

Vitex negundo Linn.

Family : Verbenaceae

Group : Anti-arthritic/anti-rheumatic/anti-inflammatory

Vernacular Names

English : Five leaved chaste tree

Malayalam : Karinochi

Hindi : Samhalu

Sanskrit : Nirgundi

Bengali : Samalu

Gujarathi : Nirgari

Kannada : Lakki-gidda

Tamil : Nirkundi



Distribution and habitat: Found throughout India

Botany: Large shrubs or small trees, upto 4.5 m high.

• **Leaves :** Petiolate, digitately compound. Leaflets 3-5, lanceolate or elliptic lanceolate, unequal, entire or coarsely crenate-serrate, acute to acuminate, nearly glabrous above, tomentose beneath.

• **Flowers:** Blue purple, crowded in short cymes, forming erect, narrow, tapering, terminal or axillary panicles.

• **Fruits:** Sub globose, drupaceous, 2-3 mm across.

• **Seeds:** 2-4, in bony endocarp.

Properties: The plant is bitter, acrid, thermogenic, anthelmintic, expectorant, carminative, digestive, stomachic, anodyne, anti-inflammatory, antiseptic, cephalic, alterant, anti pyretic, diuretic, emmenagogue, depurative, rejuvenating, ophthalmic, vulnerary and tonic.

Chemical constituents: Hentriacontane, vanillic acid, vitexincafeate, β -sitosterol, p-hydroxy benzoic acid and flavone glycosides

Uses:

• Root is used in arthritis, bronchitis, verminosis, malarial fever, ulcer, general debility.

• Leaves used in cephalgia, sprains, orchitis, rheumatism, syphilis, inflammations and ulcers.

• Oil used in sinuses, scrofulous sores, wounds, ulcers and gangrenous wounds.

• Bark is used in odontalgia, verminosis and ophthalmic disorders.

• Flowers used in diarrhoea, cholera, fever, hepatopathy and cardiac disorders.

• Leaves and bark are used in scorpion stings.

• Seeds used in eye diseases (in the form of anjan)

Formulations: *Nirgundiadi kasayam*, *Nirgundi-taila*

Agro technology

Soil: It tolerates variety of soil, from heavy to light and degraded soil. Also prefers organic rich soil.

Propagation: Reproduce readily from shoot cuttings and from root suckers. 60 day old rooted cuttings are planted at 3m x 2m spacing.

Manuring: Pits are filled with FYM 1 kg/pit and top soil. Apply organic manure twice a year.

Harvesting: Stem and leaves can be harvested at regular intervals from second year onwards up to 10th year of planting

