



# Mehr Chand Mahajan DAV College for Women Sector 36- A Chandigarh

## BOTANICAL NAME

*Vitex negundo* L.

## COMMON NAME

Nirgundi, Sindvar, Chinese Chaste tree



## FAMILY

Lamiaceae

## DISTRIBUTION

India, Pakistan, Afghanistan, Sri Lanka, Nepal, Bangladesh, Myanmar, China, Tibet, Mongolia, Iran, Japan, Korea, Taiwan, Thailand, Cambodia, Vietnam, Maldives, Marianas, Mauritius, Mozambique, Somalia, Tanzania, Madagascar.

## COMMON USES

- 1) It has various anti-oxidant and anti-inflammatory responses.
- 2) Finds use in curing arthritic disorders.
- 3) Leaves have high vitamin C content.
- 4) Roots after boiling in water are used for treating asthma.

However, it must be used under medical supervision for this purpose.

## REFERENCES

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3040892/#:~:text=negundo%20as%20a%20useful%20remedy,negundo.>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9370779/>
- <https://pharomeasy.in/blog/ayurveda-benefits-uses-side-effects-of-nirgundi/>