

**THERAPEUTIC REVIEW OF NIRGUNDI****Dr. Priya Mourya<sup>1\*</sup> and Dr. Shiromani Mishra<sup>2</sup>**<sup>1</sup>P.G. Scholar, Dept. of Dravyaguna, Govt. Dhanvantari Ayurveda College Ujjain, M.P. India.<sup>2</sup>Guide & Reader, Dept. of Dravyaguna, Govt. Dhanvantari Ayurveda College, Ujjain, M.P. India.Article Received on  
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[priyapriya70023@gmail.com](mailto:priyapriya70023@gmail.com)**ABSTRACT**

Traditional medicines were originally used with vast knowledge about the therapeutic utility of numerous plants. *Vitex negundo* Linn (Nirgundi) is one of the very useful plants in Indian System of Medicine. It is a large aromatic shrub distributed throughout India and has been used for thousands of years. Nirgundi has a long history of medicinal use in traditional and folk medicines for various diseases. It helps as if rather than merely curing a particular disease, aims at returning the body back to its natural state of health. This review gives a bird's eye view mainly on the therapeutic utility and actions of Nirgundi (*Vitex negundo* Linn) in Caraka Samhitha & Susrutha Samhitha.

**KEYWORDS:** Nirgundi, *Vitex negundo*, Sinduvar.**INTRODUCTION**

The word "Nirgundi" derived from the Sanskrit word *gudi rakshayam* means which protects the body from disease. Nirgundi is a well-known analgesic, anti-inflammatory plant in Ayurveda, Unani, siddha, Chinese European traditional systems of medicine. Its leaves are widely used in panchakarma procedures like snehana, swedana, and basti in Malaysian traditional herbal medicine. It is used in gynecological disorders for regulating the menstrual cycle, for increasing lactation, fibrocystic breast disease and postpartum remedies in Sri Lanka. It is used in dentistry and joint disorders whereas in Bangladesh it is potent remedy for malaria and catarrhal fever in Indian folklore medicine. Nirgundi is a popular drug for malaria and snake bite. In classical ayurvedic text, two plants are available in the name of Nirgundi. Sinduvar and Nirgundi bears blue flowers. Acharya Shushruta also mentioned sita

pushpi and Neel pushpi. Acharya charaka has mentioned sinduvar in vishaghna mahakashaya and Nirgundi in krimighna Mahakashaya which indicated the existence of two types of Nirgundi. Ashtang sangraha Considered Nirgundi as a krimighna drug similar to undrukarni (musakarni).

## MYTHOLOGICAL

The story of nirgundi have a sacred status and used in rituals in India. Nirgundi is considered as asacred plant and is thought to be originated from the abdomen of Ganesha. The leaves are offered to Lord Shiva & Gouri on Nithya Somavara Vrata.

**NIRGUNDI** (vitex negundo Linn.).

**Botanical name-** vitex negundo Linn.

**Family-** verbenaceae

## Synonyms

**Indranika-** it is a highly efficacious drug.

**Sheetsah-** the plant is resistant to cold. i.e. is hot in potency.

**Shephali-** the plant bears beautiful flowers.

**Sinduvara-** the plant checks the accumulation of fluid in the body.

**Sugandhika-** the leaves and flowers are aromatic in nature. **Suvaha-** it facilitates the disjunction of mala and Dosha.

## RASAPANCHAKA

**Rasa-** Katu, Tikta, kasaya

**Guna-** Laghu, Ruksha

**Virya-** Ushna

**Valpak-** Katu

**Doshakarma-** vata-kaphahar, caksusya, kesya, Krimighna, vranaropana

**Chemical constituents-** phytochemical studies revealed the presence of essential oil, triterpenes, diterpenes, sesquiterpenes, flavonoids, flavones, iridoid glycosides, lignan and stilbene derivative in various parts of nirgundi. The active constituent among them are negundoside, nishindaside, agunoside,

## Classical categorisation-

**charaka samhita** - vishaghna, Krimighna

**Sushruta samhita.** - surasadi

- Ashtang Hridaya.** - surasadi  
**Dhanvantari Nighantu** - karviradi varga  
**Madanpal Nighantu.** - Abyadi varga  
**Kaiyadev Nighantu.** - Oushadi varga  
**Raj Nighantu.** - Shatvahadi varga  
**Bhavaprakash Nighantu** - Guduchyadi varga

**MORPHOLOGY-** It is an aromatic large shrub or small tree of about 3 m. Height with dense whitish, tomatoes, quadrangular branches.

- **Stem bark-** thin corky, yellowish gray occurs in channeled pieces, rough with lenticels and transversely cracked.
- **Leave-** opposite long petioles, digitately compound, leaflets 3 to 5 lanceolate unequal, terminal leaflet bigger than lateral leaflets, serrate, margin, acute to acuminate apex, upper surface dark green lower surface silvery white tomentose.
- **Flowers-** blue-purple, crowded in short cymes forming erect, narrow, tapering, terminal axillary panicles
- **Fruits-** globose or ovoid drupe 2 to 3 mm across black when ripe, seeds 2 to 4 in bony endocarps seeds are known as Renuka beej.
- **Root-** woody fairly thick 8 to 10 cm in diameter external surface brownish and rough.

**Table 1: NIRGUNDI IN CARAKA SAMHITHA  
SUTRASTHANA**

DRUG	FORMULATION	USE PART	THERAPEUTIC ACTION	MODE OF ADMINISTRATION	REFERENCE
Paste of sirisa with sindhuvar	Visahara lepa	Bark	Counteract effects of toxicosis	External applications	Ca.Sam.Su3/28
Akshiva, maricha, nirgundi, vidanga, gandira etc	Krimighnagana	Prayojyanga	Destroys krimi (Anti-helminthics)	Kashaya	Ca.Sam.Su4/15
Haridra, manjishta, candana, sindhuvara, sirisha etc	Vishaghmagana	Prayojyanga	Mitigates visa Antidote to poison	External application	Ca.Sam.Su.4/16

**SIDDHISTHANA**

Pippali, nirgundi, apámarga, sarsapa, vartaakurasa, aragvadhya etc	Pippalyadhi Varti	Patra	If unctuous enema (uttarabasthi) doesn't return	As suppository in urethral passage & anus	Ca. Sam si. 9/57- 61
Sprikka, kumkuma sinduvara, tagara, mamsi, khadira, brihati, lodra, madhuka, haritala etc	Mrithasanjeevan aAgada	Patra	Alleviates all poisons, afflictions of evil spirits and destroys Ferer	Gulika, Dhoopana lape	Ca. sam. Si. 23/54-60
Vidanga, eranda, triphala, nirgundi, bilva, brhathi,		Patra	Alleviates the disorders of skin,	Medicated oil for	Ca.Sam.Si. 4/18-22
goksura, nimbi, karavira etc.	Vidangadhi Taila		worms, prameha, piles, disorders of grahani, impotency, irregularity of digestive fire etc	pana, abhyanga and anuvasana vashthi	

**CHIKITSA STHAN**

Patra, agaru, mustha, suradaru, kushta, sindhuvara, rajani, gairika, ni mba manjishta, lakshaetc	Mahagandhah asti Agada	Prayojyanga	Destroys eye diseases irregular fever, indigestion, skin disease, destroys quickly the poisons of all rats, spiders, serpents etc	As anjana, external application over vrana, guda, yoni	Ca.Sam.chi.23 /77-82
Sindhuvara , sveta and girikarnika	-	Root	For bite of darvikara type of snake, kushta	Pana in visha, nasyain kushta	Ca.Sam.Chi. 23/195.
Candara, padmaka, usira, sirisa, sindhuvarika, ksirasukla, tagara, kustha patala, udijya, sariva etc	Candanadhi lepa	Prayojyanga	Universal application for spider poison	External application	Ca.Sam.Chi 23/200-201
Yastimadhu, mrdvika, payasya and sindhuvarika	-	Prayojyanga	Remove abnormal colour of breast milk (sthanyasodhaka	Internal administration	Ca.Sa.Chi. 30/271
Nirgundi	Nirgundi Taila	Moola, patra	Effectiva inkushta, pama, apachi	Taila for pana, abhayanga & poorana	Ca Sam Chi. 28/134-135

**VIMANSTHAN**

Bhringaraja, sahadara, nirgundi, kutaja, triphala etc	-	Prayojyanga	Destroys krimi	Pupalika	Ca. Sam vi. 7/21
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Charak Samhita classifies the dravya as per pharmacological actions. They should be used singly or in combined form in different pharmaceutical forms. The synonyms of Nirgundi used in Charak Samhita are Nirgundi and sinduvara. The reference of Nirgundi is quoted in almost all sthanas of Charak Samhita.

Table no. 2: Susrutha Samhitha Sutrasthana.

DRUG	FORMULATION	USED PART	THERAPEUTIC ACTION	MODE OF ADMINISTRATION	REFEREN
Surasa, kasamarda, nirgundi, indura, arjaka, vidanga etc	Surasadigana	Prayogyanga	Mitigates kapha, swasa, kasa, vranasodhana etc.	According to condition	Su.Sam.Su.38/18
Sindhuvaraka	-	Pushpa	Destroys the pitta dosha	According to condition	Su.Sam.Su. 46/286.

## CHIKITSASTHANA

Nirgundi, jatibarihista, jimutaka etc	-	Prayogyanga	Recovery from even a malignant form of Apachi	Taila (For vama)	Su. Sam. Chi. 18/21
Leave Of aragvadhapasted with juice of nirgundi etc	-	Prayogyanga	To bring out urethral enemaliquid.	Varti	Su.Sam.Chi. 37/120-121
Triphala, ativisa, Trivrit, surasadhigana, kushta,	Triphaladi, Taila	Prayogyanga	Mitigates obesity, lassitude, itching, diseases caused by kapha	For pana.abyangana, gandoosa, nasya, basti	Su Sam Chi 37/33-35
nimbi, guduchi etc.					

## KALPA STHAN

Prapoundarika, devadaru, katuka, sthauneyak, dhayamaka, punnaga, talisa, suvarchika, syonaka, Ela, tagar priyangu, rodhara, sindhuvaraka, suradaru, musta, candana, guggulu etc.	Tarkshya Agada	Prayogyanga	Capable of neutralizing the effect even of the poison of takshaka	Churna	Su.Sam. Ka. 5/64-67
Draksha, sugandha, sallaki, sveta, samanga, bilwa sindhuvaraka, dadima, kapitta, ankotha root, agairika etc	Drakshadhi Agada (Mandalivishahara Agada)	Prayogyanga	Highly efficacious. especially in poisoning by a mandali bite	Churna	Su.Sam.ka. 5/76-77
Somraji, kushta, sindhuvaraka, punarnava, aragvahasirisha etc.	Ekasara Gana	Pushpa	Destroys the effects of poison.	Single drug or combination according to condition	Su.Sam. Ka. 5/83-85
Candana, kushta, aguru, nagara, gairika, bala, sindhuvar, sirisa, patali, salmali etc	Mahasugandhi Agada	Pushpa	King of all the other agada as it destroys all poisons	Churna	Su.Sam. Ka 6/14-27
Mudgaparni, mashaparni, sindhuvara etc	-	Prayogyanga	For poison by bite of rat of Kulinga species	Kashaya	Su.Sam. Ka. 7/20

## UTTARASTHANA

Patola, selu, sunishana, tuthika, sindhuvara, atimukta etc	-	Prayogyanga	Raktapitta	As diet	Su.Sam.Utt.45/16
Sindhuvara, bilva, kapittha, arjaka etc.	-	Prayogyanga	Balasa grathita	Anjana	Su. Sam. Utt.11/11
Nirgundi	-	Prayogyanga	Treatment of putikarna	Karnapoorana	Su.Sam.Utt. 21/50
Nirgundi	-	Prayogyanga	Treatment of kaphaja kasa	Suitable form	Su. Sam. Utt.52/29

## CONCLUSION

In recent year, traditional & ethnobotanical uses of natural compounds, especially plant origin receive much attention as they are well tested for their efficacy generally believed to be safer for human use. Nirgundi is one of the most used herbal plants in the field of Ayurveda. It has been widely used externally as well as internally. Thorough screening of the literature available on Nirgundi (*Vitex negundo* Linn.) depicted the fact that it is a popular remedy. The merit of the traditional use of Nirgundi has also been supported by the isolation and identification of several possible active chemical constituents, mainly flavonoids etc from different parts such as leaves and twigs, bark, seeds and roots. So it is essential and needful for all of us to plant a Nirgundi in our surrounding for the betterment of our present as well as coming generations also.

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