

Nirgundi / *Vitex nigundo*

Part consumed -

Leaves, Root, Seeds

Form consumed -

Juice, Powder

Maximum daily

consumption by adults -

Leaf Juice - 10 - 20 ml

Powder - 6 g

Composition

- Phenol
- Dulcitol
- Camphene
- Orientin
- Aucubin



Indications as per Ayurveda

- Antipyretic
- Analgesic
- Digestive

Modern Clinical Studies

- Anti-cancer
- Anti-microbial
- Anti-convulsant
- Anti-inflammatory
- Sedative
- Hypnotic