex negundo_ Linn.

Family: Verbenaceae

Hindi: Samhalu, Meudi, Sindhuvara

निर्गुण्डी वन(जे)न्द्राणी सिन्दुकः सिन्दुवारितः ।
सिन्दुवारो भूतकेशी भूतावेशा वसुस्वितः ॥ १२४
श्वेतपुष्पोऽपरो नील: सिन्दुको गिरिसिन्दुकः ।
Monograph on Vitex negundo Linn.

Here, being described as two types of nirgundi, white flowered are termed as sindhuvara and blue flowered as nirgundi. Third type is termed to be banya (wild). Sephalí sindhuvara sadrisyapatri as mahatpatri and fifth type as vupadi or svetasuras. In this way, five types of nirgundi have been described.

Synonyms of nirsindhuvara: nirgundi, banaka, sindhuk, sindhuvark, sindhuvara, bhootkeshi, bhootvasa, basusthiti, svetapuspa.

Synonyms of nirgundi: nilsindhuk, girisindhuk, nilpushpi, sindhusaha, krishna, shitasaha.

Sephalí synonyms: banaja, nilmanjari

Synonyms of mahatpatri: shitaviru, sindhuvarchhada.

Synonyms of vupadi: svetasuras, sugandha, surasa.

Action/properties: Rasa is tikta, katu and kashaya, medhya, sita, laghu, good for eye, digestive, keshya, alleviates kapha-vayu and visa, destroying anorexia, shoola, amadosha, gulma, medoroga, vrana, krimi, inflammation, kustha, pratisyaya, swasa and kasa. Among these two sephaliká is best especially in treating visa and pitta.

Leaves of nirgundi: alleviates vata and kapha, laghu, digestive and vermicidal

Compiled by Season koju
Flowers of nirgundi: katu and tikta in rasa, hot potency, alleviates vata and kapha, destroying krimi, gulma, pleeha, aruchi and oedema.

Nirgundi in Dhanwantari Nighantu

शेफालिका (शेफाली)

शेफालिकांऽया निर्गुण्डी बनजा नीलमण्डरी ।

शुक्ला,नया श्वेतसुरसा भूतकेशी च कथ्यते ॥ ८३

गुणा: कृष्णसहा विप्लनश्च पवित्रां गिरिरिन्दुकः।

राजनिघण्डी शताह्वादिविनु वर्गः।

सुगन्धांस्या शीतसहा निर्गुण्डी नीलसिन्दुकः।

सिन्दुर्कच्छ्विपिका भूतकेशीन्द्रणी च नीलिका ॥ ९१९

गुणा: कटूणा नीलनिर्गुण्डी तितका रूक्षा च कारसजित्।

श्लेष्मशोफसमीरातिङ्ग्रामा हारिणी ॥ १२०

राजनिघण्डी शताह्वादिविनु वर्गः।

शुक्लांत्रि (शेफालिका विशेषः)

शेफालिका तु सुबहा शुक्लांत्रि शीतमण्डरी प्रोक्ता ।

अपराजिता च विजया बातारिभूतकेशी च ॥ १२१

गुणा: शेफालि: कटुतितक्षणा रूक्षा बातक्षयापह।

स्यादइसधिवाताच्छी गुर्वातादिविनुपत्तु ॥ १२२

सिन्दुवारः

सिन्दुवारः श्वेतपुष्प: सिन्दुकः सिन्दुवारकः।

नीलपुष्प: शीतसहो निर्गुण्डी नीलसिन्दुकः ॥ ८९

गुणा: निर्गुण्डी दुर्लघ्नितक्षणा कृष्णक्षणुपाध।

बातालेष्मप्रशामनी च प्वीहुमुलमारोचजियेत ॥ ८२
Nirgundi in Mahausadh Nighantu

सिन्दुबार : (सम्भालू)

नामांकि :

सिन्दुबार : श्वेतसुम : सिन्दुक : सिन्दुबारक :।

नीलपुषी तु निर्गुण्डी शेफाली सुवहा च सा। ३१

सिन्दुबार, श्वेतसुम, सिन्दुक, सिन्दुबारक, नीलपुषी, निर्गुण्डी शेफाली तथा सुवहा, यी सबे सम्भालूको संस्कृत नाम हुन।

गुण : सिन्दुक : स्मृतिवासांतिक : कपाय : कटुको लघु।

केश्यो नेत्रहितो हान्त शूलशोधामार्गान। ३२

सम्भालु स्मरणशक्तिलाई वढाउने खालको, तित्र, कपाय तथा कटुरस युक्त, विपाक लघु, केशको लागि हितकर, नेत्रशांतिवर्धक हुन्छ तथा शूल, शोथ एवं आमरतनाशक हुन्छ।

विर्मश : सम्भालुको दुई भेद हुन्छ। नीलपुषी तथा श्वेतपुषी। निर्गुण्डी तथा पृष्पुक्त सम्भालु भनिन्छ।

हिन्दी : सम्भालु, सम्भालू, सिन्दुआर, सिन्दुआर, सेउडी

बंगाली : নিঃশান্ধি

मराठी : लिंगड, निगड, निगुण्डी

पंजाबी : बन, नरवन, मौरा

गुजराती : नगंड, नगड

तामिल : न्यञ्च

तेलुगू : బావిస్తు, తెలు బావిస్తు

Compiled by Season koju
Nirgundi in Nighantu Adarsha

Nirgundi (samhalu)

Names:
Sanskrit : Nirgundi, Sindhukar, Indranika, Sephalika
Hindi : samhalu, sambhalu, menadi
Gujarati : nagoda
Marathi : nirgundi, nada
Monograph on Vitex negundo Linn.

Bengali : nisinda
Arabi : aslak
Farasi : panjangusta
English : five leaves chaste tree
Latin : vitex trifolia

Derivation :

Sindhuk : rasa falls from it or it is full of rasas.
Sindhuvarasa : its rasa tastes good. So, it is surasa. As surasa is favourite of indra, it is called indra surasa.
Nirgundi : it protects all from krimi, kustha etc.
Indranika : it is creating of indra.
Sephalika : it smells best.
Subaha : it has aromatic smell
Nilika : flowers being blue.
The black colored nirgundi are called nyawari.

Useful parts : leavess
Rasa : kaut, tikta
Virya : ushna
Vipaka : katu
Pushpa : sita virya

Doshagata : vata, sleshma

Guna : Nirgundi is katu, tikta, ushna and alleviates vata, kapha, krimi, kustha, anorexia, gulma, pleeha vikara. Sindhuvara cures kustha, kandu, hridaya shoola and kasa. Nil nirgundi is ushna, katu, tikta, ruksha and cures kasa, sopha, pradar, aadhman, kapha vikar. Sindhuk is good for eye, cures shool, sotha, krimi, kustha, jwara.
Description: The plant of samhalu is found everywhere. It is trifoliate. The upper leaf is light colored and lower two leaves are dark green. Almost all men and women can identify samhalu. Its leaves is mostly used in home medicine in vayu vikara and headache. Samhalu is of many types. The leaves of vitex peduncularis roxburghii are considered to be good in malarial fever. Chakra dutta also mentioned nirgundi useful in kapha jwor. Nirgundi is famous as vataghna, kaphaghna and as nutrient.

The different species of nirgundi are dentified according to its leaves and color of flowers.

Uses:
Charak: in visarpa, darbi, nadi kustha, pama
Sushruta: in raktapitta.
Bhavmishra: in nervous disorders, apasmara.
Chakradutta: yakshma, gandamala, kapha jwara
Bangasen: kapha-kasa, puti karna, nervous diseases.
Vaidyamanorama: vata of kati pradesh
Rajmartanda: in pandu roga, dental diseases, kantha shoola, nasal diseases sandhigata vata.
Gada nighraha: sciatica, dadru.
Rasa ratna samuchchaya: sandhivata, kati vata, kapha vata
Yoga-ratnakar: sutika roga
Amayik upayog (uses according to diseases)
In charak:
Kaphaj bisarpa: leaves of samhalu should be given with ghee.
Snake poison: juice of root of samhalu is given.
Nadi, kustha and vata roga: juice of root of nirgundi and leaves are given that is mixed with equal amount of taila. It can also be given as massage.
Sushruta:
Rakta pitta: nirgundi leaves given with vegetable ghee.

Bhav mishra:

Snayuk roga: it can be cured by giving 1st 3 days only ghee of cow and next 3 days only juice of nirgundi.

Apasmara: juice of bandak found in plant of nirgundi is given.

Chakradutta:

Kshaya: ghee medicated by root, leaves and flowers of nirgundi is given regularly.

Gandamala: nasya is given of root of nirgundi

Kaphajwor: decoction of leaves of nirgundi mixed with maricha powder is given.

Banga sen:

Kaphaja kasa: ghee medicated in juice of nirgundi and decoction, it given regularly cures kaphaj kasa.

Puti karna: taila medicated in nirgundi leaves along with guda, grihadhuma, saindhava when given cures puti-karna.

Snayuk: as mementioned above.

Vaidya manoram:

Kati-vata: drink nirgundi juice and castor oil

Raj martanda:

Pain of child when eruption of teet: eastern root of nirgundi is tied in the neck of child.

Kantha-shool: root of nirgundi is chewed.

Sandhi-vata: decoction of root of nirgundi is given.

Gada nigraha:

Sciatica: decoction is given made up of leaves of nirgundi in mandagni.

Dadru: paste of nirgundi leaves applied in the spot.

Rasa ratna samuchchaya: powder of nirgundi root when taken with til taila cures sandhivata, kati vata, kapha vata.
Sutika roga: nirgundi when taken with decoction made up of rason, sunthi and pippali cures sutika roga.

Sushruta has kept sveta nirgundi and nil nirgundi under surasadi gana.

Charak has kept sindhuvara under vishaghna gana and nirgundi under krimighna gana.

In astanga Sangrah, nirgundi is considered krimighna similar as mushakarni.

Fleming has considered nirgundi to be the best sothahara dravya. The fomented leaves of nirgundi are applied on the painful area to decrease pain. Until the oedema is lost, the process is repeated again and again. The european named it "the fomentation shrub". Nirgundi tail is very useful in brana (wounds). It is useful in sandhi vata, paralysis and vata vikara.

Seed of nirgundi are considered to be 'renuka veej'. it is the fruit of nirgundi sepecies found in Iran.

Preparations: nirgundyadi kwath.
Surasadi gana. It cures kapha roga, krimiroga, pinas, aruchi, swasa, kasa and is branasodhak.

कफसंशमन वर्गः:
Surasadi gana (nirgundi etc.) and other ganas like pipalyadi gana, mustakadi gana, vachadi gana, brihatyadi gana, dashmoola, vallipanchamula and dravyas like agar, kuta, halridra, kapur, nisotha, raasna etc. are kapha samsanan gana.

(वातकफ्फ्ज्ञप्रकरणम्)

किरातादिकपाय

किरातारिबिश्वामृत..............................।

............................................कफात्समुचित्तम् ॥

Chirayta, sunthi, giloya, root of keteateri, pippali, root of pippali, rason, samhalu. The kadha (infusion) cures vata kaphajwor.

अकर्णद काठा (सन्निपत्तज्ञप्रकरणम्)

अकर्ण..................................सिंधुबारो..............................वातरोगान् ॥

Root of aakaki, dhamasa, chirayita, devadaru, raasna, nirgundi, vacha, aarni, sigru, pippali, root of pippali, chitraka, sunthi, atisa. These kadha (infusion) cures tridosha, dhanuravata, coldness of body, swasa, kasa, gynaecologic and obstetrics problems.

ग्रंथायादिकाठा

ग्रंथीप्रजा..............सूतिकानांचतदत् ॥

Nirgundi along with root of pippali, devadaru, varangi, chitraka etc. these infusion cures sarvasannipata, buddhivrampa, shita, shoola, vidradhi, kapha-vata, gyanecologic and obstetrics problems.

अकर्णद काठा

अकर्ण..........................पुस्मारस्मित्रव्यांगकः ॥

Root of procera, nirgundi along with other dravyas like chitraka, vacha, chirayita, chavya etc. these kadha cures tridosha jvara, nidra, obstetrics problems and various forms of vayu, shita, apasmara.
The expressed juice of nirgundi is used as bhawana dravya in preparation of trinetra rasa. This rasa cures maha sannipata.

The juice of nirgundi is used as bhawana dravya in preparation of sannipatanala rasa. It cures sannipata, tandra, swasa, kasa, glani, kasa and atisara.

The powder of nirgundi along with neem leaves, kutha, tagar, devadaru, chitraka etc. if taken with honey cures sannipata and graha pida.

The decoction of nirgundi and other dravyas like arka, sunthi, pippali, chavya etc. when taken can cure all types of sannipata, sita, svasa, sutika and vata roga.
Juice of nirgundi is a bhawana dravya in the preparation of svachchhanda vairab rasa which is used in treatment of all kind of vata vikara. It also cures paralysis.

Treatment of gridhrasi

नीर्गुंडी विकल्प

एरण्डीजावी सेवाविकारण गुर्मृकसिरोहत्ता

Nirgundi leaves mixed with powder of pippali when taken cures gridhrasi (sciatica).

उस्तम्भनिनिदानचिकित्सा

शेफादिकारकार्थुस प्रयोज्यतु

Decoction of nirgundi leaves mixed with pippali powder is kapha nashak drug and it can bve used in urustambha.

ग्रणिनिदानचिकित्सा

कर्मजाज्ञानिनिर्गुंडीरसो हन्यातू कृषीनु बनें

Leaves of nirgundi, kanja, neem when applied on wounds prevents from infections by killing infectious agents.

स्नायुकानिदानचिकित्सा

गय्य चूत्स न्यायकमसु पीत्स निर्गुंडीकायाः स्वरस स्नायुकरोमुण्ड

Nirgundi juice when taken for three dayys can treat nervous disorder.

गल्गुंडी क्षयायति शेफाली मूल चव्वें

Nirgundi root powder when taken cures galsundi.

Nirgundi in Banausadhi Nirdeshika

शास्त्रानुसार निर्गुंडी (मेउडी)

निर्गुंडी विकल्प

निर्गुंडी

हिंदी : समाह, संभालु, म्योडी, मेउडी

वंगाली : निमित्त, निसिन्दा
Monograph on Vitex negundo Linn.

Family : Verbenaceae

Distribution: found as wild and cultivated. Cultivated as Hedge in the field/garden.

Short introduction : The plant is mainly found in two forms among which the first type is very general/normal. It is 1.5-3.6m or 6-12 ft. in height or sometimes seen as tree. The upper surface leaves is whitish and hairy. Many small and thin branches arises from the plant. Leaves are 3-05 in number. Leaves are 2.5 cm to 12.5 cm or 1-5 inches long and 5/6cm -20/6 cm broad, elongated apex, simple (but sometimes crenate). The pentafoliate plant the below pairs of leaves are small than above 3 leaves. They are sessile or sub sessile. The middle pair of leaves are petiolated and the fifth leaf (odd leaflet) is big among five leaves, petiolated, simple or distantly crenate.

Flowers : small, bluish or purplish or whitish. Panicles are 30 cm or upto 12 inches long. Outer cell is 1/4 cm - 3/8 cm long, penta-venetated and internal cell is is 3/4 cm long penta-venetated and two lipped.

Androecium is 4in number, and didynamous. Fruit is globose, succulent drupes, 3/8 cm-5/8 cm in diameter, and blacksih when ripe. Fruit is attached to accrescent calyx.

Flowering and fruiting : commencement of varsha ritu and sarada ritu.

The secondtype is trifoliate. The plant is small as compared to penta-foliated plant. Leaves are dentate, panicles, flowers and fruits are also smaller. Flowering is late.

Parts used : leaves, root and seed.

Dose : leaf expressed juice : 1-2 tola
Root powder : 1g-3g or 1-3 masa.
Seed powder : 1/2g - 11/2g
Test for purity: Nirgundi leaves contain some aroma and little tikta in taste and is Hrillasajanak. Fruit also contains aroma.

Representation and adulteration: Its another type (vitex trifoliata linn.) is found. Leaves are 1-3 foliate and is non fpetiolated. Its flowers are whitish or whitish with purple margin.

In unani medicine, in the name panjangushta, nirgundi type ie. Vitex-agnuscastus L.) is used. It is mainly found as shrub/tree and is mainly found in Baluchistan, Afganistan etc. Its seed is adulterated and it is called 'Renuka'. However Renuka as described in Ayurveda Shastra is a different dravya.

Collection and preservation: It is found everywhere. So it should be collected in good season and preserved in dry, cool place in a vessel.

Constituents: Leaves contain colorless volatile oil, resin, seed also contain resin, acid, (sindriya amla), alkali, sewamla and little amount of coloring agents.

In Irani seed, castine is found which is of tikta virya and oil.

Date of expiring of virya: 1 yr.

Properties:
Guna: laghu, ruksha.
Rasa: tikta, katu, kashaya.
Vipaka: katu
Virya: ushna.
Karma: Vata kapha samaka (alleviated vata and kapha)

Vedanasthapaka, sothahara, (decreases oedema), v

Vranasodhana, vranaropana, keshya, jantughna, digestive, amapachana, liver stimulant, kaphaghna, febrifuge, kasahara, balya, rasayan, kandughna and kusthgna.

Ahitkar (contra indication): in sirashool and vrikka.

Removal: by resin of babbul

Main preparatoiun: nirgundi kalpa, nigrgundi taila, safuf fanjan kishta.
Monograph on Vitex negundo Linn.

Note: Nirgundi is included in Charaka in Visaghna Mahakashaaya (as Sindhuvara) and in Krimighna Mahakasha and in Sushruta in Sursasadi Gana.

Nirgundi in Banausadhi Shatak

Hindi: Nirgundi, Samhalu, Meudi, Nil samhalu, Sindhuvari
Bengali: nishinda, nil nishinda
Marathi: nirgundi, padari, mendi, kali nirgundi
Gujarati: nagoda, kala
Arabi: athalafa
Farasi: fejgastu, fojangasta, aabi, nagoda
Karnataka: kari yello, telam babili
English: five leaves chaste tree
Latin: *Vitex negundi* (nil pushpi sindhuvara)

*Vitex incisa* willd (sveta pushpi sindhuvara)

Parts used: root, bark, leaves and seeds. Dose: leaf expressed juice: 10-20 gm

Root bark decoction: 1-3 gm

Nirgundi in Yunani Dravyaguna Vijnan

 Compiled by Season koju
Monograph on Vitex negundo Linn.

 Compiled by Season koju
Monograph on Vitex negundo Linn.

Nirgundi in Dravyaguna vijnan( Priyavrat Sharma)

Gana: Visaghna, krimighna(charak), surasadi(sushruta)

Family: Verbenaceae

Name: Latin( Vitex negundo Linn)
   Sanskrit : nirgundi( which protects body from diseases)
   hindi : Samhalu
   Marathi : Nigad, Nirgundi
   Gujarati : Nagada, Nagoda
   Bengali : Nishinda
   Telegu : Indrani
   Tamil : Nauchi
   Kashmiri : Bailenikki
   Arabi : Panjangusta
   English : Five-leaved chaste

Morphological characteristics:

A strong smelling herb, bushy 6-12 feet high, covered with fine hairs.
Leaves :Resembles Arahar. some are serrated and some have even margin, slimy. Each stalk is tri or penta foliated.2-6 inches long and 0.33-1.33 inches broad. Mostly lanceolate. Consists of a strong smell when crushed.
Flower : small, in cluster, whitish or bluish, 2-8 inches long panicles.
Androecium : 4 in numbers
Gynoecium : 2-4 celled
Fruit : globose, 12 inches in diameter, blackish

Types

In Nighnatus’, blue flowered and white flowered plants have been described. Blue flowered plant named as Nirgundi and white flowered as Sinduvara.

Compiled by Season koju
**Distribution**: found everywhere in India mainly in Uttar Pradesh.

**Chemical compositions:**

Volatile oil, Raisin. Fruit contains Carbonic acid, acidic raisin, alkaloids and coloring agents.

**Guna (Properties)**

Guna: laghu, ruksha

Rasa: Katu, Tikta

Vipaka: Katu

Virya: Usna

Doshakarma: alleviates kaphavata being Usna virya

**Systemic actions:**

**External**: Vedanasthapan, Sothahara, Vrana sodhan, Vrana ropan, keshya and jantughna

**Internal**:

Nervous system; Vedanasthapan and medhya being alleviating vata.

Digestive system; Deepan, pachana, liver stimulant and krimighna being katu tikta and Usna.

Circulatory system; Sothahara being kaphavata samak

Respiratory system; kaphaghna and kasahara being katu tikta.

Urinary system; mutrajan

Reproductive system; Artavajan

Skin; kusthghna and kandughna

Temperature: Jworaghna especially vishamjwor.

Satmikaran; valya and rasayan

Eyes; chakshushya and increases vision power.

Ear; cures karnasrava

**Uses**: mainly in kaphavata vikaras.

**Amayik prayok**
Monograph on Vitex negundo Linn.

External: In shirashoola, andasotha, sandhisotha, aamvata related diseases, leaves can be given as upanaha sveda. Kati snan of its decoction is givan in garbhsaya sotha, pakwasayashoola, vrishansotha, gudasotha etc. its decoction can be given as gandus in mukhapaka and kanthashoola. It can be smoked in shirashoola ans pratisyaya. Taila medicated with it is used in varna and in palitya.

Internal:
Nervous system; shirashoola, sciatica, aamvata, sandhiaotha and in vedana related diseases. It can be used in mastiska daurbalya.
Digestive system; agnimandhya, aruchi, aamdosha, krimi etc. its leaves juice when given along with gomutra cures pleehodara.
Circulatory system; sotha
Respiratory system; kasaroga, phuphusaroga, pleural oedema.
Urinary system; mutraghata
Reproductive system: Sutika roga nad raja krichchhha.
skin: kutha, kandu, vispota, any other skin disease
Satmikaran: given in general weakness being rasayan
Eyes; in eye diseases given as aschyotan and collyrium.
Ear; in ear diseases given taila medicated with its leaves juice

Parts used: Leaves, Root, Seeds

Dose: Leaf juice: 10-20 ml, Root bark powder: 3-6 gm, Seed powder; 3-6 gm

Specific preparations: Nirgundikalpa, Nirgunditaila.

Ahita pravab; burning sensation and other paitik vikara when used excessively.

Nibaran: Babul gond and katira

Vaktavya: Seeds of nirgundi is termed as renuka or harenumka.

Its another type Vitex trifolia Linn. F. is also available which is trifoliated.

Nirgundi in Dravyaguna vijnan(Gyanendra Pandey)
NIRGUNDI

*Vitex negundo* Linn.

**Gana:** Vishaghnā, Krumighna (C), Surasadi (S)

**Kula:** Nirgundi kula

**Family:** Verbenaceae (*Vervein verhena family*); vitex family is named by pliny; branches of the tree from this family are elastic in nature.

**Latin name:** *Vitex*- chast tree; nigundo (from nirgundi). Trifolia (tri = three, folia = leaves). Because it is trifoliate, it can be used in place of bel leaves for worshiping god.

**English name:** three or five leaved chaste.

**Sanskrit names:** Nirgundi (protects body from diseases), Sinduvarak (white flowers), shefali, suvaha (blue flowers), Bhutkeshi, Neelsinduk, Pushpaneelak, Sheetbhiru, Vanak.

**Botanical Description:** it is a shrub of 3-4 mt. height. Leaves – some are serrated and some have even margin, slimy. Each stalk is tri or penta foliated. Leaves are 2.5 – 12 cm long and 1 – 4 cm broad (trifoliate nirgundi is used instead of bel leaves). Leaves, on crushing give a typical smell. Flowers – small, in clusters, blue
Monograph on *Vitex negundo* Linn.

Compiled by Season koju

Colored are four in number. Ovary is divided into four compartments. Fruits – round, become black when ripe. Bark – is bluish grey in colour.

**Habitat:** All over India, grows in jungles as well as garden. According to some acharyas, serrated variety is more potent.

**Chemical Composition:** Leaves contain volatile essential oil and resin. Fruit contains acidic resin, astringent.

**Properties:**
- **Guna:** laghu, ruksha; **Rasa:** tikta, katu, kasaya; **Vipaka:** katu; **Veerya:** ushna.
- **Karma Dosha:** Vatakaphhashamak, hence it is used in the disorders caused by vata and kapha.

**External uses:** Best analgesic, anti-inflammatory, antibacterial, cleaning and healing wounds hair tonic. Heated nirgundi leaves are tied over the affected part (or poultice) in headache, scrotal swelling, synovitis, arthric pain and rheumatic arthritis. Decoction prepared from leaves is used for tub bath in endometritis, colitis and orchitis. In these conditions it reduces the obstruction of blood and amakapha, increases perspiration, reduces oedema and also relieves pain. Gargles with the decoction of leaves is useful in pharyngitis, stomatitis, difficulty in deglutition and inflammation. Smoke of dry leaves is useful in headache, sinusitis and common cold. Nirgundi oil is best in wounds for cleaning, anti infective and to remove foul smell. Oil is also useful in baldness. Nirgundi is also called a upnah vriksha.

**Internal uses:**

**Nervous system:** it is an analgesic, brain tonic and alleviates vata, therefore useful in headache, sciatica, rheumatic arthritis, synovitis, improves memory.

**Digestive system:** since it has tikta, katu and ushna properties it improves appetite and digestion. It is useful in loss of appetite, anorexia, hepatitis and is anthelmitic.

**Circulatory system:** white flowered nirgundi are used in oedema induced by kaohavata. As it acts on the raktadhatu and alleviates vata and kapha, it is used in inflammatory conditions of liver and spleen. Mixture of leaf juices and cow's urine ia sn effective remedy for ascites. Nirgundi is used in all inflammatory conditions.
Respiratory system: by removing kapha from respiratory passage, it improves ventilation therefore used in kapha kasa, asthma, pneumonia and pleurisy.

Urinary system: Diuretic, hence useful in dysuria and anuria. In gonorrheal infection it helps in passing urine smoothly.

Reproductive system: it improves menstrual flow therefore used in dysmenorrhea and obstetric conditions.

Skin: valuable medicine in skin diseases, urticaria and eruptions.

Temperature: it helps in digestion of ama, thus reducing fever. It is used as a anupan or a main drug in typhoid and malarial fever.

Medovahasrots: decoction is sued as a nasya in cervical lymphadenopathy and topical application of leaves also helps.

Eyes – leaf juice is installed in conjunctivitis. Surma is prepared from seeds.

Ears - nirgundi oil is useful (leaves+oil) in reducing pain, oozing, inflammation and fungal infection of ear.

Satmikaran: every part of the body is stimulated, therefore it acts as a rasayan in body. The combination of sheelajit + nirgundi is best rasayan.

Parts used: leaves, root, seeds, panchang. Tree with serrated leaf type is preferable.

Doses: Juice of leaves 10 – 20 ml; root powder 1 – 3 gm; seed powder 2 – 12 ratti.

Formulations: NirgudiKalpa, Nirguditail, Nirgudighrit.
In large doses it vitiates pitta and therefore causes pitta disorders. Antidote – latex of acacia Arabica.
Due to strong (pungent) odour, it is used as a mosquito and bed bug repellent.
Also prevents insects growth in stored food grains (insecticidal). A parasitic plant grows in nirgundi in rainy season which is useful in mahakustha. Also effective in guneaworm infestation.

Srotogamitva:

Dosha: vatashleshmagha

Dhatu: Rakta (skin disorders, pruritis, splenomegaly), meda (leucorrhoea), asthi (infected wounds, apache, toothache).
Mala: Hair (hair tonic), purisha (parasites).

Organs: eye, respiratory system, uterus, pelvis. Antidote property.

Nirgundi in Compendium of Medicinal plant of Nepal

Vitex negundo

Vitex bicolor wild

Nepali: simali

English: three leaved chaste tree, indian privet.

Distribution: himalaya (nepal to bhutan), afganistan, india, srilanka, china, myanmar, indo-china, malaysia.

Distribution: tropical, subtropical

Description: Shrub or small tree, upto 3m high, leaves 3 foliate, leaflets lanceolate, acuminate, entire or rarely crenate, white tomentose beneath. Flowers blue in cymes forming large terminal panicles.

Parts used: whole plant

Application: powder, paste, tincture, juice.

Use: Plant is bitter, acrid, anthelminthic, expectorant, digestive, stomachic, anodyne, antiseptic, alterant, antipyretic, diuretic, ophthalmic, vulnerary and tonic. It has germicidal properties. It cures cough, asthma, fever, eye disease, inflammatory glandular and rheumatic swelling, intestinal worms, ulcers, skin disease, nervous disorders, and leprosy. Leaves are useful in sprains, orchitis, gout, otorrhea, inflammations. Leaf juice is used externally for foetid discharge and maggots in ulcers. Flowers are nervine tonic.
Vitex negundo Linn. (verbenaceae)

Eng : Five leaved chaste tree  
Hin : Samhalu, sanbhalu, nirgundi  
Kan : Niragundi, Lakkagida, Nekka, Nakkilu  
Mal : Karunocci  
San : Nirgundi  
Tam : Nirkundi, Nallanocci  
Tel : Nallavavili, Navili, tellavavili.

Distribution: Throughout India, on waste lands upto 1500 m.

The plant is an aromatic large shrub or small tree of about 3m in height with quadrangular branches; leaves opposite, exstipulate, long petioled and digitately 3-5 foliate, all leaflets with petiolus, the middle one longer, flowers bluish purple in panicles upto 30 cm long; frufts globose of ovoid or obovoid, four seeded drupe, black when ripe.

Parts used: whole plant.

Properties and uses: The plant is bitter, acrid, thermogenic, anthelminthic, expcvctorant, carminative, digestive, stomachic, anodyne, anti inflammatory, antiseptic, cephalic, alternat, antipyretic, diuretic, emmenagogue, depurative, rejuvenating, ophthalmic, vulnerary and tonic. The roots are useful in vitiated conditions of vata, cephalalgia, otalgia, arthritis, inflammations, dyspepsia, colic, verminosis, flatulence, dysentery. Uropathy, wounds, ulcers, bronchitis, cough, malarial fever, haemorrhoids, dysmenorrhoea, leprosy, dermatopathy, ophthalmopathy and general debility. The leaves are useful in vitiated conditions of vata, kaphaja jvara, cephalalgia, sprains, orchitis, gout, splenohepatomegaly, otorrhoea, inflammations and ulcers. The bark is useful in vitiated conditions of vata, odontalgia, verminosis and ophthalmopathy. The flowers are useful in diarrhoea, cholera, fever, haemorrhages, hepatopathy and cardiac disorders.

Vitex trifolia Linn:
Verbenaceae

English : three leaves chaste tree
Hindi : Saphed samhalu, Pani ki samhalu
Karnataka : Nekkinocci, Sakki
Malyalam : Nocci, Vennocci
Sanskrit : Sindhuvara, sephalika
Tamil : Nirnocci, Sirunocci
Telegu : Noccili, ciruvavili

Distribution: throughout India, mainly along water course.

The plant is an aromatic shrub with smooth, pale, grey bark. Leaves simple to trifoliate the terminal leaflet sessile, the lateral ones smaller and sessile al glabrous above and white tomentose beneath, flowers light blue or purple in terminal panicles cymes; fruits globose drupes, purplish black when ripe.

Parts used: roots, leaves, flowers, fruits.

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**Nirgundi in The Materia medica of the Hindus**

Order: verbenaceae

*Vitex negundo* Linn.

Sanskrit: nirgundi, sindhuvara
Bengali: nisinda
Hindi: samhalu
Vern: nishinda

Sanskrit writers mention two varieties of nirgundi. That with pale blue co flowers is called sindhuvara (*Vitex trifolia*) and that with blue flowers is called nirgundi. The properties of both are said to be identical, but the latter is generally used in medicine. The root of *vitex negundo* is considered tonic, febrifuge and expectorant.

The leaves are aromatic and regarded as tonic and vermifuge. Their juice is much for soaking various metallic powders, before making the latter into piolls.

A decoction of nirgundi leaves is given with the additioni of long pepper in catarrhal fever with heaviness of head and dullness of hearing. A pillow stuffed with the leaves of nirgundi is placed under the head for relief of headache. The
juice of the leaves is said to remove foetid discharges and worms from ulcers. An oil prepared with the juice of the leaves is applied to sinuses and scrofulous sores.

Nirgundi in Medicinal Drugs of India

Nirgundi

Synonym : Sambhalu
Latin : Vitex negundo
Family : Verbenaceae
Habitat : In the lower Himalayas of UP, Kashmir, Bengal and South India
Properties and uses : It is very useful for the diseases of eyes, hairs and removes local inflammation and other nervous pains. It is very effective in spermatorrhea, wet dreams and is used mostly in the form of decoction (of the leaves or root bark).

Nirgundi in Bulletin Department Medicinal plant, Nepal

Vitex negundo Linn.
A shrub, 2-3 m tall, leaves 3-foliate; leaflets elliptic, lanceolate, acuminate, entire or crenate, nearly glabrous above, white, tomentose beneath. Flowers blue, in cymes forming large, terminal panicles.
Local name : Simali
Nirgundi in Ayurvedic Drugs and their plant source

NIRGUNDĪ

Botanical name: Vitex negundo Linn.

Family: Verbenaceae

Classical name: Nirgundi

Sanskrit name: Nirgundi, sindhuvara, sinduka

Regional names

Samhalu, Meurhi(hindi); Sevai(Kumaon region,UP); Son-i(Jaunsar, UP, hils); Shimalu, Samalu, Chhatimal, Nishinda (UP, hills, Garhwal); Nigad, nagod(Gujarati); Nishinda(Bengali); Tellavvili(Telegu); Nouchi(Tamil); Indrani(Malayalam); Bailnekki(Kann.); Aslak(Arabi); Pajamust(Persian); Five-leaved-chaste(English).

Description

A deciduous shrub with thin grey bark and spreading branches. Leaves 3-5 foliate (simple and more distinctly crenate on luxuriant young shoots), with a raised line across the stem at the base of the petioles. Leaflets lanceolate, 1-5 by 3-1.3 inches, the lowest pair smallest, sessile or sub sessile; the middle pair, if present, nore or less distinctly petiolate, the odd leaflets largest and with a petiolule 3-6 inches long; entire or distantly crenate above the middle, glabrous above, grey-pubescent beneath.

Panicles up to 12 inches long, calyx 1-1.5 inches, 5 toothed. Corolla; 2-5 inches, bluish or purplish-white; limb spreading, 2 lipped, 5-lobed, middle lobe of the lower tip the largest, stamens 4, didyanamous, exerted. Ovary 2-4 celled, 4-ovuled; style filiform, shortly 3 lobed.

Fruit a succulent drupe supported by the more or less accrescent calyx. 15-25 inches in diameter, globose, black when ripe; endocarp normally 4 celled.

Flowering and fruiting

Plant flowers in June-August and fruits is December-January. Generally flowering stage begins during summers and rains, and fruiting during cold season.

Distribution

Compiled by Season koju
Plant occurs throughout India in warm regions in wild state. It is also planted in hedge form or hedge-rows in villages and as a garden hedge. It is found along Nallas, river beds and stony rivulets. Plant is found in the valleys and lower areas in Uttar Pradesh hilly region and especially in Siwaliks and Terai belts.

Kinds and varieties

Another kind of nirgundi is botanically known as *Vitex trifolia* Linn. Kartari Nirgundi (Saligram Nighantu, 3, p. 251) is also indicated as nirgundibheda.

There are two varieties in classical texts viz. nilapuspi and svetapuspi which are names as Nirgundi and Svetapuspi, considered blue and white varieties, respectively.

Pharmacodynamics

Rasa: katu, tikta
Guna: laghu, ruksha
Virya: usna
Vipaka: katu
Dosakarma: kaphavatasamaka

Properties and action

Karma: Vedanasthapana, Vataghna, Sothahara, Vranaropana-sodhana, Kustaghna, Kandughna, Medhya, Kaphahna-kasahara, Mutrajanana, Artavajanana, Balya, Rasayana, Caksusya, Kesya, Jantughna, Dipapanacana(amapacana), Yakrituttejaka, Krimighna


Therapeutic uses

Compiled by Season koju
The drug Nirgundi is an effective analgesic and anti-inflammatory herbal agent. It is useful as alternative, antipyretic, anodyne and anti-periodic. Drug is used in rheumatism, nervous disorders, haemophilic disorders, alternate fevers, colic, dyspepsia, skin disorders, spleen and liver enlargement and worms. It is used in conditions stimulating malaria. Nirgundi is used in medicine both externally as well as internally; and the different parts e.g. leaves, roots, flowers, seeds etc. are employed in medicine and mostly the leafy parts, bark and roots are utilised in medicinal purposes (almost all the parts of Nirgundi plant.)

The leaves are ground and paste is prepared which is externally applied to wounds, ulcers, swollen joints, inflammation, painful organs, headaches, testicular inflammation and various other ailments including skin affections. Decoction is used as gargle in stomatitis and kanthasaluka. Fumigation of fried leaves is used in headache and catarrhal affection. Decoction is used for Katisnana (bath up to waist or tub-bath with nirgundi jala).

The leaves are ground (kalka) and coked in oil (preferably tila taila or sesame oil) for preparing nirgundi taila (by following process of taila paka). It is locally applied to inflammation and painful conditions of organs, rheumatism, vatavyadi, sprains, trauma, ulcers, wounds, sinus, abscess, headache, neuritis, sciatica, nerve complaints, painful and swollen joints and other various ailments. It is also useful as massage oil and in different modes of topical administration which is a safely indicated recipe with multiutility as medicinal oil. Nirgundi taila is very effective remedy supported with promising results based on large number of trials, cases and experiences in practice.

The drug nirgundi is useful in dysmenorrhea, debility, weak vision, cough, dysuria, pleurisy, lungs, complaints, puerperal and disorders, consumption, epilepsy, fever, guinea worm, asthma, foetid ear, poison (visa), intrinsic haemorrhage (raktapitta) and plihodara, agnimandya, amadosa, sotha and vatakapha vikara. It is also a rasayan and balya drug.

**Parts used:** leaves, roots, seeds, flowers.

**Dose:** Leaves juices 10-20 ml, Roots bark powder 3-6 gm, seeds powder 3-6 gm.

**Formulations (yoga):** Nirgundi taila, Nirgundi kalpa

**Groups (gana):** Visaghna, Krimighna (Caraka Samhita), Surasadi (Susruta Samhita).
Monograph on Vitex negundo Linn.

Scientific name: *Vitex negundo* Linn.

Family: Verbenaceae

Other names: Five leaved chase tree (english), Nirgundi (hindi), Nirgundi (sanskrit)

Description: A large deciduous shrub, 3-6 m tall. Leaves digiate, opposite, long stalked; lealets 3-5, lanceolate-long pointed, shiny above, paler with dense grey matted hairs beneath, longest leaflet 5-10 cm. Flowers panicle mauve, in branched clusters forming a long terminal branched pyramidal inflorescence.

Flowering and fruiting: April to October.

Parts used: Whole plant.

Uses: Leaves are aromatic, and used as tonic, vermifuge, dried ones smoked for the relief of headache and catarrhal, discutient, useful in dispersing swelling of joints from acute rheumatism and of the testes from suppressed gonorrhoea. Leaf juice is used for removing foetid discharges and worms from ulcers. Oil prepared with leaf juice is applied in sinuses and scrofulous sores. Root is used as expectorant, febrifuge and tonic.

Chemical constituents: Seeds contain hydrocarbons-n-tritriacontane, n-hentriacontane, n-pentatriacontane and n-nonacosane; beta-sitosterol, beta-hydroxybenzoic acid and 5-oxyisophthalic acid. Leaves yield an alkaloid-nishindine; flavonoids, 5-hydroxy-3,6,7,3,4, pentamethoxyflavone and casticin, irridoid glycosides. Aucubin, angusid and 2-p-hydroxybenzyolmsaenosidic acid; an essential oil, vit C, carotene, gluco-nonitol, p-hydroxybenzoic acid, 5-oxyisophthalic acid, 3,4 - dioxybenzoic acid and sitosterol. Stem bark contains twoleucoanthocyanidins. Bark contains a fatty acid, beta-sitosterol, vanillic acid, p-hydroxy-benzoic acid and luteolin. (Husain et-al, 1992)

Distribution in Nepal: 100-1200m, east to west.
Nirgundi in NTFPs of Nepal

Non Timber Forest Products of Nepal (NTFPs)

*Vitex negundo*

Nepali : Simali  
Sanskrit : Sephali, Nirgundi  
English : Indian privet  
Hindi : Shivari, shambalu  
Tharu : Sewali  
Magar : Tara  
Tamang : Sinyal  

Family : verbenaceae  

Habit : A small, aromatic tree upto 4m high.  

Flowering and fruiting period : March to December  

Chemical composition: The leaves contain two alkaloids, hishindine and hydrocotylene, gluconomitol, p-hydroxybenzoic acid, an amorphous glucoside, tannic acid, aucubin, agudide, casticin, orientin, isoorientin, a-D-glucoside of a tetrahydroxymonomethylflavour and vit. C. The freshly collected leaves yield oil.  

Occurrence: Sub tropical and temperate Himalayan regions 100-1200m.  

Description: A large aromatic shrub, with quadrangular, dense whitish tomentose branchlets, upto 4.5m height, or sometimes a small, slender tree, ascending upto an altitude of 1500m. Bark thin, grey, leaves 3-5 foli ate; leaflets lanceolate, entire or rarely crenate, terminal leaflets 5-10cm length and 1.6-3.2cm width, lateral leaflets smaller, all nearly glabrous above, white tomentose beneath; flowers bluish purple, small, in penduncled cymes, forming large, terminal, often compound, pyramidal panicles, drupes globose, black when ripe, 5-6 mm in diameter, inverted at the base with enlarged calyx.  

Uses: The leaves are aromatic and are considered tonic and vermifuge. A decoction of the leaves, with addition of long pepper (piper longum) is given in catarrhal fever with heaviness of head and dullness of hearing. The leaves are also smoked for the relieved of headache and catarrh. A decoction of the leaves and the vapours are employed in baths for the treatment of febrile, catarrhal and rheumatic affections. The leaves possess discutient properties and are reported to be applied to rheumatic swellings of joints and in sprains. The juice of the leaves is said to be
Monograph on Vitex negundo Linn.

The leaves are reported to possess insecticidal properties and are laid over stored grain to ward off insects. An extract of leaves showed anti-cancer activity.

The root possess tonic, febrifugal, expectorant and diuretic properties. They are used in dyspepsia, rheumatism and boils. The powdered root is prescribed as an antihelminthic and as a demulcent in dysentry. It is also given for piles.

The flowers are astringent and are sued in fever, diarrhoea and liver complaints. The fruits are prescribed in headache, catarrh and watery eyes. The dried fruits are considered vermifuge.

Seed are eaten after boiling. The young shoots are used in basket making. The ash of the plant is a source of potassium carbonate and is used as an alkali in dyeing. Plant juice is used to remove lice and other ecto-parasites of chicken. Leaf juice is taken to relieve abdominal pain.

An oil prepared with it is applied to sinus and sacrofulous sores.

Nirgundi in The Ayurvedic system of medicine, Vol. III

Compiled by Season koju
Nirgundi
Nisinda

Hin : sambhalu
Marh : nirgundi
Tel : sindhuvarnum
Tam : chinduvaram
Can: bile-nekki
Mal : indrani
Pers : lisban
Guz : logor
Konk : negas

Vitex negundo

It is a kind of small tree similar in properties to the three leaved chaste tree (vitex trifolia) with its pale blue flowers and called sindhubara but somewhat weaker. The leaves of this species (vitex negundo) are a powerful discutient and very efficacious in dispelling inflammatory swelling of the joints from acute rheumatism and of the testes from supressed gonorrhea, the fresh leaves are put into an earthen pot, heated over a fire and applied as hot as can be borne without pain. A pillow stuffed with the leaves is placed under the head for relief of headache. The juice of the leaves is said to remove foetid discharges and worms from ulcers. An oil prepared with the juice of the leaves is applied to sinuses and scrofulous sores. A decoction of the leaves with long pepper is given in catarrhal fever with heaviness of head and dullness of hearing. The leaves are given with garlic, rice and gud (jaggery) as a remedy for rheumatism. The root is considered as tonic, febrifuge, expspectorant and diuretic. A tincture of the root bark in 1 to 2 drachm doses is recommended in cases of irritable bladder and of rheumatism. The powdered root is prescribed for piles as demulcent, also for dysentery. The fruit especially of the three leaves variety in nervice, cephalic and lemmenagogue and is prescribed in powder, electuary and decoction. The flowers are used as cool, astringent in diarrhoea, cholera, fever and disease of the liver and are recommended as cardiac tonic. The seeds form a cooling medicine for cutaneous diseese and leprosy. The flowers and stalk reduced to powder are administered in cases of discharge of blood from the stomach and bowels.

Botanical character of family Verbenacea
VERBENACEAE
Bicarpellatae
Lamiales
The family contains 98 genera and about 26,000 species. The plants are mostly restricted to the tropical and subtropical regions although a few genera (Verena) extend to the temperate regions.

Habit: Vitex, Lantana are climbing. Verbena is an undershrub, Clerodendron are shrubs. Tectona grandis is a tall tree. Avicennia is a mangrove shrub. Petrea, Holmskioldia are climbers.

Vegetative characters: Leaves are opposite or whorled, simple, rarely palmately or pinnately compound (vitex) and exstipulate.

Floral characters: Inflorescence recemose or cymose type, often with involucres of colored bracts. A dichasial cyme with cincinnal tendency (vitex, Clerodendron).

Flowers pentamerous, bisexual (rarely unisexual by abortion), zygomorphic, (rarely actinomorphic), complete and hypogynous.

Calyx consists of mostly 5 sepals, gamosepalous, valvate; rarely calyx may become inflated in the fruit as in Priva and Tectona.

Corolla consists of 4, epipetalous, didynamous stamens; stamens are equal in number to the petals and all are fertile in Tectona. In Stachytarpeta there are only 2 fertile stamens. Anthers are dithecous, intorse, dehiscing by longitudinal slits.

Gynoecium is bicapellary, syncarpous; carpels are 5 in Geunsia and 4 in Duranta. In Lippia and Lantana, the posterior carpel is abortive; ovary superior, with a terminal style that ends in a capitates or forked stigma; ovary is tetraocular by false septum. There is one anatropous ovule in each chamber on axile placenta.

Fruits generally a drupe of 4 nutlets (verbena) or 2-4 valved capsule (Avicennia). Calyx is persistent and forms a bladdery structure in Tectona. Seeds exalbuminous with a straight embryo.

Important characteristics:
1. Cylindrical stem  
2. Non-aromatic leaves  
3. Flowers irregular (zygomorphic), bisexual  
4. Non-verticillate inflorescence  
5. Terminal style  
6. Fruits in drupe

Common plants;

*Avicennia officinalis* L.; *Clerodendron infotunatum* Gaertn; *C. indicum* (L.) Kuntze; *C. inerme* L.; *Lantana camara* L. var. aculeate (L) Mold; *Phyla nodiflora* Gren syn. *Lippia nodiflora* Rich; *Verbena officinalis* L.; *Tectona grandis* L.; *Gmelina arborea* L.; *Duranta repens* L.; *Premna integrifolia* L. *Petrea volubilis* Jacq.

Economic importance:

*Tectona grandis* cultivated for its timber which is extremely hard and lasting. Woods of *Callicarpa arborea* is hard light colored and used in making furniture. Wood of *Gmelina arborea* similar to teak and lasts well under water. *Congea tomentosa*, *Verbena*, *Lippia citriodora*, *Lantana* are cultivated for ornamental purposes. Leaves of *Verbena officinalis* used in various eye diseases; leaves of *Lantana indica* are used as antidote for snake bites; leaves of *Callicarpa macrophylla* are used in rheumatism. Tubers of *Priva laevis* are edible. Bark of *Avicennia* is used for tanning.
Vitex negundo Linn. (Verbenaceae)
Sanskrit name: Nirgundi

A large shrub 3-5m in height.
Root: febrifuge, tonic, diuretic, expectorant, given in dyspepsia, dysentery and piles.
Leaves smoked in headache, leaf extract in catarrhal fever, leaf juice in rheumatism, arthritis, sprain, as hair tonic, insect repellent, insecticidal, antibacterial; leaf infusion is anti-cancerous, effective in leprosy.
The wood is used for construction work, as fuel.

Central Council for Research in Ayurveda and Siddha, New Delhi, India.

Nirgundi in Some Research Papers

1. Antibacterial and cytotoxic activity screening of leaf extracts of Vitex negundo (Fam: Verbenaceae)

Abstract: The work described in this paper details the biological investigation on Vitex negundo, species of Verbenaceae. The methanol crude extract of Vitex negundo was fractionated with kupchan method and pet-ether and carbon tetrachloride were made for screening the antimicrobial and antitumor potentials using disc diffusion method and brine shrimp lethality bioassay respectively. An established antibiotic (Kanamycin, 30μg/disc) and cytotoxic agent (Vincristine sulphate) were used to compare the results. From the graphs the LC50 (50% mortality) values were found as 12.5g/ml, 1.55g/ml and 1.56g/ml for methanolic crude extract, pet-ether and carbon tetrachloride fractions respectively. LC90 was also determined from the graph to establish the therapeutic index and the value were found 150.0g/ml, 50g/ml and 50g/ml for methanolic crude extract, pet-ether and carbon tetrachloride fractions respectively. The four fractions were also assayed for antimicrobial screening and all the fractions showed most prominent zone of inhibition against a number of bacterial and fungal strains. Especially in comparison to the standard kanamycin, all fractions gave prominent zone of inhibition against Bacillus subtilis, Bacillus megaterium, Salmonella typhi, Vibrio mimicus and a fungal strain, Aspergillus niger.

2. Evaluation of Antipyretic Activity of Alcoholic Extract of Vitex nigundo
Leaves In PGE1 induced pyrexia model in Albino Rats.
*Source: Journal of Chemical and Pharmaceutical Research, 2012, 4(6):3015-3019*

**www.jocpr.com**

**ABSTRACT:** Evaluate antipyretic Activity of Alcoholic Extract of vitex negundo In PGE1 induced pyrexia in Albino rats. Vitex negundo is generally known as Negundo in India. It is also known as the five-leaved chaste tree, is a large aromatic shrub with quadrangular, densely whitish, tomentose branch lets. It is widely used in folk medicine, particularly in South and Southeast Asia. It belongs to family Verbanaceae and is found throughout India. Vitex negundo has been used for various medicinal purposes in Ayurveda and Unani systems of medicine. The leaves and whole plant is used as an anti-inflammatory, antiseptic, antipyretic and diuretic. Antipyretic activity of leaves of vitex negundo is studied in brewer’s yeast induced pyrexia models. Our study is to evaluate antipyretic activity of alcohol extract of vitex negundo in PGE1 induced hyperpyrexia model in albino rats.

3. MITICIDAL ACTIVITY OF METHANOLIC EXTRACT OF VITEX NEGUNDO-LAM AGAINST SARCOPTES SCABIEI IN ANIMALS AND MAN


**ABSTRACT**
The present study was designed to determine the miticidal effect of methanolic extract from *Vitex negundo* at the rate of 10 and 20% concentrations through topical application on scabies affected skin of camel, buffalo, goat, dog and man. The ivermectin was used as reference compound and100% methyl alcohol as control group. The topical application of the treatment groups on scabies affected buffaloes gave 43, 73, 81 and 0%, on camels 46, 75, 84 and 0% on dogs 42, 77, 83 and 0%, on goats 42, 69, 81 and 0% and on man 61, 78, 84 and 0% protection, respectively, after 5th weeks of application. In addition, the effect of *Vitex negundo* methanolic extract with three different concentrations (10, 20, and 30%) was studied in vitro to determine the potential to kill *Sarcoptes scabiei*. The results revealed that 10, 20 and 30% concentrations of *Vitex negundo* methanolic extract caused 70, 80, and 90% mortality of the *Sarcoptes scabiei* mites, respectively in comparison to ivermectin and methyl alcohol that gave 85 and 5% mortality, respectively. It is concluded that methanolic extract of *Vitex negundo* was found good as ivermectin a proven miticide both in *vitro* and in *vivo*.

**Conclusion:**
Nirgundi is one of the most used herbal plants in the field of Ayurveda. It is recommended in various diseases like vatavyadhi (one amongst eight mahagada), inflammations, dysuria, gonorrhea, etc. as a nerve tonic, syrup etc. many researches has been carried out on the plant and its been found that the plant is vermifuge, febrifuge, anti-venomous, astringent, alterant, antigungal, expectorant, depurative, anti-rheumatic and tonic. Its main parts used are leaves, bark, roots and seeds.

Constituting of chemicals like glucoside, alkaloid, sabinene, linalool, terpinen-4-ol, b-caryophyllene, resin, organic and mallic acids and coloring matters and many more, it has been widely used externally as well as internally.

Nirgundi of family verbenaceae have been used from ancient time to modern times in various forms and as a remedy of many diseases. It is explaind in samhitas and several modern texts about medicinal plants with its charaters, local names along with its uses. It is used in diseases like jwor, swasa, gout, dysuria, raktapitta etc. and through its preparations like nirgundi taila solely or with other herbal drugs.

In context of Nepal, it is well known as Simalee and cen be easily found. Many people have been using knowingly and unknowingly. As it is easily accessible, so treatment from this precious herbal plant is very possible.

In the nutshell, it can be said undoubtedly that Nirgundi is one of the most important herbal plants that has to be more explored so as to get more benefit from the plant. It is the boon of mother earth to humankind.

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