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A REVIEW ON PHARMACOLOGICAL ACTIVITIES AND MEDICINAL PROPERTIES OF *Vitex negundo*

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Vitex negundo which belongs to Verbenaceae family is a commonly used plant in both Ayurveda and traditional medicine system in Sri Lanka. It is also known as the 'Nika' in sinhala and 'Nirgundi' in sanskrit. This review aims to provide an overview on Pharmacological activities and medicinal properties of *Vitex negundo*. The information is collected from authentic Ayurveda texts, scientific journals and electronic media. According to Ayurvedic texts, leaves and roots of *Vitex negundo* are mostly used. According to Ayurveda pharmacological properties of *Vitex negundo tikta, katu* and *kashaya* in *rasa*, *laghu* and *ruksha* in *guna*, *ushna* in *veerya* and *katu* in *vipaka* exist. Other medicinal properties are *kapha-vatahara*, *shothahara*, *vrunashodhana*, *vrunaropana*, *keshya*, *janthugna*, *medya*, *kasahara*, *kushtagna*, *kandugna*, *jwaragna*, *balya*, *rasayana* and *chakshusya*. Therapeutically it can be used for fever, ear diseases, skin diseases, diseases of the genito- urinary system and diseases of the respiratory system. Anti-inflammatory activity, Pain suppressing activity, Anti-histamine activity, Membrane stabilising activity, Antioxidant activity, Anti-itching activity, Anti-nephrotoxic activity, Antiradical and Anti-lipoperoxidative effects, Anxiolytic effect, Alpha-amylase inhibitory activity, Larvicidal activity, Anti-convulsant activity, Anti-nociceptive activity. Anti-bacterial activity and Anti-microbial activity of *Vitex negundo* have been scientifically proven. The present review attempts to encompass an up to date comprehensive literature analysis on *Vitex negundo* with respect to its pharmacological activities and medicinal properties.

Keywords: *Vitex Negundo*, Pharmacological Activities, Medicinal Properties

