

Vitex trifolia Linn.

Family : Verbenaceae

Parts Used : Root , Fruit , Leaf, Flower

Vernacular Names

English : Three-leaved chaste tree

Malayalam : Vellanochi

Hindi : Saphed-samhalu

Sanskrit : Sinduvarah

Bengali : Pani

Kannada : Nekkinocci

Tamil : Nirnochi

Telugu : Noccili



Distribution and habitat: Found throughout India.

Botany: An aromatic shrub with smooth, pale, grey bark.

- **Leaves:** Simple to trifoliate, the terminal leaflets sessile, the lateral ones smaller and sessile, all glabrous above and white tomentose beneath.

- **Flowers:** Light blue or purple in terminal paniced cymes.

- **Fruits:** Globose drupes, purplish black when ripe.

Properties: The roots are bitter, thermogenic, astringent, trichogenous, ophthalmic, anthelmintic, anodyne, anti-inflammatory, expectorant, emmenagogue, depurative and carminative.

Chemical constituents: Friedelin, β -sitosterol

Formulations: *Vacadi tailam*, *Rasnadi tailam*

Uses:

- Root is used in cephalalgia, otalgia, painful inflammations, cough, bronchitis, leprosy, skin diseases, dyspepsia, colic, verminosis, ophthalmopathy and fever.

- Leaves used in cephalalgia, inflammations, loss of memory, hair loss, leucoderma, cough, bronchitis, fever, splenomegaly, tuberculosis, arthralgia, anticancerous.

- Flowers used in fever.

- Fruits used in amenorrhoea

Propagation: Cuttings. Tip and middle portion of stem have 15-20cm length and 3-4 buds are used, 2 month old cuttings are planted at a spacing of 1.5m x 1.5m

