

Vitex negundo

Vitex negundo, commonly known as "Nochi" or "Five-leaved chaste tree," belongs to the family Lamiaceae (the mint family). This plant is native to Asia, particularly found in countries like India, China, Indonesia, and the Philippines. It is a shrub or small tree that can grow up to 10 meters tall and is characterized by its aromatic leaves and small purple flowers.

Medicinally, various parts of *Vitex negundo* have been traditionally used in herbal medicine for different purposes:

Vitex negundo

Kingdom: Plantae

Order: Lamiales

Family: Lamiaceae

Genus : Vitex

Species: V. negundo



Common names of Vitex negundo in India

Nirgundi (निर्गुंडी) - Hindi name.

Nisinda (নিজিন্দা) - Bengali name.

Nigundi (निगुंडी) - Marathi name.


Nochi (நொச்சி) - Tamil name.

Vavili (వవిలి) - Telugu name.

Indrani (इन्द्राणी) - Sanskrit name.

Nirgundi (નિર્ગુડી) - Gujarati name.

Sindhuvara (ಸಿಂಧುವಾರ) - Kannada name.



Medicinal property of *Tridax procumbens*:

- 1. Anti-inflammatory Properties:** The leaves of *Vitex negundo* contain compounds with anti-inflammatory properties. They are often used to alleviate inflammation and pain associated with conditions like arthritis and rheumatism.
 - 2. Fever Reduction:** In traditional medicine, extracts from the leaves of *Nochi* are used to reduce fever. It's often brewed as a tea or decoction for this purpose.
 - 3. Respiratory Ailments:** The leaves and sometimes the root of *Vitex negundo* are used to treat respiratory ailments such as coughs, colds, bronchitis, and asthma.
 - 4. Skin Conditions:** The leaves are also utilized in treating skin conditions like eczema, itching, and skin infections. They may be used either topically as a poultice or applied as a paste.
 - 5. Menstrual Disorders:** *Vitex negundo* is also known for its potential in treating menstrual disorders. It's believed to help regulate menstrual cycles and alleviate symptoms like cramps and mood swings.
 - 6. Antimicrobial Properties:** Some studies suggest that extracts from *Vitex negundo* possess antimicrobial properties, which may help in combating various bacterial and fungal infections.
 - 7. Antioxidant Activity:** Compounds found in *Vitex negundo* exhibit antioxidant activity, which is beneficial for overall health and may help in preventing oxidative stress-related diseases.
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