

Phytopharmacological Review on Vitex Agnus Castus: A Potential Medicinal Plants

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Abstract: *Vitex agnus-castus* is a plant also known as vitex, chasteberry and orange pepper. *Vitex agnus-castus* L. (chaste tree; vitex) is a type of medicinal herb used primarily in AngloAmerican and European practices for various aspects of female fertility. Clinical studies have reported many benefits of this plant, including antioxidant, antiinflammatory, hypolipidemic, antidiabetic, hormonal modulating, antinociceptive and opiate activity, antioxidative activity in depression and nonalcoholic fatty liver disease. The benefits of this herb are natural remedies that people love, making it one of the best and widely used options for treating gynecological diseases, especially those related to bleeding disorders. Women with fertility problems will benefit from this herb because it reduces prolactin, a hormone that causes stress. VAC fruit extract has been used to treat many female conditions, including menopause (amenorrhea, dysmenorrhea), premenstrual syndrome (PMS), luteal insufficiency, hyperprolactinemia, infertility, acne, and menopause. Therefore, the purpose of this review is to evaluate all human safety data for a single VAC model. Its products may interact with dopamine antagonists and exhibit progestogenic and estrogenic activity. Despite its name, vitex (*Vitex agnuscastus*) is often used to increase women's fertility. Women who have problems conceiving will benefit from this herb because its use can reduce prolactin, a substance that causes stress in humans. People use vitex to treat menstruationrelated conditions such as breast pain and premenstrual syndrome (PMS). It is also used to treat osteoporosis, infertility, menopausal symptoms, and many other conditions. Vitex contains dopaminergic components that bind to dopamine D2 receptors in the anterior lobe of the pituitary gland, thereby inhibiting prolactin. After three treatment cycles, 93% of patients reported a reduction in symptoms or even reduced PMS symptoms..

Keywords: chaste tree, vitex, pharmacological effects, menopause, herbal medicine, premenstrual syndrome

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