

## A REVIEW OF NIRGUNDI W.S.R. TO VATA VYADHI

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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*, *Rajayakshma*, *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*, *Rogaghnata* 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.

**KEYWORD:** *Nirgundi*, *vitex nigundo*, *vata vyadhi*, *ayurveda*.

## INTRODUCTION

Among number of plants described in Ayurveda, Nirgundi is one which holds greater medical importance. According to a report of World Health Organization, more than 80% of world's populations depend on traditional medicine for their primary health care needs. 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.

The causative factors like Excessive intake of Ruksha Aahara, Vega dharana [Suppression of natural urges], excessive walking or physical activity increases vata in the body by aggravating its guna such as Ruksha, Laghu, Sheeta, chala. For the alleviation of these guna of vata, dravyas having opposite lakshana like Snigdha, Ushna is advised as medicine.

### *Paryaya*

#### Synonyms of *Nirgundi*

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

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

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>	-	-	-	-	+	-	-	-

### Varieties

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>

**Rasa Panchaka**

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

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

**Dosha Shamana**

<i>Dosha Shamana</i>	<b>B.N</b>	<b>K.N</b>	<b>S.N</b>	<b>R.N</b>	<b>M.N</b>	<b>D.N</b>	<b>P.N</b>
<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**

<i>Karma</i>	<b>B.N</b>	<b>K.N</b>	<b>S.N</b>	<b>R.N</b>	<b>M.N</b>	<b>D.N</b>	<b>P.N</b>
<i>Chakshushya</i>	-	+	-	-	-	-	-
<i>Deepaniya</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>Visha hara</i>	-	+	-	-	-	+	-
<i>Buddhi prada</i>	-	-	-	-	-	-	+

Some Formulations & therapeutic uses of *Nirgundi* mentioned in ayurvedic literatures-

**Nirgundi Swarasa-** In Vaidya Manorama nirgundib swarasa pana is beneficial in katipradeshashth vata shamana.

**Nirgundi yoga-** in charak chiitsa 23/195 sinduvara mool with aparajita mool swarasa can be used as nasya and pana in Darvikara sarpa visha.

**Nirgundi ghruta-** in sushrut Samhita uttartantra 52/30 Nirgundi patra swarasa siddha ghruta used in kaphajanya kasa, and in bhaishajya ratnawali 14/237 nirgundi ghruta have the property to treat Rajyikshma.

**Use as Anjana-**in ashtang hridaya uttarsthan 16/57 lakshadi masi is used to treat pilla roga, in this lakshadi masi nirgundi is a main content.

*Sinduvaradi nasya*

**Nirgundiyadi kathik-** in Yog ratnakar vata vyadhi chikitsa nirgundiyadi kadhi (buttermilk processed with nirgundi)

**Rasnadi churna-** rasnadi churna mentioned in yog ratnakar vata vyadhi chikitsa contains nirgundi.

**Laghu vishagarbh taila-** yo ratnakar vata vyadhi chikitsa

**Some other formulations which is mentioned in yog ratnakar in vata vyadhi chikitsa**

**Mahavishagarbha taila**

**Mahalakshminarayana taila**

**Rasnaputeek taila**

**Nirgundiyadi upnaha**

**Swachchhand bhairav rasa**

**Vata vidhwansana rasa**

**As pathya-** in Sushrut smahita uttar tantra 45/17 Nirgundi named as siduvara mentioned to use as a shaka with amalaki and anardana churna.

**Nirgundi patra churna**

## DISCUSSION

Nirgundi is Tikta, Katu, Kashaya guna pradhana and Ushna veerya in nature. It possesses kapha-vata shamaka, shophahara, and anulomana properties. This might explain the exemplary effectiveness of Nirgundi in vata vyadhis. Nirgundi is having Ushna veerya, Shothahara and shoola hara karma, possesses Doshagnatha as Vata Kaphahara. Vitex negundo possess all the essential nutrients such as calcium, Phosphorus, Iron, Vitamin C, Fibre, needed for the human body. It is proved as Analgesic and Anti-inflammatory.

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

As discussed above nirgundi is very useful medicine to treat vata vyadhi. In Ayurveda, sindhuvara has been used as medicine since ancient times. Nirgundi is used in a variety of ways, both internally and externally.

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