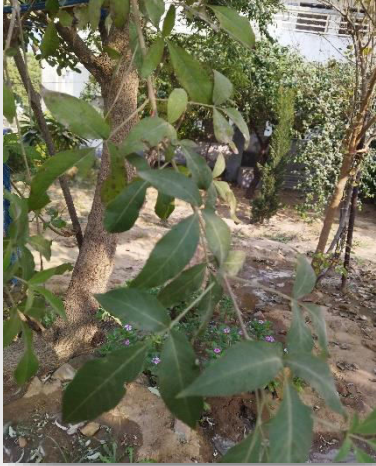


Botanical Name - Vitex negundo L.
Common Name - Chate tree, Shindwar



Uses

1. **Hormonal Balance:** Supports menstrual cycle regulation.
2. **Menopause Relief:** Eases symptoms like hot flashes.
3. **PMS:** Reduces premenstrual symptoms like mood swings and bloating.
4. **Fertility Aid:** Helps in improving fertility and ovulation.
5. **Acne Treatment:** Assists with hormonal acne.
6. **Breast Health:** Supports lactation and may reduce breast tenderness.
7. **Mood Stabilizer:** Helps alleviate anxiety and depression.
8. **Skin Health:** Promotes healthy, clear skin.
9. **Anti-inflammatory:** Reduces inflammation in the body.
10. **Digestive Health:** Improves digestion and reduces bloating.
11. **Joint Health:** May relieve joint pain and stiffness.
12. **Cleansing:** Aids in detoxifying the liver.