

***Vitex negundo* L.**

Family: Lamiaceae

Bengali/tribal name: Nishinda, Nirgundi

English name: Five-leaved chaste tree

Vitex negundo, commonly known as the five-leaved chaste tree or nirgundi, is a medicinal plant used extensively in traditional medicine systems like Ayurveda and Traditional Chinese Medicine. Here's a summary of its medicinal value:



1. **Anti-inflammatory Properties:** *Vitex negundo* has significant anti-inflammatory effects, which can help manage conditions such as arthritis, joint pain, and other inflammatory disorders.
2. **Pain Relief:** Due to its anti-inflammatory and analgesic properties, the plant is often used to relieve pain, including headaches, menstrual cramps, and muscle pain.
3. **Respiratory Health:** The plant is used in traditional medicine to treat respiratory issues like asthma, coughs, and bronchitis. Its expectorant properties help in clearing mucus from the airways.
4. **Digestive Health:** *Vitex negundo* may aid in digestion and alleviate gastrointestinal issues such as indigestion, bloating, and constipation.
5. **Fever Reduction:** The plant is sometimes used to lower fever and manage conditions associated with elevated body temperature.
6. **Skin Health:** The anti-inflammatory and antimicrobial properties of *Vitex negundo* make it useful in treating skin conditions like eczema, dermatitis, and acne.
7. **Menstrual Health:** It is traditionally used to regulate menstrual cycles and alleviate symptoms related to menstrual disorders, such as dysmenorrhea and premenstrual syndrome (PMS).
8. **Anti-microbial Effects:** The plant has been found to possess antimicrobial properties, which can help in combating infections and improving overall immune function.

9. **Neuroprotective Effects:** Some research suggests that *Vitex negundo* may have neuroprotective properties, potentially helping to improve cognitive function and protect against neurodegenerative diseases.
10. **Stress and Anxiety Relief:** In traditional medicine, *Vitex negundo* is sometimes used to manage stress and anxiety, although scientific evidence supporting this use is still limited.

While *Vitex negundo* has a long history of traditional use and some promising research, it's important to consult with a healthcare professional before using it for medicinal purposes, especially if you have underlying health conditions or are taking other medications.