



Review Article

A CRITICAL REVIEW OF NIRGUNDI (VITEX NEGUNDO LINN.)- IN CLASSICAL TEXTS

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ABSTRACT

Nirgundi is a large aromatic shrub or small tree grows upto 4.5m height common throughout the country. *Nirgundi* is clinically used in many diseases by all most all traditional system of medicine because of its diverse medicinal properties. The drug was mentioned during Vedic period and was used in various diseases in Ayurveda since *Samhita kala*. *Nirgundi* is having *Katu Tikta Kashaya Rasa, Laghu Ruksha Guna, Ushna Veerya* and *Vata Kaphahara* property. *Nirgundi* is having *Deepani, Kushtaghna, Krimighna, Medhya, Shothahara, Shulahara Karma*, and mainly used in *Vatavyadhi, Karna Roga, Krimi Kushta, Rajyakshma, Gulma Chikitsa*. For the fulfillment of treatment in Ayurveda the knowledge of *Dravya* including its *Rasapanchaka*, synonym are very important, without the knowledge of which the treatment is impossible. *Nirgundi* is one such drug having diversified properties and the opinion of different authors regarding the use of the drug is very necessary in treating diseases starting from common fever to anxiety. Thus the synonyms and their interpretation, Vernacular names, *Rasapanchaka, Rogaghata* and *Karma, Yoga of Nirgundi in Brihatrayi* and various Nighantus *Dhanwantri Nighantu, Shodhala Nighantu, Madanpala Nighantu, Kaiyadeva Nighantu, Raja Nighantu and Bhavprakasha Nighantu*, has been described and this paper presented a classical review of *Vitex negundo* Linn. mentioned in Ayurveda.

INTRODUCTION

Ayurveda, a life science deals with various affiliations of body, mind and soul. Maintaining the health of healthy person and preventing disease in diseased individual is the main motto of this ancient science. There are so many such drugs used in Ayurveda which fulfills the aim of Ayurveda, one such drug is *Nirgundi*, Botanically identified as *Vitex nigundo* Linn., Family *Verbenaceae*.

Chronological Order

In Vedic Period^[1]

References were available in below texts by the following names,

1. In *Vishnu dharma sootra* as *Nirgundi* 61 / 3.
2. In *Kalpasutra* as *Nirgundi* no. 235.

3. In *Panineeya ashtadhyayi* as *Shephalika* no. 135.
4. In *Panineeya vartika ganapatha* as *Shephalika* 4/3/167.
5. In *Patanjala mahabhashya* as *Shephalika* 5/3/55 no. 104.

In *Samhita Kala*^[2,3,4]

In *Charaka samhita*, *Nirgundi* is mentioned under *Krimighna* and *Vishaghna Gana*. It is specifically told in *Vatavyadhi Chikitsa*. In *Sushruta Samhita*, *Nirgundi* is mentioned under *Surasadi varga, Shleshma samhamana varga*. In *Ashtanga Hridaya* it is mentioned under *Vishghna, Surasadi* and *Shleshma samshamana varga*. *Nirgundi* and *Sinduvara*, these two names are repeatedly used in *Samhita*. The commentators consider *Shweta pushpa* as *Sinduvara*, *Neela Pushpa* as *Nirgundi*.

In *Nighantu Kala*^[5-8]

Acharya *Bhavamishra* has mentioned *Nirgundi* as *Smritida* and *Acharaya Kaiyadeva* has mentioned *Nirgundi* as *Medhya*. References regarding *Rasapanchaka, Karma, Bheda of Nirgundi* are available in *Bhavaprakasha Nighantu, Shodala nighantu* and

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Nighantu ratnakara. Almost all the *Nighantukaras* opine it as *Vatakaphahara*, *Krimighna* and *Kushtaghna*.

Paryaya Pada^[12]

Nirukti

• निष्कास्य व्याधीन गुण्डयतीति शरीरं रक्षतीति, गुडी रक्षणे।

Nirgundi: That which protects from number of diseases.

• इंद्रसुरसा: शोभनो रसोस्याः सुरसा इन्द्रस्य सुरसा इंद्रसुरसा तुलसी व्यच्छेदार्थमिन्द्रप्रदम। अथवा इंद्रा शब्दः सामर्थ्य वाचका।

Indrasurasa: The *Swarasa* is an effective drug.

• इन्द्राणी परमशक्तिसम्पन्ना इदिपरमैश्वरैः।

Indraani: The leaf juice is an efficacious drug.

• भूतकेशी: भूतानि केश इव ध्यैधान्यास्यः भूतघ्नीत्यर्थः।

Bhootakeshi: Eliminates evil organisms.

• शीतासहः: शीतं सहते उष्णत्वात्।

Sheetasaha: A plant resistant to cold.

• सिन्दूवारः: सिन्दु प्रस्रवणं वारयतीति "स्यन्दू प्रस्रवणे"

Sinduvara/Sinduka: It checks the accumulation of fluid in the body.

• सुगन्धिका: शोभनो गन्धो अस्या।

Sugandhika: The leaves have aroma.

• सुवहा: सुष्टुवाहतिगन्धमिति; मलान सम्यग वहति शोधयतीति।

Suvaha: The flowers are blue in color or that which purifies the body.

• शेफालिका: शेस्ते इति शेफा, शास्तेअलयो अस्यां इति शेफालिका।

Shephaalika: That which is liked by insects and flowers are blue in color.

Table 1: Showing Synonyms of Nirgundi [5-11]

Synonyms	B.N	K.N	S.N	R.N	N.A	D.N	M.N	Sh.N
<i>Anilamanjari</i>	-	-	-	-	-	-	+	-
<i>Bhootakeshi</i>	-	-	+	+	-	-	+	+
<i>Chapika</i>	-	-	-	+	-	-	-	-
<i>Indraanika</i>	-	-	+	+	+	-	-	+
<i>Indrasurasa</i>	-	-	+	-	+	-	-	-
<i>Girisinduka</i>	-	+	-	-	-	-	-	-
<i>Kaashapatra</i>	-	-	-	-	-	-	-	+
<i>Kartaripatra</i>	-	-	+	-	-	-	-	-
<i>Kapika</i>	-	-	+	-	-	-	-	-
<i>Krishna</i>	-	+	-	-	-	-	-	-
<i>Nirgundi</i>	+	+	+	+	+	+	+	+
<i>Neelasinduka</i>		+	+	+	+	+	+	+
<i>Neelapushpa</i>	+	+	-	-	-	+	-	+
<i>Neelika</i>	-	-	+	+	+	-	-	-
<i>Pushpa neela</i>	-	-	-	-	-	-	+	-
<i>Sheetabhiru</i>	-	-	+	-	-	-	+	-
<i>Sheetasahaa</i>	-	+	-	+	+	+	-	+
<i>Shephaalika</i>	+	-	+	-	+	-	+	-
<i>Sinduka</i>	-	-	+	+	+	-	-	-
<i>Sindusaha</i>	-	+	-	-	-	-	-	-
<i>Sinduvaara</i>	-	-	+	-	+	-	-	+
<i>Sugandha</i>	-	-	-	+	+	-	-	-
<i>Surasa</i>	-	-	+	-	-	-	-	-
<i>Suvahaa</i>	+	-	-	-	+	-	-	-
<i>Vanaka</i>	-	-	+	-	-	-	+	-
<i>Vanendrani</i>	-	-	+	-	-	-	-	-
<i>Visugandhaka</i>	-	-	+	-	-	-	-	-

Vernacular Names**Table 2: Showing Vernacular Names [18]**

Arabic	Aslag, Fanjansasht, Zukhamsateasabea, Zukhamastiourag
Bengal	Nirgundi, Nishinda, Sisinda, Samhalu
Canarese	Bilinekki, Karilakki, Lakki, Lakkili, Lakkigida, Nekki, Nirgundi
Chinese	Houang Kin, Mu Ching
Deccan	Shamalu, Shambali
English	Indian Privet
Gujarathi	Nagl, Nagda, Nagoda, Nagodz, Nirgod, Nirgari.
Hindi	Mewri, Nengar, Ningori, Panikisam, Sambalu, Shawali, Sindeeri
Malayalam	Indrani, Nochi, Vellanochi, Vennochi
Marathi	Lingur, Nirguda, Nirgeenda, Nirgundi, Nirdur
Nepal	Sewali
Sanskrit	Nirgundi
Tamil	Nirkkundi, Nochi, Tiriburamerittan, Vellainochi, Vennochi
Telugu	Nallavavili, Sinduvaramu, Vavili, Vayila
Tulu	Bienekki, Nekki.

Gana Varga [2-16]**Table 3: Showing the Classification According to Various Authors**

Charaka Samhita	<i>Krimighna gana, Vishaghna</i>
Sushruta Samhita	<i>Surasadi gana, Shleshma samshamana</i>
Ashtanga Hridaya	<i>Vishaghna, Surasadi gana, Shleshma samshamana</i>
Bhavaprakasha Nighantu	<i>Guduchyadi varga</i>
Dhanwantari Nighantu	<i>Karaveeradi gana</i>
Raja Nighantu	<i>Shatahwadi varga</i>
Madanadi Nighantu	<i>Dwivimsho gana</i>
Saushruta Nighantu	<i>Surasadi gana</i>
Ashtanga Nighantu	<i>Shyamadi varga</i>
Madanapala Nighantu	<i>Abhayadi varga</i>
Kaiyadeva Nighantu	<i>Aushadhi varga</i>
Shaligrama Nighantu	<i>Guduchyadi varga</i>
Shodhala Nighantu	<i>Karaveeradi gana</i>
Priya Nighantu	<i>Haritakyadi varga</i>

Varieties [2-6,8-11]

Nirgundi is mainly divided into 2 types based on the color of flowers.

1. *Shweta pushpi* – *Sinduvara* (white colored flower)
2. *Neela pushpi* – *Nirgundi* (blue colored flower)

Table 4: Showing Different Varieties of Nirgundi as Mentioned by Different Acharya's

Varieties	C.S	S.S	A.H	B.N	K.N	R.N	D.N	M.N
<i>Sindhuvara</i>	+	+	+	+	+	+	+	+
<i>Nirgundi</i>	+	+	+	+	+	+	+	+
<i>Shephali</i>	-	-	-	-	+	+	+	+
<i>Mahatpatri</i>	-	-	-	-	+	-	-	-
<i>Bhoopadi</i>	-	-	-	-	+	-	-	-

All Brihatrayi and Laghutrayi opine that *Nirgundi* is of mainly of two types i.e., *Sinduvara* and *Nirgundi*. Acharya Kaiyadeva mentions 5 types of *Nirgundi* i.e., *Sinduvara*, *Nirgundi*, *Shephali*, *Mahapatri* and *Bhoopadi*

Rasa Panchaka

Table 5: Showing Rasapanchaka of Nirgundi [5-9, 11-13]

Grantha	B.N	K.N	S.N	R.N	M.N	D.N	P.N	N.R
Rasa								
<i>Katu</i>	+	-	+	+	+	+	+	+
<i>Tikta</i>	+	+	+	+	-	+	+	+
<i>Kashaya</i>	+	+	+	-	+	-	-	+
Guna								
<i>Laghu</i>	+	-	+	-	+	-	-	+
<i>Ruksha</i>	-	-	+	+	-	-	-	+
<i>Sheeta</i>	-	+	-	+	+	-	-	-
Veerya								
<i>Ushna</i>	+	-	+	+	-	+	+	+

Nirgundi is having *Katu*, *Tikta*, *Kashaya* rasa, *Lagu*, *Rooksha* guna and *Ushna* veerya.

Doshagnata

Table 6: Showing Doshagnata of Nirgundi

Doshagnata	B.N	K.N	S.N	R.N	M.N	D.N	P.N	N.R
<i>Vatahara</i>	+	+	+	+	+	+	+	+
<i>Pittahara</i>	-	-	+	-	-	-	-	+
<i>Kaphahara</i>	+	+	+	+	+	+	+	+

Nirgundi is the drug widely used in *Gata vata* and *Shoola* because of its *Vatahara* property. All authors have opined that *Nirgundi* is having *Vata kaphahara* property.

Karma

Table 7: Showing the Karma of Nirgundi [5-9, 11-13]

Karma	B.N	K.N	S.N	R.N	M.N	D.N	P.N	N.R
<i>Buddhida</i>	-	-	-	-	-	-	+	-
<i>Chakshushya</i>	-	+	-	-	-	-	-	-
<i>Deepani</i>	-	+	+	-	-	-	-	+
<i>Kandughna</i>	-	-	-	+	-	+	-	-
<i>Keshya</i>	+	+	+	-	+	-	-	+
<i>Krimighna</i>	+	+	+	-	+	+	+	+
<i>Kushtaghna</i>	+	+	+	+	+	+	+	+
<i>Medhya</i>	-	+	+	-	-	-	-	+
<i>Netrya</i>	+	-	+	-	+	-	-	+
<i>Shothahara</i>	+	+	+	+	+	-	+	+
<i>Shulahara</i>	+	+	+	+	+	-	+	-
<i>Smritiprada</i>	+	-	+	-	+	-	-	+
<i>Varnya</i>	-	-	+	-	-	-	-	+
<i>Vishaghna</i>	-	+	-	-	-	+	-	+

Rogagnata**Table 8: Showing Rogagnata of Nirgundi** [5-9, 11-13]

Rogagnata	C.S	S. S	A. H	B.N	K.N	S.N	R.N	M.N	D.N	P.N	N.R
<i>Amavata</i>	-	-	-	+	-	-	-	+	-	+	-
<i>Aruchi</i>	-	-	-	+	+	+	-	+	+	-	-
<i>Gridhrasi</i>	-	-	-	-	-	+	-	-	-	-	+
<i>Gulma</i>	-	-	-	-	+	+	-	-	+	-	+
<i>Jwara</i>	-	-	-	+	-	+	-	-	-	-	-
<i>Kasa</i>	-	+	-	-	+	+	+	-	-	-	+
<i>Krimi</i>	+	-	+	+	+	+	-	+	+	+	+
<i>Kshaya</i>	-	-	-	-	-	+	+	-	-	-	+
<i>Kushta</i>	-	-	-	+	+	+	+	+	+	+	+
<i>Medo roga</i>	-	-	-	-	+	+	-	-	-	-	-
<i>Netra roga</i>	-	+	+	-	-	-	-	-	-	-	-
<i>Pleeha</i>	-	-	-	-	-	+	-	-	+	-	+
<i>Pradara</i>	-	-	-	-	-	-	+	-	-	-	-
<i>Pratishyaya</i>	-	-	-	-	+	+	-	-	-	-	+
<i>Rajyakshma</i>	+	-	-	-	-	-	-	-	-	-	-
<i>Sandhivata</i>	-	-	-	-	-	+	-	-	-	-	+
<i>Shotha</i>	-	-	-	+	+	+	+	+	-	+	+
<i>Shwasa</i>	-	-	-	-	+	+	-	-	-	-	+
<i>Vata vyadhi</i>	+	-	-	-	-	-	-	-	-	-	-
<i>Visha</i>	+	+	+	-	+	-	-	-	-	-	+
<i>Vrana</i>	+	-	+	-	+	+	-	+	-	-	+

Nirgundi mainly mentioned as *Kushtaghna* and *Kandughna* by almost all authors. It is also one of the famous drugs mentioned in *Visha chikitsa*. Another *Karma* of *Nirgundi* which is less known is its *Smritida* or *Medhya karma*.

Yoga^[2-4,17,19]

Table 9: Showing Yogas of Nirgundi

S. No	Yoga	<i>Phalashruthi</i>	Reference
1.	<i>Nirgundi yoga</i>	<i>Darvikara sarpa visha hara</i>	C. Chi 23/195
2.	<i>Nirgundi ghrta</i>	<i>Kaphaja kasa</i>	S. U. 52/29
3.	<i>As pathya</i>	<i>Raktapitta</i>	S. U. 45/17
4.	<i>Nirgundi ghrta</i>	<i>Kshayaja kasa</i>	A. H. Chi. 3/57
5.	<i>Shephali gritha</i>	<i>Nakulandhya</i>	A. H. U. 13/90
6.	<i>Anjanartha</i>	<i>Pilla roga</i>	A. H. U. 16/57
7.	<i>Sinduvaradi nasya</i>	<i>Darvikara sarpa visha</i>	A. H. U. 36/57
8.	<i>Nirgundi ghrta</i>	<i>Rajyakshma</i>	B. R. 14/237
9.	<i>Nirgundi taila</i>	<i>Gandamala, Nadivrana</i>	B. R. 44/50
10.	<i>Nirgundi kalpa</i>	<i>Sarvarogahara rasayana</i>	B. R. 73/54
11.	<i>Mahavisa garbha tailam</i>	<i>Vatavyadhi</i>	B. R. 26/596
12.	<i>Vishatinduka tailam</i>	<i>Vatavyadhi, supta vyadhi</i>	B. R. 27/167
13.	<i>Nirgundi patra churna</i>	<i>Shotha</i>	B. R. 9/153
14.	<i>Nirgundi kalpa</i>	<i>Gandamala</i>	Y. R. 1
15.	<i>Vatavidhwamsa rasa</i>	<i>Vatavyadhi</i>	Y. R 468 – 469

Nirgundi is a well known drug commonly used for its *Vatahara* property thus used in *Vatavyadhi* and also in many diseased conditions like *Krimi*, *Kushta* and *Visha*.

DISCUSSION

Ayurvedic texts praise the drug *Nirgundi* as the one which 'Protects body from diseases'. The root, leaves, flowers, fruits and bark of the plant are used to

treat the disorders ranging from commonly occurring fever to the very rare leprosy and also psychological disorders like insomnia and anxiety. The synonyms and interpretation helps in knowing the drug, whereas different opinion on *Rasapanchaka* helps knowing diversified action of *Nirgundi*. The formulations help to know the uniqueness and versatility of the drug being used in both internal and external application. Thus it proves the abbreviation of the word *Nirgundi* which means that "which protects body from diseases".

CONCLUSION

Nirgundi is having *Katu tikta kashaya rasa*, *Laghu ruksha guna*, *Ushna veerya* and *Vata kaphahara* property.

Nirgundi is having *Medhya*, *Smritiprada*, *Deepani*, *Kusghtaghna*, *Krimighna*, *Shothahara*, *Shulahara karma* and mainly used in *Vatavyadhi*, *Karna Roga*, *Krimi Kushta*, *Rajyakshma*, *Gulma chikitsa*. It has been scientifically proven in many researches that *Nirgundi* is having diversified action which is beneficial in both maintaining health and curing diseases. So the use of *Nirgundi* should be promoted by the Ayurvedic practitioners and scholars among the people.

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