



SIGMA[®]
UNIVERSITY

Nagod





Synonym

- Gujarati: નાગોદ (Nagod)
- Hindi: निरगुन्दी (Nirgundi) , नागोदा (Nagoda)
- English: Chinese chaste tree, Horseshoe vitex, Five-leaved chaste tree

Botanical name

- *Vitex negundo* L.

Family

- Verbenaceae

Chemical Constituents

- Seeds contain compounds like n-Tritriacontane, n-hentriacontanol, n-hentriacontane, and n-pentatriacontane.
- Other identified compounds include polyphenolics, steroids, saponins, alkaloids, iridoids, and glycosidic compounds
- Leaves contain volatile oils, flavonoids, triterpenes, diterpenes, sesquiterpenes, lignans, flavones, glycosides, iridoid glycosides, stilbene derivatives, friedelin, vitamin C, carotene, casticin, artemetin, terpinen-4-ol, α -terpineol, sabinene, globulol, spathulenol, β -farnesene

Therapeutic Uses

- It is an effective muscle relaxant and pain reliever, commonly used in Ayurveda for conditions like arthritis
- Exhibits anti-inflammatory and anti-arthritic activities useful in treating swelling and joint pain.

- Used as an anti-anxiety, bronchodilator, and anti-asthma agent, helping with respiratory ailments like cough and bronchitis
- Traditionally used for healing wounds, ulcers, boils, and skin infections.

Marketed Preparations

- Nagod Extract Tablets: Used for arthritis, rheumatism, headaches, joint pain, urinary problems, boils, cough, fever, and thyroid issues. These Ayurvedic tablets also improve digestion, boost immunity, and balance hormones
- Nagod Capsules: These capsules have anti-inflammatory effects and are used in rheumatic disorders, sciatica, backache, and other inflammatory conditions