



***Vitex negundo* L.**

Family: Lamiaceae

Common names: chaste tree, Nirgundi, Bnna



Description:

Vitex negundo is native to tropical Eastern and Southern Africa and Asia. It is an erect shrub or small tree growing from 2 to 8 m in height. The bark is reddish-brown. Its leaves are digitate, with five lanceolate leaflets, sometimes three. Each leaflet is around 4 to 10 cm in length, with the central leaflet being the largest and possessing a stalk. The leaf edges are toothed or serrated and the bottom surface is covered in hair. The numerous flowers are borne in panicles and are white to blue in colour. The fruit is a succulent drupe, 4 mm in diameter, rounded to egg-shaped. It is black or purple when ripe.

Utilization:

The leaves, flowers, seeds, and root of *vitex* can all be used as herbal medicine. A decoction of the roots and leaves of *Vitex* are applied to wounds, and used as aromatic baths for skin diseases. Its paste when applied externally, relieves pain, cures oedema and swelling, and cleanses and heals ulcers and wounds. It is anthelmintic and kills worms and micro organisms. It is anti- dermatoses and cures itching. It cures eye and nose related disorders and cures otorrhoea.(Tandon *et.al.*, 2005).

Part	Uses
leaves	skin diseases
roots	treatment for rheumatism

References:

- Tandon, V. R; (2005) Medicinal uses and biological activities of *Vitex negundo*.
Tiwari, O. P & Tripathi, Y. B; (2007) Antioxidant properties of different fractions of *Vitex negundo* Linn. *Food Chemistry*, 100 (3), 1170-1176.
Karunamoorthi, K., Ramanujam, S., & Rathinasamy, R;(2008) Evaluation of leaf extracts of *Vitex negundo* L.(Family: Verbenaceae) against larvae of *Culex tritaeniorhynchus* and repellent activity on adult vector mosquitoes. *Parasitology Research*, 103(3), 545.