

**ROLE OF (*VITEX NEGUNDO*) NIRGUNDI IN PAIN MANAGEMENT**

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**INTRODUCTION**

There are many ways to treat pain in many ways. If we talk about Ayurveda, yes it's a boon to mankind. This is the safest way to deal with various health problems. Nature is being provided with wonderful herbs and we are enough lucky to use them. Ayurveda says that balance of three doshas of body – Vata, Pitta and Kapha is health and vitiation leads to various health problems. If we talk about pain, its mentioned as shoola in ayurvedic literature. That is mainly due to vata vitiation in the body. So where vitiation of vata, pain is the foremost symptom that occurs. Hence treatment with some vata shamak dravyas would be beneficial and effective like gugglu, shallaki etc. Nirgundi is one of them.

**Nirgundi**

- Nirgundi or Five-Leaved Chaste Tree (*Vitex negundo*) is evergreen medicinal deciduous shrub.
- It is native to India and also found growing in Bangladesh, China, Philippines, Sri Lanka, and Japan.
- It is usually grown as a fencing for agriculture lands as well as house.
- **Botanical Name** -*Vitex negundo*
- **Family** – Verbinaceae
- **Gana:** Vishaghna, Krimighna (Charak), Surasadi Gana (Su.)



- **Types :** (A) Nilapushpi (B) Shwetpushpi

#### Ayurvedic properties

- **Rasa** : Katu (pungent), Tikta (bitter);
- **Guna** : Laghu (Ruksha), Rooksha (dry);
- **Virya** : Ushna (hot);
- **Vipaka** : Katu (pungent);
- **Doshakarma** : Kapha-Vata Shamaka.

#### Pharmacological Actions

- **1] Anti-inflammatory activity:-**
- The anti-inflammatory properties of *Vitex negundo* Linn. extracts in acute and sub-acute inflammation are attributed to *prostaglandin synthesis inhibition*.
- **2] Anti-nociceptive activity:-** It suggested that *Vitex-negundo* Linn. possesses both central and peripheral analgesic activity. The central analgesic action does not seem to be mediated through opioid receptors. It may prove to be a useful adjuvant therapy along with standard analgesic drug.

#### Important Medicinal Properties

*Vitex negundo* is rich in medicinal properties. The understanding of these properties will help us to better utilize this herb. These also indicate the conditions in which we should avoid it. Below is given medicinal properties along with the meaning.

- ☐ 1. **Analgesic:** Acting to relieve pain.
- ☐ 2. **Anthelmintic; Antiparasitic:** expel parasitic worms (helminths) and other internal parasites from the body.
- ☐ 3. **Antiandrogenic:** Androgen antagonists or testosterone blocker drug, counteract the effects of the male sex hormones, testosterone and dihydrotestosterone.
- ☐ 4. **Anti-asthmatic:** Treat or prevent asthma attacks.
- ☐ 5. **Anti-catarrhal:** Remove excess mucous from the body.

- ❑ 6. **Anti-inflammatory:** Reducing inflammation by acting on body mechanisms.
- ❑ 7. **Antimicrobial:** Active against microbes.
- ❑ 8. **Appetizer:** Improves appetite.
- ❑ 9. **Carminative:** Preventing the formation or causing the expulsion of flatulence.
- ❑ 10. **Discutient:** Agent or process that disperses a tumour or lesion.
- ❑ 11. **Emmenagogue:** Stimulates or increases menstrual flow.
- ❑ 12. **Hepatoprotective:** Prevent damage to the liver.
- ❑ 13. **Larvicidal:** Kills mosquito larva.
- ❑ 14. **Muscle relaxant:** Relax or reduce tension in muscle.

### Medicinal Uses of *Vitex negundo*

*Vitex negundo* is a medicinal tree. It is used in treatment of Vata and Kapha.

- ❖ **Roots:** are tonic, febrifuge, expectorant, diuretic; also used for fever, cough, urinary problems, dyspepsia, rheumatism, and also for boils.

The powdered root is consumed as an antihelmintic.

- ❖ **Flowers:** are used in fever, diarrhea and liver complaints.
- ❖ **Fruit:** is nervine, cephalic, emmenagogue and Dried fruit is vermifuge; fruits used in headache, catarrhae and coryza.
- ❖ **The leaves:** are generally used as a fomentation in sprains, rheumatism, swelled testicles, contusions.
- ❖ **Nirgundi Oil:** is good for sexually transmitted diseases, syphilis, venereal diseases, and other syphilitic skin disorders.
- ***Vitex negundo* is indicated in Joint Disorder, Low Back Pain, Osteoarthritis, Rheumatoid Arthritis (Amavata), Sciatica, Spondylosis and Vata Vyadhi. It is especially useful in rheumatism, rheumatic swellings of the joints and in sprains.**

### Use of Nirgundi in pain management properties

#### ➤ 1. Arthritis

Nirgundi leaf powder is dried and ground and taken in dose of one table spoon, twice a day.

#### ➤ 2. Abdominal gas and pain

Make decoction of its leaves and drink.

➤ **3. After Delivery Care**

Leaf decoction is used as a bath after delivery.

➤ **4. Asthma, cough**

Take 1/4th decoction three times a day (same as prepared for fever).

➤ **5. Boils and pimples**

Grind neem, Karanja and Nirgundi (*Vitex negundo*) and apply topically.

➤ **6. Bone fracture**

Leaf ground with salt and pepper seeds into a paste is applied for bone fracture.

➤ **7. Burning urination and kidney stone**

About two spoon root extract dissolved in tender coconut water is used twice a day for a week.

➤ **8. Chronic fever, intestinal parasites**

Root decoction is given.

➤ **9. Cold, cough, headache, fever**

Leaves are boiled in water and the vapour is inhaled twice a day.

➤ **10. Cyclic mastalgia**

(Cyclic breast pain, usually most severe before a menstrual period)

Dosage range for liquid alcohol-based tincture or encapsulated tinctures, 4: 1 extract is usually around 1 ml for typical dosing, 3 – 4 times a day.

➤ **11. Fever, toothaches**

Take Nirgundi leaves (6 tablespoon) in water (2 glasses) and boil for 15 minutes. Filter the decoction and divide in three parts. Take thrice a day on gap of 4 hours.

➤ **12. General PMS and related symptoms relief**

The liquid alcohol-based tincture or encapsulated tinctures, 4:1 extract is usually given in dose of 1 ml for typical dosing, 3 – 4 times a day.

➤ **13. Reducing swelling, curing swollen joints and its pain**

Nirgundi leaf powder is taken in dose of half teaspoon, twice a day.

➤ **14. Orchitis**

Leaf paste along with a paste of pepper is used to treat orchitis.

➤ **15. Pain in ears**

Leaves are cooked in mustard oil and filtered. This oil is used as ear drop.

➤ **16. Pain in muscles**

Leaves are smeared with mustard oil, heated and applied on affected area.

➤ **17. Gout, calculus**

Intake of root decoction for a period of 2 weeks is effective against gout and calculus.

➤ **18. Head ache**

Take Nirgundi leaves and grind with water to make paste. Apply this paste on forehead.

➤ **19. Rheumatism**

1. Oil prepared from leaves is applied.
2. Heated leaf is pressed and tied for rheumatoid arthritis pain and sprains.

➤ **20. Sprain (Moch in hindi)**

Heat fresh leaves. Apply poultice of it on sprained area.

➤ **21. Throat pain, oral ulcers**

A decoction of leaf is used for gargling.

Dosages of *Vitex negundo*

The recommended dosage for therapeutic purpose is given below:-

1. Dried fruit extract daily: **40 mg**.
2. Dry leaves extract: **300-600 mg**, twice a day.
3. Fluid extract ([1:1] g/mL): **0.5-1.0 mL** daily.
4. Fruits: **3-9 fruit** in decoction.
5. Leaf decoction: **50-100ml**, twice a day.
6. Leaf juice: **10-20 ml**, twice a day.
7. Leaf powder: **1.5-3g**, twice a day.

8. Root Bark Powder: **3-6 grams**, twice a day.

9. Seeds Powder: **1-3 grams**, twice a day.

10. Tincture: **40 drops**.

Contraindication, Interactions, Side – effects and Warning *Vitex Negundo*

*Vitex negundo* use is contraindicated in following:-

- Known allergy to vitex family.
- Use with Dopamine agonist & HRT, Anti psychotic drugs.
- Cardiac glycosides.
- Interfere efficacy of OCP.
- Absolutely C/I in pregnancy & Lactation.

## CONCLUSION

In recent year, ethnobotanical and traditional uses of naturally compound, especially plant origin receive much attention as they were well tested for their efficacy generally believed to be safer for human use. *Vitex negundo* has been proved as a boon in various painful conditions of muscles & joints including rheumatism, sprains, myalgia, orchitis, headache, toothache, throat pains & various gynaecological conditions. Its most actions are attributed to its important content **Flavonoid**.

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