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Monograph on Vitex negundo Linn.

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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 –Bhaisajya Ratnavali

C.D-Chakra Datta

C.S- Caraka Samhitā

G.N- Gada Nigraha

R.N- Rāja Nighantu

S.Sa –Sushruta Samhitā

Sa.S-Sārangdhar Samhitā

Y.R- Yoga Ratnākar

Sa.N- Sankar Nighantu

N.N-Nepali Nighantu

N.A-Nighantu Adarsha

Ci.S: Chikitsa sthana

Su.S: Sutra sthana

U.S: Uttara Sthana

Ka.S: Kalpa sthana

Sa.S: Sarira Sthana

Nirgundi in charaka samhita

विषं शिरीषस्तु ससिन्धुवारः ॥ C.S.Su.3.28.

The paste of the bark of sirisa and sindhuvara is anti-poisonous.

अक्षीवमरिच निर्गुण्डी क्रिमिघ्नानि भवन्ति ॥ C.S.Su.4.15.

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

हरिद्रामंजिष्ठा सिन्धुवार विषघ्नानि भवन्ति । C.S.Su.4.16

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

पिप्पलीलवणागार लक्षणा ॥ C.S. Si.9.58.

Nirgundi, pippali, salt, root, apāmarga, mustard, juice of vartaaku, aragvadha and sahadhara 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.

जात्यर्कपुष्प सिन्धुवाराश्च ॥ C.S. Ci. 23.56.

Sindhuvara 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.

श्वेतकटभीकरञ्जौ वियोसा : ॥ 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.

अपि तक्षकदष्टानां सिन्धुवारिका ॥ 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 सिन्धुवारिका ॥ 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.

यष्टी मधुक सिन्धुवारिका 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.

विडङ्गैरण्डजनीपटोल स्त्रीणां तथा तृणम् ॥ 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 unctous 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.

सिन्धुवारं विजानी पित्तनाशनम् ॥ S.Sa.Su. 46. 286.

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

निर्गण्डीजाति दिशन्ति ॥ 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.

आरग्वधस्य पत्रैस्तु निर्गण्ड्या कया ॥ S.Sa.Ci. 37. 120

The leaves of argvadha 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 out flow of injected fluid.

कृत्न्नेटैला सितसिन्धुवारा ॥ 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 सिन्धुवार विषाणि ॥ 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 anti-venomous medicine (agada) is highly efficacious especially in the case of poisoning by a mandali bite.

सोमराजीफलं सिन्धुवारं विषापहः ॥ 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.

पटोलशेलू सिन्दुवारजम् ॥ 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.

तथाऽर्जका चैव ॥ S. Sa. U. 11.11.

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

तत्प्रशस्तं मधुसंयुक्तं ॥ 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 कसम् ॥ 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

सिन्दुवारित योजयेद्विषशान्तये ॥ 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 decoction prepared from the two haridra, katabhi, guda (molasses jaggery) sindhuvarak, vispava, baspika, sataparvika,(hen's egg) and avalguya to relieve the effect of poison.

निर्गुण्डीपत्रनिर्यास्त्रसाधितं च साधितम् ॥ A.H.Ci. 3.57.

Medicated ghee prepared from the fresh juice of leaves of nirgundi cures cough, ghee prepared from juice(decoction) of vidang and paste of vyosa instilled into it (cures cough).

एरण्डताक्ष्यं निर्गुण्डय विश्वै ॥ A.H.Ci. 19.81.

Medicated oil prepared with (decoction of) nirgundi, aruskara, surahva, suvarnadugdhi, 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 posses greater qualities than vajraka taila cures leucoderma, haemorrhoids, tumors and garland of tumors(scrofula).

नीपमार्कवनिर्गुण्डी प्रकल्पयेत् ॥ A.H.Ci. 20. 30.

Tender leaves of nipa, markava or nirgundi eatable(seeds) may be prepared with cornflour mixed with powder of vidanga (for prevention of diseases of head).

लक्षानिर्गुण्डी रोपणार्थं मसीसा ॥ A.H.U. 30.19.

Good cotton is soaked in the juices of aksa, nirgundi, bhringa and darvi for seven times and made into wide that wide is soaked in ghee, lighted(as a burning lamp) and the root emanating from it is collected. this applied as collyrium is between to nail pilla rogas.

प्रस्थं निर्गुण्डीस्वरसादके नावनै ॥ A.H.U.30.19

Medicated oil is prepared with the decoction 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 exduse pus, which present incurable features all become cured.

तैलं निर्गुण्डीस्वरसे प्रणुत् ॥ A.H.U.30.19.

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.

सिन्दुवारितमूलानि सपाकलम् ॥ A.H.U.36.57.

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.

यष्ट्या सिन्दुवारिका समुद्वेमेत् ॥ A.H.U.37.75.

Kapha should be removed by producing vomiting by making the patient drink the powder of yasthyahava, madana, ankola, galini, and sinduvarika.

विल्वचन्दननतो सिन्दुवारकर घाटवराङ्गम् ॥ A.H.U.37.84.

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.

सिन्दुवारं नतं समाक्षिकम् ॥ A.H.U. 38.27.

The person suffering from rat bite poison should drink the decoction 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).

सिन्दुवारस्य मूलानि विषम् ॥ A.H.U. 38.32.

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 Aastangasangraha of vagbhata (6th century)

शिरीष सिन्दुवार सनमन्मज ॥ चि. ३/३५

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

सपञ्च निर्गुण्डी विधिः ॥ चि. २२/४९

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

अक्षीवमरिच निर्गुण्डयः ॥ सू. १५/१७

Nirgundi, swadamstra, visa, aksiva, kebuka, vidanga etc. This group known as krimighna gana (kills the worms, bacteria etc. quickly).

सुरसार्जकनिर्गुण्डी चतुर्दिशम् ॥ उ. ४/३९

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.

सिन्दुवारःकद्रुतम् ॥ उ.४२/८१

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).

शिरीषसिन्दुवारकम् ॥ उ.४४/७०

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.

Nirgundi in Kashyap Samhita

शिरीषं पाटलीमूलं तण्डुलीयकमेव च ॥ १५७

सिन्दुवारितमूलं च मूलं सहचरस्य च ।

निष्कवाथ्य साधयेत् पेयां प्रक्षुद्रां विषनाशनम् ॥ १५८

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

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 स्वच्छन्दभैरवरसः वातरोगे

शुद्धं सूतं मृतं लोहं ताप्यं गन्धकातालके ॥ १६६

पथ्याग्निमन्थं निर्गुण्डी त्र्यूषणं टंकण विषम् ।

..... पिबेत्कोष्णमनुपानं सुखावहम् ॥ १६७-१६९

Purified suta, loha bhasma, taapya, gandhaka, talaka, pathya, agnimantha, nirgundi, tryusana, tankana and visam each quantity for one day. Next with juicie 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.

अथाग्निनामा रस क्षयश्वासादौ

शुद्धं सूतं द्विधा गन्धं

..... सहदेव्यमृतानीलीनिर्गुण्डीचित्रजैस्तथा ।

..... स्वयमग्निरसो नाम्ना क्षयकासनिकृन्तनः । १५३-१६१

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 ucures ksaya (consumption tuberculosis) and kasa (cough).

अथा त्रिविक्रमरसः अश्मर्या

मृतं ताम्रमजाक्षीरैः पाच्यं

..... नाम्ना मासैकनाश्मरीप्रणुत् ॥ 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.

कफादौ मन्थानभैरव रसः

मृतं सूतं मृतं ताम्रं हिंगु।

पुनर्नवादेवदालीनिर्गुण्डीतण्डुलीयकैः ।

.....निम्बक्वाथं पिबेदनु ॥ २२७-२२९

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).

अथः लोहरसायनम्

शुद्धं रसेन्द्र भागैकं द्विभागं।

.....निर्गुण्डीदाडिमत्वग्निर्विस....

.....भृङ्गकुरण्टकैः ॥

.....त्यजेल्लोहस्य सेवकः ॥ २७५-२८१

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.

अथ श्लीपदे

धत्तुरैरण्डनिर्गुण्डीवर्षाभूशिगुसर्षपैः ।

प्रलेपः श्लीपदं हन्ति चिरोत्थमपि दारुणम् ॥ १०३

Dhattura, eranda, nirgundi, varasabhu, suigru and sarsapa made into a paste and applied in effective in slipada (fibriasis) however old it might be.

करञ्जारिष्टनिर्गुण्डी लेपो हन्याद्ब्रणक्रिमीन् ।

लशुनस्याथवा लेपो हिङ्गुनिम्बभवोऽथवा ॥ ९०

Paste of karanja, arista and nirgundi removes the krimis (maggots etc.) from the wounds; the passte of lasuna or of hingu and nimba leaves act likewise.

अर्कक्षीरवदाजं स्यात्क्षीरनिर्गुण्डिका तथा ॥ २७

ताम्ररीतिध्वनिवधे समगन्धकयोगतः ।

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

अर्शोहरवाष्प

मन्दारनिर्गुण्डी

.....परियोजितः ॥ २८

नीमको पात २ तोला, बकाइनोको पात २ तोला, निर्गुण्डीको पात २ तोला, इमलीको पात २ तोलालाई एउटा भाँडोमा राखेर त्यसमा पानी हालेर उमालेर त्यसको वाफ लिनाले मांसको दुखाई कम हुन्छ ।

गृध्रसीचिकित्सा

गुग्गुलोर्योगराजस्य

शेफालिकागृध्रसी लीयते ध्रुवम् ॥ १५

जुन रोगी बिहान-बेलुकी योगराज गुग्गुललाई सिम्हालूको पातको स्वरससँग सेवन गर्दछ, उसको गृध्रसी रोग नष्ट हुन्छ ।

विषगर्भतैलम्

दशमूलानि निर्गुण्डी

.....पलिकान् मितान् ॥ १०७

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.

महाशाल्वण योग

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

महाकल्याणकं घृतम्

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

Nirgundi in Chakradutta

अथ: यक्ष्मचिकित्सा

निर्गुण्डीघृतम्

समूलफलपत्राया निर्गुण्ड्याः स्वरसैर्घृतम् ।

सिद्ध पीत्वा क्षतक्षीणो निर्व्याधिर्भाति देववत् ॥

निर्गुण्डीतैलम्

निर्गुण्डीस्वरसनाथ लाङ्गलीमूलकल्कितम् ।

तैलं नस्यान्निहन्त्याशु गण्डमालां सुदारुणाम् ॥ २१

अथः गलगण्डगण्डमालापचीग्रन्थ्यर्बुद चिकित्सा

निर्गुण्डीत्यादौ निर्गुण्डीस्वरसश्चतुर्गुणः ॥ २१

अथः नाडीव्रण चिकित्सा

समूलपत्रां निर्गुण्डी पीडायित्वा रसेन तु ।

तेन सिद्धं समं तैलं नाडीदुष्टव्रणपहम् ॥

हितं पामापचीनान्तु पानाभ्यञ्जननावनैः ।

विविधेषु च स्फोटेषु तथा सर्वव्रणेषु च ॥ १६

निर्गुण्डी तैलं सममिति सहार्थे, निर्गुण्डीस्वरसश्चतुर्गुणा एव ग्राह्यः । चक्रस्तु समशब्दं तुल्यार्थमित्याह अकल्कमिदं तैलम् ॥ १६

Nirgundi in Gada Nigraha

Kayachikitsa khande Jwaradhijara 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 roga dhikar Ch. 6

- Nirgundi kwath in Krimi roga: Nirgundi, sahijana and kayaphal are mixed 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

Shalakyata tantre 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

Shalakyata tantre Mukhadhikara Ch. 5

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

Salya tantre slipadadhikara Ch. 2

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

Kaumar tantre 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

Nirgundi in Yogratnakar

Yogratnakar Uttarardha:

In gandamalapaci chikitsa:

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. ||1|| p-996

In Nadivrana chikitsa:

Nirgundi tailam: Root of Sambhalu(nirgundi) and juices of its leaves are cooked with equal amount of oil of sesame. This oil cures Nadivrana and Dustavrana. ||7|| 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. ||1 ||p-1231

Nirgundi in Rasendra Sara Sangraha

कण्टकारी सिंधुवार || २/१६०

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

जातीफलं.....सिन्धुवारं.....||२/२३

Sindhuvara 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 grahani etc.

मर्दित हिसिन्धुवारयो || २/५७

Sindhuvara is one of the ingredient of panchamrita vati which is indicated in loss of appetite.

जातीकोषस्थसिन्धुवार.....नाशन ॥ २/६८

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

Nirgundi in Bhiasajya 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 dysentery, 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, dhatura, 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, grahani, sotha, gudaroga, has nirgundi as one of its ingredients along with vijaya, dadima, patha, jatiphala etc. (8/391)root and leaves of nirgundi, bigger kantakari, asvaganda, pippali and jatiphala 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)
- Visvodipka abhram has abhraka bhasma along with nirgundi, chavya, chitraka, dhatura 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 khanda 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 laves) of nirgundi and murchhita ghritam are used for this preparatoin which makes the body of user glow like body of gods.this also treats tuberculosis and phtthisis. (14/238)

Bhaisajya ratnawali II

- Nirgundi is one of the ingredients of vata gajankusa rasa along with mundi, agnimantha, vyosa, pathya, sringi etc. which is sed to cure vatic 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. (26/194)
- Pushparajaprasarani tailam ; which is used for treating 80 types of vata dosorder 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, suptavata, 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 diseasesl (36/42)
- Preparation of lauha rasayan contains lauhabhasma along with nirgundi, triphala, trivrit, chtraka 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 ratnawali 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 trituration 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 bhasma 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

गुञ्जोन्मितंनिर्गुण्डी स्वरसेनाथ.....।

.....विविध ज्वरनाशनः ॥ १६७-१७०

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.

लौहमारक गण

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

अमरकोश

सिन्दुवारेन्द्रसुरसौ निर्गुण्डीद्राणिकेत्यपि ॥ ६८

शेफालिका तु सुबहा निर्गुण्डी नीलिका च सा ॥ ७०

Nirgundi in Bhava Prakash Nighantu

अथ सिन्दुवार : (मेउडी-सेन्दुवार) निर्गुण्डी (नीलसम्हालू) इति च तेयोर्नामानि गुणश्चाह

सिन्दुवारः श्वेतपुष्पः सिन्दुकः सिन्दुवारकः ।

नीलपुष्पी तु निर्गुण्डी शेफाली सुवहा च सा ॥ ११३

सिन्दुकः स्मृतिदस्तिक्तः कषायः कटुको लघुः ।

केश्यो नेत्रहितो हन्ति शूलशोथाममारुतान् ॥ ११४

कृमिकृष्टारुचिश्लेष्मज्वरान्नोलापि तद्विधा ।

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.

अथ सिन्दुवारपत्रगुणानाह

सिन्दुवारदलं जन्तुवातश्लेष्महरं लघु ॥ ११५

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 Dhanwantari nighantu, white and blue flowered sindhuvara has been described and also classified sephalika into nirgundi (blue flower) 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 arbortistis)

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 incehs 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

सिन्दुवार (सम्भालू)

Names :

सिन्दुवारः श्वेतपुष्पः सिन्दुकः सिन्दुवारकः ।

सूरसाधनको नेता सिद्धकश्चार्थसिद्धकः ॥ १५१

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

Properties :

सिन्दुवारः कटुस्तिक्तः कफवातक्षयापहः ।

कुष्ठकण्डूतिशमनः शूलहृत्काससिद्धिदः ॥ १५२

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

नीलनिर्गुण्डी

सुगन्धाऽन्या शीतसहा निर्गुण्डी नीलसिन्दुकः ।

सिन्दुकश्चपिका भूतकेशीन्द्राणी च नीलिकाः ॥ १५३

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.

कटुष्णानीलनिर्गुण्डी तिक्ता रुक्षा च कासजित् ।

श्लेष्मशोफसमीरार्ति प्रदराध्मानहारिणी ॥ १५४

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:

शेफालि

शेफालिका तु सुबहा शुक्लाङ्गी शीतमञ्जरी प्रोक्ता ।

अपराजिता च विजया वातारिभूतकेशी च ॥ १५५

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

शेफालिः कटुतिक्तोष्णरुक्षा वातक्षयापहा ।

स्यादङ्गसन्धिवातघ्नी गुदवातादिदोषनुत् ॥ १५६

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 oare good for eye. It alleviates kapha, vata. And is useful in kshaya, kustha, 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, kustha, snadhivata and gudavata. Some people considered it as "banaiyan".

Leaf of simalee : alleviates vata, slesma and krimi.

Nirgundi in Madanpaal Nighantu

निर्गुण्डीद्वयनामगुणाः ।

निर्गुण्डी श्वेतकुसुमः सिन्दुकः सिन्दुवारकः ।

भूतकेश्यपरो नीलसिनदुकः पुष्पलीलकः ॥

शेफालिका शीतभीरूनकोऽनिलमञ्जरी ॥ ६२

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

निर्गुण्डी स्मृतिदा तोक्ता कषाया कटुका लघुः ॥ ६३

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

केश्या नेत्रहिता हन्ति शूलशोथाममारुतान् ।

कृमिकुष्ठारुचिश्लेष्मव्रणान् नीलाऽपि तद्विधो ॥ ६४

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

Nirgundi in Shankar Nighantu

निर्गुण्डी (सम्हालु-सिहरु-मेउडी)

संस्कृत : सिन्दुवार, निर्गुण्डी

बंगला : निशिन्हा

अरबी : कसलुक, असलुक

मराठी : निर्गुण्डी

गुजराती : नागड्य

अंग्रेजी : five leaved chaste tree

गुण : कटु, तिक्त, रुक्ष, उष्ण, कषाय, स्मरणशक्तिदायक, नेत्र हितकर, केशलाई सुन्दरता प्रदान गर्ने, अग्निलाई दीपन गर्ने, मेधाजनक, वर्ण्यकारक तथा गुदवात, क्षय, सन्धिवात, शोथ, आम, कृमि, कफ, घाउ, प्लीहा, गोला, कण्ठरोग, विष, शूल, अरुचि, ज्वर, मेदोरोग, गृध्रसीवात, नाकश्राव, श्वास तथा पित्तलाई हटाउने हुन्छ ।

पात : कृमि, वात तथा कफनाशक र लघु हुन्छ ।

नील निर्गुण्डी : कटु, उष्ण, तिक्त, रुक्ष तथा कास, कफ, शोथ, वात वेदना, प्रदर रोग र अफरालाई नाश गर्दछ ।

वननिर्गुण्डी : पथ्य तथा पित्तज्वर, विष तथा गृध्रसी वात नाशक हुन्छ तथा वर्ण्यकारक हुन्छ ।

पात : कटु, अग्निदीपन, लघु तथा कृमि, कफ र वात नाशक हुन्छ ।

फूल : कटु, उष्ण, तिक्त तथा कृमि, कफ, प्लीहा, गोलावात, कोथ, शोथ, अरुचि तथा कण्डु नाशक हुन्छ ।

विवरण : निर्गुण्डीको बोट उद्यान तथा वनमा पाइन्छ । पात अरहर समान एक डाँठमा पाँच पाँचवटा हुन्छ । पात नीलो तथा तल सेतो हुन्छ । निर्गुण्डी अनेक जातिको हुन्छ । कसैमा कालो तथा कसैमा सेतो फूल लाग्ने गर्दछ । फल आँपको मौर समान गुल्छादार तथा केशरी रंगको हुन्छ ।

व्यवहार : मूल

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.
4. Cures pleeha vikara.
5. Cures uterus sotha, stops bleeding from uterus and hridroga.
6. Cures dog-bite.
7. Its seed acts as contraceptive.
8. Arabis called it habbulnasal (i.e. not toxic oil).

Nirgundi in Kaiyadeva Nighantu

निर्गुण्डी

Vitex negundo Linn.

Family : Verbenaceae

Hindi : Samhalu, Meudi, Sindhuvara

निर्गुण्डी वन(जे)न्द्राणी सिन्दुकः सिन्दुवारितः ।

सिन्दुवारो भूतकेशी भूतावेशा वसुस्थितिः ॥ १२४

श्वेतपुष्पोऽपरो नीलः सिन्दुको गिरिसिन्दुकः ।

नीलपुष्पः सिन्धुसहः कृष्णः शीतसहस्तथा ॥ १२५

निर्गुण्डीकाऽन्या शेफाली वनजा नीलमञ्जरी ।

महत्पत्री शीतभीरुः सिन्दुवारच्छदाऽपरा ॥ १२६

भूपदी श्वेतसुरसा सुगन्धा सुरसाऽपरा ।

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). Sephali sindhuvara sadrisyapatri as mahatpatri and fifth type as vupadi or svetasurasa. In this way, five types of nirgundi have been described.s

Synonyms of nirsindhuvara : nirgundi, banaka, sindhuk, sindhuvarak, sindhuvara, bhootkeshi, bhootvasa, basusthiti, svetauspasa.

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

Sephali synonyms : banaja, nilmanjari

Synonyms of mahatpatri : shitaviru, sindhuvarachchhada.

Synonyms of vupadi : svetasurasa, sugandha, surasa.

निर्गुण्डी तुवरा तिक्ता मेध्या शीतोष्णा लघुः ॥ १२७

चक्षुष्या दीपनी केश्या कफानिलविषापहा ।

हन्त्यरोचकशूलामगुल्ममेदोव्रण क्रिमीन् ॥ १२८

शोफकृष्टप्रतिश्यायश्वासकासासांश्च सा द्विधा ।

शेफालिका तयोः पथ्या विषपित्तविनाशिनी ॥ १२९

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, inflammaiotn, kustha, pratisyaya, swasa and kasa. Among these two sephalika is best especially in treating visa and pitta.

श्लेष्मानिलघ्नंलघु दीपनीयं, निर्गुण्डिकाया कृमिघाति पत्रम् ।

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

निर्गुण्डीपुष्पं तिक्तोष्णं कृमिवातकफापहम् ।

गुल्मप्लीहारुचिः कृष्टं कण्डूं शोफं जयेत् कटु ॥ १३०

Flowers of nirgundi : katu and tikta in rasa, hot potency, alleviates vata andk apha, destroying krimi, gulma, pleeha, aruchi and oedema.

Nirgundi in Dhanwantari Nighantu

शेफालिका (शेफाली)

शेफालिकाऽन्या निर्गुण्डी वनजा नीलमञ्जरी ।

शुक्लाऽनया श्वेतसुरसा भूतकेशी च कथ्यते ॥ ८३

गुणाः कृष्णसंज्ञो विषघ्नश्च पवित्रो गिरिसिन्दुकः ।

राजनिघण्टौ शताह्वादिश्चतुर्थो वर्गः ।

सुगन्धाऽन्या शीतसहा निर्गुण्डी नीलसिन्दुकः ।

सिन्दुकच्छपिका भूतकेशीन्द्राणी च नीलिका ॥ ११९

गुणाः कटूष्णा नीलनिर्गुण्डी तिक्ता रुक्षा च कासजित् ।

श्लेष्मशोफसमीरार्तिप्रदराध्मान हरिणी ॥ १२०

राजनिघण्टौ शताह्वादिश्चतुर्थो वर्गः

शुक्लाङ्गी (शेफालिका विशेषः)

शेफालिका तु सुबहा शुक्लाङ्गी शीतमञ्जरी प्रोक्ता ।

अपराजिता च विजया वातारिर्भूतकेशी च ॥ १२१

गुणाः शेफालिः कटुतिक्तोष्णा रुक्षा वातक्षयापहा ।

स्यादङ्गसंधिवाताघ्नी गुदवातादिदोषनुत् ॥ १२२

सिन्दुवारः

सिन्दुवारः श्वेतपुष्पः सिन्दुकः सिन्दुवारकः ।

नीलपुष्पः शीतसहो निर्गुण्डी नीलसिन्दुका ॥ ८१

गुणा : निर्गुण्डी कटुतिक्तोष्णा कृमिकुष्ठरुजापहा ।

वातश्लेष्मप्रशमनी प्लीहगुल्मारुचिर्जयेत् ॥ ८२

राजनिघण्टौ शताह्वादिश्चतुर्थो वर्गः

स्थिरसाधको नेता सिद्धकश्वार्थ सिद्धकः ॥ ११७

गुणा : सिन्दुवारः कटुस्तिक्तः कफवातक्षयापहः ।

कुष्ठकण्डूतिशमनः शूल हृत्काससिद्धिभदः ॥ ११८

Nirgundi in Mahausadh Nighantu

सिन्दुवार : (सम्भालू)

नामानि :

सिन्दुवारः श्वेतसुभः सिन्दुकः सिन्दुवारकः ।

नीलपुष्पी तु निर्गुण्डी शेफाली सुबहा च सा ॥ ३१

सिन्दुवार, श्वेतसुभ, सिन्दुक, सिन्दुवारक, नीलपुष्पी, निर्गुण्डी, शेफाली तथा सुबहा , यी सबै सम्भालूको संस्कृत नाम हुन् ।

गुण : सिन्दुकः स्मृतिदास्तिक्तः कषायः कटुको लघुः ।

केशयो नेत्रहितो हन्ति शूलशोथाममारुतान् ॥ ३२

सम्भालू स्मरणशक्तिलाई बढाउले खालको, तिक्त, कषाय तथा कटुरस युक्त, विपाक लघु, केशको लागि हितकर, नेत्रशक्तिवर्धक हुन्छ तथा शूल, शोथ एवं आमवातनाशक हुन्छ ।

विमर्श : सम्भालूको दुई भेद हुन्छ । नीलपुष्पी तथा श्वेतपुष्पी । निर्गुण्डी तथा पुष्पयुक्त सम्भालू भनिन्छ ।

हिन्दी : सम्भालू, सम्हालू, सिन्दुआर, सिनुआर, सेउडी

बंगाली : निशिन्हो

मराठी : लिंगड, निगड, निर्गुण्डी

पंजाबी : वन्न, मरवन, मौरा

गुजराती : नगेड, नगड

तामिल : नोञ्चि

तेलुगु : वाविली, तेल्ला वाविलि

कर्नाटक : विलि नेक्क

फारसी : पंजवं गुस्त

अरबी : असलक

अंग्रजी : Indian privat

ल्याटिन : Vitex negundo

यो वृक्ष प्रायः सबै प्रान्तहरूको वन उपवन तथा नदी किनारा, गाउँको नजिक एवं वन्जरमा उत्पन्न हुन्छ । यो गुल्माकार ६-९८ फुट उचाई तथा सेता रोमावरण युक्त हुन्छ । बोका : पातलो, स्निग्ध, धुसर वर्णको हुन्छ । पात : तीन देखि पाँच पत्रयुक्त, पत्रक मालाकार, लम्बाग्र अखण्ड वा गोल हुन्छ ।

पुष्प : आयाताकार तथा २-८ इन्च मञ्जरीमा निस्केको हुन्छ, सेतो वा हल्का नीलो रंग युक्त हुन्छ ।

फल : छोटो गोल १/५ इन्च व्यास हुन्छ ।

यो कटु, तिक्त, कषाय, उष्ण, लघु, दीपन, वातघ्न, वेदनास्थापक, कफघ्न, ज्वरहर, मूत्रल, आर्तवोत्पादक, कृमिघ्न, मस्तिष्कबलप्रद, शोथहर, विषघ्न, बल्य एवं रसायन हुन्छ । यसको उपयोग समस्त वातव्याधि, आमवात, कास, प्रदर, शूल, अपचन, आध्मान, कुष्ठ, क्षय, शोथ, व्रण, प्लीहावृद्धि तथा कृमिरोगमा गरिन्छ ।

ग्राह्य अंग : पात, बीज

मात्रा : ३-६ मासा

Nirgundi in Nighantu Adarsha

Nirgundi (samhalu)

Names:

Sanskrit : Nirgundi, Sindhukar, Indranika, Sephalika

Hindi : samhalu, sambhalu, menadi

Gujarati : nagoda

Marathi : nirgundi, nada

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, sophia, 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 identified 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 nigraha : 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 mentioned 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.

Yog ratnakar :

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 .

Nirgundi in Brihat Nighantu Ratnakar

सुरसादि गण

सुरसाश्वेतसुरसानिर्गुण्डी.....विषमुष्टिकश्चेति ।

सुरसादि वर्गणोव्रणशोधनः ॥ ८

Surasa, black tulasi, arjak, fanijjhak, vristrin, sugandhak, sumukh, kaalmaal, kasamarda, kshawak, kharapushpa, vayubidanga, kayaphal, surasi, nirgundi, kulaha, undurkani, varangi, prachival, kakamachi, visamustika etc. belong to

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, halidra, kapur, nisotha, raasna etc. are kapha samsaman gana.

(वातकफज्वरप्रकरणम्)

किरातादिकषाय

किरातविश्वामृत.....।

.....कफात्समुत्थितम् ॥

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

अर्कादि काढा (सन्निपातज्वरप्रकरणम्)

अर्का.....सिंधुवारो.....वातरोगान् ॥

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

ग्रन्थ्यादिकाढा

ग्रन्थीप्रजा.....सूतिकानांचतदृत् ॥

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

अर्कादि काढा

अर्क.....पस्मारस्मरत्र्यंटकः ॥

Root of procera, nirgundi along with other dravyas like chitraka, vacha, chirayita, chavya etc. these kadha cures tridosha jvara, nidra, obsetrics problems and various forms of vayu, shita, apasmara.

त्रिनेत्र रस

शुद्धसूतंसंशयः ॥

The expressed juice of nirgundi is used as bhawana dravya in preparation of trinetra rasa. This rasa cures maha sannipata.

सन्निपातानल रस (सन्निपात चिकित्सा)

रसभष्म सातिसारजित् ॥

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

निर्गुण्ड्यादिधूप

निर्गुण्डी.....पिनष्टिक्षणात् ॥

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

Nirgundi in Vaidhyavinod Bhasatika

अर्क व्योषंसिन्दुवारोग्रगंधा.....वातरोगान् ॥ ८८

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.

वातव्याधिनिदानचिकित्सा

शुद्धसूतमृत.....निर्गुण्डीकायाः स्वरसः.....स्वच्छंदभैरवः ॥ १

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

गृध्रसी चिकित्सा

एरण्डबीजानि शेफालिकापर्णभवः गृध्रसिरोहन्ता ॥ ९

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

उरुस्तम्भनिदानचिकित्सा

शेफादिकादक्वाथं.....तत्सर्वमूरुस्तम्भे प्रयोजयेत् ॥ ११

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

व्रणनिदानचिकित्सा

करञ्जारिष्टनिर्गुण्डीरसो हन्यात् कृमीन् व्रणे ॥ २०

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

स्नायुकानिदानचिकित्सा

गव्यं घृतं स्नायुकमासु पीतं निर्गुण्डीकायाः स्वरसस्नायुकरोमुग्रं ॥

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

गलशुण्डी क्षयंयातिशेफाली मूल चर्वणं ॥

Nirgundi root powder when taken cures galsundi.

Nirgundi in Banausadhi Nirdeshika

नाम : निर्गुण्डी (मेउडी)

संस्कृत : निर्गुण्डी

हिन्दी : सम्हालू, संभालू, म्योडी, मेउडी

बंगाली : निशिन्दा, निसिन्दा

मराठी : निर्गुण्डी
 गुजराती : नगोड
 संथाल : सिन्दवार
 उडिया : वेगुनिया
 फारसी : पैजंगुशत
 अरबी : असलक
 अंग्रेजी : Five leaved chaste tree

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 blackish 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 - 1 1/2g

Test for purity : Nirgundi leaves contains some aroma and little tikta in taste and is Hrillasajanak. Fruit also contains aroma.

Representation and adulteration : Its another types (*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 is 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 contains 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 preparatoiuun : nirgundi kalpa, nigrgundi taila, safuf fanjan kishta.

Note : Nirgundi is included is charaka in visaghna mahakashaya (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 : fevgastu, fojangasta, aabi, nagoda

Karnataka : kari yello, telam babil

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 jucie : 10-20 gm

Root bark decoction : 1-3 gm

Nirgundi in Yunani Dravyaguna Vijnan

संभालू

नाम :

हिन्दी : सम्हालू, सँभालू, म्योडी, मेउ(उँ)डी

अरबी : अस्लक, फंजंजकिशत, जूरवम्सतिल, औराक, जूरवम्सते, असावेअ

फारसी : पंजंगुशत

संस्कृत : निर्गुण्डी

बंगाली : निसिन्दा

गुजराती : नगोड

मराठी : निर्गुण्डी

ल्याटिन : *Vitex negundo* Linn.

अंग्रेजी : Five leaved chaste tree

उत्पत्तिस्थान : समस्त भारतवर्ष । यसको वृक्ष बगैँचा तथा पहाडमा पाइन्छ ।

वर्णन : पुष्पवर्ण, पत्राकृति एवं पत्रसन्निवेश भेदले निर्गुण्डी अनेक प्रकारको हुन्छ, नीलो फूलयुक्त निर्गुण्डीको भाड हुन्छ ।

रासायनिक संगठन : पत्रमा गन्धवाल एउटा रंगरहित तेल तथा राल, बीज वा फलमा एक कटु राल, एक कषाय सैन्द्रियक अम्ल, सेवाम्ल, एक क्षारोद अंश, एक रञ्जन द्रव्य, ईरानी बीजमा कास्टाइन नामक एक तिक्त वीर्य, तीक्ष्ण पदार्थ, स्वतन्त्राम्ल एवं वसामय तेल रहेको हुन्छ ।

पत्र पकृति : उष्ण

गुण-कर्म : लेखन, वेदनाहर, कठिन, क्षवथुविलयन, उपशोषण, यकृत तथा प्लीहाविकार नाशक हुन्छ ।

उपयोग : नेत्र शक्ति प्रदानको लागि यसको पत्रको आश्च्योतन दिइन्छ । कण्ठशूल, मुखव्रण शमनको लागि पत्रक्वाथले गण्डूष गरिन्छ । गर्भाशयशोथ, जरायुशूल, वृषणशोथ तथा गुदाशोथमा यसको कटिस्नान गरिन्छ । वायुजन्य शूल जरायुशोथ तथा कठिन शोथमा यसको पत्रको मलहम बनाएर लगाइन्छ ।

अहितकर : शिरशूल कारक हुन्छ र वृक्क अहितकर हुन्छ ।

निवारण : बब्बूल गोंद तथा कतीरा

प्रतिनिधि : शाह-दाना

मात्रा : पत्रको आन्तरिक प्रयोग हुँदैन ।

बीज-प्रकृति : उष्ण

गुण-कर्म : क्षवथुविलयन, संग्रही, प्रमाथी, वातानुलोमन, कामावसादकर

उपयोग : कठिन शोथहरुमा विशेषतः प्लीहाको कठिन शोथ विलिन गर्नको लागि उपयोगी हुन्छ । यकृत एवं प्लीहा विकारमा । मैथुनेच्छा कम गर्न र वीर्यलाई शुष्क बनाउन यसको काढा पिउन दिने । मूर्त्रार्तवजननमा यसको सेवन गुणदायक हुन्छ । सकूप फंजंजकिशत यसको प्रसिद्ध योग हो ।

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 Arahara. 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 Nighnatu's, blue flowered and white flowered plants have been described. Blue flowered plant named as Nirgundi and white flowered as Sinduvara.

Distribution: found everywhere in India mainly in Uttarpradesh.

Chemical compositions:

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

Guna(Properties)

Guna: laghu, ruksha

Vipaka: Katu

Rasa: Katu, Tikta

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.

Urinarysystem; mutrajanan

Reproductive system; Artavjanan

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

External: In shirashoola, andasotha, sandhisotha, aamvata related diseases, leaves can be given as upanaha sveda. Kati snan of its decoction is given in garbhshaya sotha, pakwasayashoola, vrishansotha, gudasotha etc. its decoction can be given as gandus in mukhapaka and kanthashoola. It can be smoked in shirashoola and 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 harenuka.

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

Nirgundi in Dravyaguna vijnan(Gyanendra Pandey)

NIRGUNDI

Vitex negundo Linn.

Gana: Vishaghna, 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- chaste tree; nigundo(from nirgundi). Trifolia (tri = three, folia = leaves). Because it is trifoliate ,it can be used in place of bel leaves for worshipping 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

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: Vatakapahashamak, 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 endometris , 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, diffuclulty 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 aapetite and digestion. It is useful in loss of appetite, anorexia, hepatitis and is anthelmitic.

Circulatory system: whitye 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 gonorrhoeal infection it helps in passing urine smoothly.

Reproductive system: it improves menstrual flow therefore used in dysmenorrhoea 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 anupan or a main drug in typhoid and malarial fever.

Medovahasrots : decoction is used 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, Nirgudital, Nirgudighrit.

In large doses it vitiate 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 guinea worm infestation.

Srotogamitva :

Dosha : vatashleshmaghna

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, anthelmintic, 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, otorrhoea, inflammations. Leaf juice is used externally for foetid discharge and maggots in ulcers. Flowers are nervine tonic.

Nirgundi in Indian Medicinal plants

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; fruited globose or ovoid or obovoid, four seeded drupe, black when ripe.

Parts used : whole plant.

Properties and uses : The plant is bitter, acrid, thermogenic, anthelmintic, expectorant, 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 : Sinduvarab, 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.

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 addition 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.

Bull Dept. Med. Pl. Nepal

A shrub, 2-3 m tall, leaves 3-foliolate; 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, hills); Shimalu, Samalu, Chhatimal, Nishinda (UP, hills, Garhwal); Nigad, nagod(Gujarati); Nishinda(Bengali); Tellavavili(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, more 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, didynamous, exerted. Ovary 2-4 celled, 4-ovuled; style filiform, shortly 3 lobed.

Fruit a succulent drupe supported by the more or less accrescent calyx. 1.5-2.5 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

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, Kusthaghna, Kandughna, Medhya, Kaphafhna-kasahara, Mutrajanana, Artavajanana, Balya, Rasayana, Caksusya, Kesya, Jantughna, Dipanapacana(amapacana), Yakrituttejaka, Krimighna

Roga: Vatavyadhi-gridhrasi-amavata-sandhivata, Sirasula(sopha)-sandhisotha-abhighatajsotha-vranasotha-garbhasayasotha-gudasotha-kanhasotha-nasasotha-pratisyaya, Mukhapaka, Karnasula-karnasrava-putikarna, Visa-sarpavisa-musikavisa, Sarvavrana-nadivrana-dustavrana, Dantobhedanavedana, Snayukroga, Rajayaksma, Sutikaroga-rajahkrichhra, Granthi-apaci-gandamala, Apasmara, Angamarda, Kesaroga-palitya, Netraroga, Kasa-svasaphupphusa(avarana), Sotha, Mutraghata, Jvara-visamjvara.

Therapeutic uses

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, spleeny 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 employes 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 ried 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, nervine 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 multiutily 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 dysmenorrhoea, debility, weak vision, cough, dysuria, pleurisy, lungs, complaints, puerperal and disorders, consumption, epilepsy, fever, guinea worm, asthma, foetid ear, poison (visa), intrinsix 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 10-20ml, 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).

Nirgundi in Medicinal plants of Nepal(revised)

Simalee

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; leaflets 3-5, lanceolate long pointed, shiny above, paler with dense grey matted hairs beneath, longest leaflet 5-10 cm. flowers pale mauve, in branched clusters forming a long terminal branched pyramidal inflorescence.

Flowering and fruiting : april to octovber.

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-hydroxybenzoylmussaenosidic 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, vanilic 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 : Saphali, 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 amophous glucoside, tannic acid, aucubin, agnudide, casticin, orientin, isoorientin, a-D-glucoside of a tetrahydroxymonomethylflavour and vit. C. the freshly collected leaves yield oil.

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

Descrripiton: A large aromatic shrub, with quadrangular, densel 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 foliate; 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 benath; 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 relied of headache and catarrh. A decoction of hte leaves and the vapours are employoed 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

used for the treatment of foetid discharges. An ointment made from the juice is applied as a hair tonic. The drug is also reported to possess tranquilizing effect.

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 dysentery. It is also given for piles.

The flowers are astringent and are used 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 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 suppressed gonorrhoea, 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, expectorant 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 is in service, 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 disease 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 Verbenaceae

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*, *Holmskioidia* are climbers.

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

Floral characters: Inflorescence racemose or cymose type, often with involucre 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 *Stachytarpetta* there are only 2 fertile stamens. Anthers are dithecal, introrse, dehiscent by longitudinal slits.

Gynoecium is bicarpellary, 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 capitate 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 bladder 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, anti-bacterial; 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)

Source: Chowdhury J.A. et al /J. Pharm. Sci. & Res. Vol.1(4), 2009, 103-108.

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 12.5 µg/ml, 1.55 µg/ml and 1.56 µg/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 150.0 µg/ml, 50 µg/ml and 50 µg/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

Source: The Journal of Animal and Plant Sciences, 22(2 Suppl.): 2012, Page: 102-107 ISSN: 1018-7081

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 and 100% 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 *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, gonorrhoea, 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 explained in samhitas and several modern texts about medicinal plants with its characters, local names along with its uses. It is used in diseases like jwara, 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 can 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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