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