



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

NIRGUNDI



Latin name: *Vitex negundo*

Family: Verbenaceae

Regional names: નગોડ (Gujarati), मेउडी (Hindi)

Morphology: A large shrub/Small slender tree. Leaves: 3-5 foliate. Flowers: tomentose cyme, corolla bluish purple. Fruit: Drupe, black when ripe.

Synonyms: Suvaha, Sinduvara, Shitasaha, Sugandhika, Indusurasa.

Rasa panchaka:

Rasa: Katu, Tikta

Guna: Laghu, Ruksha

Virya: Ushna

Vipaka: Katu

Karma: Keshya, Shophahara, Chakshushya

Useful parts: Patra, Moola and Bija

Indications: Shoola, Shopha, Vatavyadhi, Amavata, Kustha, Gulma, Nadivrana, Adhmana, Pliha.

Dosage: Patra Swarasa (10-20ml)

Formulations: Vatagajankusha rasa, Mahavatavidhvansana rasa, Yakritplihari loha, Tribhuvanakirti rasa, Dashamula taila, Nirgundi Taila.