



## AYURVEDIC OVERVIEW ON DIFFERENT TYPES OF NIRGUNDI (VITEX NEGUNDO L.)

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### ABSTRACT

*Dravyaguna* is a branch of Science that mostly deals with the herbs and their preparations used in the management of many diseases. This subject provide valuable information of hundred of herbs. When a patient suffers from severe pain or pain related disorder the first thing clicks in *vaidya*'s mind to use *Vatashamaka aushadhi*'s which includes mostly these herbs *Rasna*, *Guggulu*, *Nirgundi*, *Gandhprasarini* etc. These herbs which completes formulations are they authentic as per their classical text information or characters for e.g. types, part used, potency etc. no one knows about it. Problem behind it when you want to get information for herb compiled information is not there. You have to go through from various *ayurvedic* lexicons to get all these

information which is generally not possible. To solve the problem this article is written that compiles the information of different varieties of *Nirgundi* which is scattered in various *Ayurvedic samhitas* and *Nighantu*'s.

**KEYWORDS:-** *Dravyaguna*, *Ayurveda*, *Nirgundi*, *Vata Shamaka Aushadhi*'s, *Nighantu*'s.

### INTRODUCTION<sup>[1-4]</sup>

Different types of *Nirgundi*'s are mentioned in *ayurvedic* texts. Mainly types of *Nirgundi* are given on the basis of *Pushpa bheda* (Types of colour of flowers) e.g. *Shwetapushpi* or *Nilapushpi* and on the basis of *Patra Bheda* (Type of leaves) e.g. *Kartari nirgundi* and *Aranaya nirgundi*. Till present time confusion is not clear how many types are there and which one is termed as a *Shweta* (White) or other *Nila* (Blue) *Nirgundi*. *Nirgundi* is an herb

Latin named as *Vitex negundo* L., a large aromatic shrub with quadrangular, flexible, densely, whitish, tomentose branches and branchlets. Termed as *Nirgundi* because it cures many diseases and protects the body. And in habitat it grows in all over the India. As it is an attractive shrub, it is cultivated in gardens also. In *Ayurvedic samhita's* and *nighantus* it is mentioned in *Vishghna Guduchyadi*, *Krimighna Varga* and *Surasadi Gana* (Group of herbs which generally bears same properties and actions). Generic name *Vitex* is given on the basis of flexible branches (*Vitilis-Flexible*) and the species epithet *negundo* is derived from Sanskrit term *Nirgundi*.

## METHODOLOGY

By use of Different *Dravyaguna* lexicons, valuable and descriptive information of Different varieties of *Nirgundi* had provided and presented in a tabular form which would be easy to understand.

**Table 1<sup>[5]</sup>:- Showing Types and Their synonyms according to *dhanvantri nighantu*.**

<i>Dhanvantri nighantu</i>			
Types			
<i>Shwetpushpi</i>	<i>Nilapushpi</i>	<i>Shephalika</i>	
Synonyms			
<i>Sinduvara</i>	<i>Nirgundi</i>	<i>Nilmanjari</i>	<i>Shuklaanya</i>
<i>Shwetpushpa</i>	<i>Sheetsaha</i>	<i>Vanja(vanya nirgudi)</i>	<i>Shwetasurasa</i>
<i>Sinduka</i>	<i>Nilsinduka</i>	<i>Krishnasangya</i>	<i>Bhutkeshi</i>
<i>Sinduvaraka</i>	-	<i>Vishaghna</i>	-
-	-	<i>Pavitra</i>	-
-	-	<i>Girisinduka</i>	-

**Table 2<sup>[6]</sup>:- Showing Types and Their synonyms according to *bhavprakash nighantu*.**

<i>Bhavprakash nighantu</i>	
Types	
<i>Shwetpushpi</i>	<i>Nilapushpi</i>
Synonyms	
<i>Sinduvara(Meudi,Senduvara)</i>	<i>Nirgundi</i>
<i>Sinduka</i>	<i>Shephali</i>
<i>Sinduvaraka</i>	<i>Suvaha</i>
-	-
-	-

**Table 3<sup>[7]</sup>:- Showing Types and Their Synonyms according to *aadarsh nighantu*.**

<i>Aadarsh nighantu</i>		
Types		
<i>Shephalika</i>	<i>Shwetakusuma</i>	<i>Nilasinduka</i>
Synonyms		

-	<i>Sinduka</i>	<i>Sheetasaha</i>
-	<i>Sindubaraka</i>	-
-	<i>Sugandha</i>	-

Table 4<sup>[8]</sup>: Showing Types and Their synonyms according to *nighantu ratnakara*.

<i>Nighantu ratnakara</i>	
Types	
<i>Kartari nirgundi</i>	<i>Aranaya Nirgundi</i>
Synonyms	
Not mentioned	Not mentioned

Table 5<sup>[9]</sup>:- Showing Types and Their synonyms according to *sushruta samhita*.

<i>Sushruta samhita</i>	
Types	
<i>Shwetapushpa</i>	<i>Nilapushpa</i>
Synonyms	
Not mentioned	Not mentioned

Table 6<sup>[10]</sup>: Showing Types and Their synonyms according to *amarkosha*.

<i>Amarkosha</i>	
Types	
<i>Shwetapushpi</i>	<i>Nilapushpi</i>
Synonyms	
<i>Shwetasurasa</i>	<i>Shephalika</i>
<i>Bhutveshi</i>	<i>Nirgundi</i>
<i>Surasi</i>	-

Table 7<sup>[11]</sup>: Showing Types and Their synonyms according to *raja nighantu*.

<i>Raja nighantu</i>		
Types		
<i>Sinduvvara(Samhalu)</i>	<i>Nila Nirgundi</i>	<i>Shephali</i>
Synonyms		
<i>Sinduvvara</i>	<i>Sugandha</i>	<i>Shephalika</i>
<i>Shwetpushpa</i>	<i>Sheetasaha</i>	<i>Suvaha</i>
<i>Sinduka</i>	<i>Nirgundi</i>	<i>Shuklaangi</i>
<i>Sindukavaraka</i>	<i>Nilasinduka</i>	<i>Sheetamanjari</i>
<i>Sursadhanaka</i>	<i>Sinduka</i>	<i>Aparajita</i>
<i>Neta</i>	<i>Chapika</i>	<i>Vijaya</i>
<i>Siddhaka</i>	<i>Bhutkeshi</i>	<i>Vatari</i>
<i>Arthsidhhaka</i>	<i>Indrani</i>	<i>Bhutkeshi</i>
-	<i>Nilika</i>	-

Table 8<sup>[12]</sup>: Showing Types and Their synonyms according to *kaiyadeva nighantu*.

<i>Kaiyadeva nighantu</i>				
Types				
<i>Shwetapushpa</i>	<i>Nilapushpa</i>	<i>Shephali</i>	<i>Mahatpatri</i>	<i>Bhupadi</i>

Synonyms				
<i>Nirgundi</i>	<i>Nilasinduka</i>	<i>Vanaja</i>	<i>Sheetaabhiru</i>	<i>Shwetasurasa</i>
<i>Vanja</i>	<i>Girisinduka</i>	<i>Nilamanjari</i>	<i>Sindubarachada</i>	<i>Sugandha</i>
<i>Indrani</i>	<i>Nilapushpa</i>	-	-	<i>Surasa</i>
<i>Sinduka</i>	<i>Sindhusaha</i>	-	-	-
<i>Sindubaraka</i>	<i>Krishna</i>	-	-	-
<i>Sindubara</i>	<i>Sheetasaha</i>	-	-	-
<i>Bhutkeshi</i>	-	-	-	-
<i>Bhutavasa</i>	-	-	-	-
<i>Vasusthithi</i>	-	-	-	-
<i>Shwetapushpa</i>	-	-	-	-

**Table 9<sup>[13]</sup>: Showing Types and Their synonyms according to *acharya dalhana*.**

<b>Types</b>
<i>Nirgundi</i>
<i>Sindubara</i>
<b>Synonyms</b>
Not mentioned

**Table 10<sup>[14]</sup>: Showing Types and Their synonyms according to *shodhala nighantu*.**

<b>Types</b>
<i>Sindubara(White)</i>
<i>Sephalika(Blue)</i>
<b>Synonyms</b>
Not mentioned

## DISCUSSION<sup>[15-18]</sup>

‘*Namarupavigyanama*’ is a sub branch of *Dravyaguna* which clearly states that synonyms are the most powerful tool to authenticate a herb from *ayurvedic* perspective. *White Nirgundi* synonyms shows that its flowers are white, mostly grows in forest areas, checks accumulation of fluid, eliminates evil spirits, *Blue Nirgundi* synonyms shows that its flowers are blue or blue inflorescence, possess *Ushna Virya* beneficial in *Sheeta* related disorders, very auspicious, odorous leaf and known as *Shephali* for *Shipha* similar inflorescence. On basis of these properties and actions we can easily identify and authenticate White and Blue type of *Nirgundi*. On the basis of *Pushpa Bheda*, *Nirgundi* actions are not mentioned in the *ayurvedic* texts but, general action of *Nirgundi Pushpa* are given that shows it is *katu* in *Vipaka*, *Tikta* (*Bitter*), *Ushna* (Hot in Potency) in nature and subsides *Krimi* (Worm related disorders), *Vata-Kapha* aggravated disorders, *Gulma*, *Pleeharoga*, *Aruchi*, *Kustha*, *Kandu* and *Shophya*. According to *Sushruta Samhita* *Sindubara Pushpa* is *Hima* (Cold potency) and *Pittanashaka* (Pacifying the *Pitta Dosha*) in nature.

## CONCLUSION

*Nirgundi* latin named as *Vitex negundo* L., cures many diseases and protects the body. Two types of *Nirgundi* are given on the basis of *Pushpa bheda* (Types of colour of flowers) e.g. *Shwetapushpi* or *Nilapushpi* and on the basis of *Patra Bheda* (Type of leaves) e.g. *Kartari nirgundi* and *Aranaya nirgundi* with a huge list of synonyms which shows their properties and actions to easily identify them in nature. Generally it is *Vatakaphashamaka*, *Vatashamaka* due to its *Ushna Virya* and *Kapha Shamaka* because of *Tikta*, *Katu*, *Kashaya Rasa*, *Katu Vipaka* and *Ushna Virya*.

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