ABSTRACT
In the present era Ayurvedic herbal drugs are getting popular all over the world. The demand of herbal drugs is increasing progressively due to their admirable efficacy, lesser side effect and good belief by communities. One of the important herb used in Ayurveda is *Apamarga* (*Achyrantes aspera* Linn.) which is also known as a Prickly chaff flower. This plant was extensively used since *Vedic kala*. It has lots of references in the *Vedas* and *Ayurvedic* literature not only for medicinal usage, but also for its astrological relevance. Due to high medicinal values of this plant it has got the honour of “*Lord of all plants on earth*” in *Vedas*. According to *Ayurveda* it is best for *Shirovirechana* and also useful in *Karnaroga, Krimi, Pandu, Arsha, Kushtha, Unmada, Apasmara, Ashmari, Hikka-Swaas, VishChikitsa*, etc. Modern researches have also highlighted its different pharmacological actions like *Antimicrobial, Antifertility, Anti-arthritic, Anti cancerous, Anti asthmatic, Renal disorders, Wound healing activity, Hepatoprotective, Anti depressant activity, Analgesic, antipyretic* etc.

KEYWORDS
*Prickly Chaff Flower; Achyrantes aspera Linn; Pharmacological Activities; Hepatoprotective; Apamarga*
INTRODUCTION

In Ayurvedic literature it is mentioned that there are no any plants which cannot be used as medicine. Some plants were much popular in communities during Vedic Kaal for medication. But nowadays, they are overlooked by people. One of such overlooked plant is Achyranthes aspera linn. which grows abundantly around us, but is least used by the community. It is reflected as a divine herb which has many references in the Vedas. It is not only popular for its medicinal uses, but also for its Astrological relevance. Nine different plants have been specified for nine different Grah (planets). Among which it pacifies Budha Grah (mercury planet) and is used in diseases caused due to disturbance in Budha Grah (mercury planet)1.

Apamarga is botanically known as Achyranthes aspera Linn. (Family- Amaranthaceae) and Latjira in Hindi. It is called Prickly Chaff Flower in English. Its fruiting bears spikes and prickles which stick to clothes of human beings and body of the animals passing its way due to which name Apamarga has been given to the plant. It is an erect stiff plant available as weed in whole India, Asia and several parts of the world. Achyranthes aspera Linn. (Latjeera) is an erect or procumbent, annual or perennial, much branched, suffruticose or diffuse herb, 0.5-1 m high. Stem: Herbaceous, erect, quadrangular, branched, solid, hairy and green. Leaf: Opposite, entire acute, rough, coriaceous, 3.8-12.5 by 5.7cm. Flower: Greenish white, 4-5 mm long, inflorescence spike 50cm long. Fruit: Utricle, oblong-cylindrical, enclosed in the hardened perianth, smooth, brown, 2.5 mm long, easily disarticulating. Seed: Shape like rice, single, inverse, sub cylindrical, with a truncate and brown apex, 4-6mm, clear groove on side 2,3.

According to Mr. V.W. Karambelker- the son of Narsaad was the first soul to find out the medicinal attributes of Apamarga 4. The entire plant is used as a curative as well as preventive medicine. It is used as single drug and in compound formulations. Achyranthes aspera Linn. is used by conventional healers for the dealing of dysentery, fever and diabetes 5, bronchitis, piles, heart maladies, itching, abdominal problems, ascites, rheumatism, abdominal enlargement, rabies and for enlarged cervical gland 6. According to Charkait is best for Shirovirechana and also indicated in Kamaroga, Krimi, Pandu, Arsha, Kushtha, Unmada, Apasmarra, Ashmari, Hikka-Swaas, Vish Chikitsa and a huge number of diseases 7.

The aim of this review is to collect and elaborate all the references of Apamarga
stated in different texts of Ayurveda and published information on ethno medicinal and folklore usages along with pharmacological reports of this plant.

**Material and Methods** - The information regarding Apamarga is compiled from Brihatrayees, various Nighantu, and research articles for its details like synonyms, categorization (as Gana/Varga), vernacular names, pharmacological actions, parts used, dose, indications, folklore uses etc.

In Vedic description, about Apamarga is stated in different Samhitas of Yajurveda, Brahman granth i.e., Apamarga powder is indicate in Hawan for the purpose of Rakshoghnakarma. This symbolize that it should be used after drying or no other plant has got such property of removing water substance from our body. Its Papanashan, Mritunashana and Duhswapnanasana properties are stated to be major ones. Kushtha is known to be paaproga. This indicates Kushthaghna action of Apamarga. Duhswapnanashana indicates its Medhya property.

**Koshikagraha sutra** - Apamarga is explained as a still tree and its divine wood (Samidha) is known for Fortune Progress. It’s fruits are also known as the “Pratichini”fruit. It was a general practice to keep Apamarga Manjiri in house if someone fears of snake bit, Scorpion etc.

Apamarga is indicated in Brihatrayee (Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya) and Laghutrayee (Bhavaprakash samhita, Sharangdhar samhita, Kashyap samhita) for many diseases as a solo drug or various formulations. Nighantu has described Apamarga in form of its Paryaya (Synonyms), Varga (categorization), Vernacular names, Rasapanchaka (pharmacodynamics), Karma (therapeutic actions) and Rogaghnata (indications) etc.

**Various Classical uses of Apamarga are as follows** -

**Tuberculosis(Rajayakshma)**

Apamarga and some other plants are used for local application in rajayakshma for pusti, varna and bala. (C.chi.8//175-177)

**Unmada**

Seed of Apamarga are used as Anjana in combination of other drugs (C.Chi.9/66-69)

**To enlarge ear pinna** -

Apamarga and other drugs, oils are used to it (S.su.16/21)

**Memory (medhya)** –

Medicated Ghee of Apamarga and other drugs are given to Ksheerad (infant up to the age of one year) to increase the memory (S.Sa.10/50)

**Jawar (fever)** -

Apamarga is mentioned as Shlokasahastradharina in Chakardutta for regular use of six months (Ch.D.6/24)
Apamarga root is tied with a red thread on Sunday and rolled seven times around the waist of the patient suffering from jwara (Sankshipta Garud Puran, Gita press Gorakhpur, 2015, pp315)

Bath by decoction of Apamarga in vataja jwara (Ka. Khi.11/107)

Tying of Apamarga root cures Malaria (triyataka jwara) (Vr. Ma.1/402)

Abdominal Pain (Ajirna Shoola)
The Apamarga root along with rock salt cures Ajirna Shoola (garudpuranpp340)
Ghee cooked with decoction of Apamarga and paste of pippali cures abdominal pain. (SY.ghrta5)

Sinus-
Prepare an oil with the fruits of Apamarga and mix with cow urine and applied to nasal sinus (S.chi.17/25)

Ear Disease (Karnaroga)
Ash of the entire plant is prepared with sesame oil use as ear drop is a valuable remedy for ear complaints. (Ch.D.57/25)

Severe migraine (Suryavarta)-
Apamarga navaneeta (butter) is good medication for severe migraine (Ch. D.43)
Massage with Apamarga fruits cooked oil cure all types of pain in the head (GN3/1/125)

Eye disease
The root of Apamarga, Rock salt, sesame oil, milk and kanji (fermented sour preparation) is crushed in copper vessel and its Anjana is applied in the eye, which keeps the eyes clean. (garudpuranpp332)

Bleeding wound (Rakta-Strava in Varna)
Apamarga leaf juice or paste applied locally checks haemorrhage. (Ch.D.44/52)

Excessive Appetite (Bhasmaka)
The seeds are boiled in milk and given in case of over or excessive appetite. (vr Ni. Ra.)
Apamarga seeds with milk and iguana meat juice in excessive hunger (c.Su.2/33)

Dog bite-
Leaf juice of Apamarga is useful on the wound (AS.U.46/64)

Difficult labour-
Apamarga root should be kept into Vagina. It induces labour easily. (BS.striroga233)
The Apamarga root paste applied on navel, vulva and pelvis acts similarly(GN6/4/23)

Pain in vagina-
A pair of leaves of Apamarga put into the vagina relieves pain instantaneously (GN6/6/15)
Apamarga root paste and punarnava removes vaginal pain during puerperium (VM13/40)

For Conception-
Apamarga root paste with milk give to woman drink during menstruation, then she leads to conception. (Sho.Ni.613)
Synonyms—Various synonyms of Apamarga are compiled from Nighantu are\(^{10}\).

**Aaghat:** (Grows in abundance), **Apamarga** (Cleanses channels particularly head), **Adhahshalya** (deflexed spinous bracteoles), **Durgraha** (Difficult to handle), **Kharmanjari** (spinous bracteoles and pointed periapt), **Kinihi** (Cures the eruptive conditions like vrana etc. or its touch may produce eruptions), **Ksharmadhya** (Plant is predominantly alkaline), **Marga** (Cleanses channels), **Markati:** (Leave shave close apprised hairs beneath), **Mayurak** (Tip of its spike is curved and is compare to head of peacock), **Pratyakpuspi** (Deflexed spinous bracteoles), **Shikhari** (Has flowers at the top)

**Classification**—Apamarga is classified in Tikta Skandha in all three Samhitas of Brihattrayee and also classified in different Gana or varga in Brihattrayee and various Nighantu in Table 1.

**Table 1** Categorization of Apamarga under various Gana or Varga in Brihattrayee and Nighantu

<table>
<thead>
<tr>
<th>Samhita/ Nighantu</th>
<th>Gana / Varga</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charaka Samhita(^{11})</td>
<td>Phalinidravya, Shirovirechandravya, Vmannopaga, ShirovirechanopagaMahakashaya</td>
<td>C.Su.1/81,2/3,4/23,4/27</td>
</tr>
<tr>
<td>Sushruta Samhita(^{12})</td>
<td>Varunadiguna, Virturavadiguna, Arkadigan a, Virechanadravya, Shiroyirechanadravya, Tikatavarga, Vamnadavrya</td>
<td>S.Su.38/8,38/10,38/16,39/4,39/6,42 /22,43/3</td>
</tr>
<tr>
<td>AshtangaHridaya(^{13})</td>
<td>Tiktaskandha, Shirovirechandravya, Madhymakshara</td>
<td>A.h.Su. 10/29, A.h.Su.15/4,30/10</td>
</tr>
<tr>
<td>Dhanvantari Nighantu(^{14})</td>
<td>GuduchyadiVarga</td>
<td>D.N.1-8, Guduchyadi Varga290-295</td>
</tr>
<tr>
<td>Sodhala Nighantu(^{15})</td>
<td>GuduchyadiVarga</td>
<td>So.N.part-1, GuduchyadiVarga261-262</td>
</tr>
<tr>
<td>Madanpal Nighantu(^{16})</td>
<td>AbhayadiVarga</td>
<td>M.N. AbhayadiVarga106-107</td>
</tr>
<tr>
<td>Kaiyadeva Nighantu(^{17})</td>
<td>Oshadhivarga</td>
<td>K.N. Oshadhivarga1032-1037</td>
</tr>
<tr>
<td>Bhavaprakasha Nighantu(^{18})</td>
<td>GuduchyadiVarga</td>
<td>B.N. GuduchyadiVarga187-191</td>
</tr>
<tr>
<td>Raja Nighantu(^{19})</td>
<td>ShatahwaadiVarga</td>
<td>R.N. Shatahwaadi Varga4,88-91</td>
</tr>
<tr>
<td>Nighantu Aadarsha(^{20})</td>
<td>Apamargadivarga</td>
<td>Ni.A. Vol 1</td>
</tr>
<tr>
<td>Pirya Nighantu(^{21})</td>
<td>Shatpuspadivarga</td>
<td>Pri. Ni.177-179</td>
</tr>
</tbody>
</table>

**Vernacular names**—English:— Prickly Chaff Flower, Chaff Tree, Rough Chaff Tree; Hindi:—Chirchira, Latjira; Bengali:— Apang; Gjurati—Aghedo; Kannada—Uttarane, Uttaren; Malyalam—Kadaledee; Marathi—Anghada; Punjabi—Puthakanda, Lattajeera; Tamil—Nayuruvi; Assam:—Chirchita, Apang; Urdu:—Chirchita; Rajasthan:—Andhijalo, Andijaro

**Part used (Prayojyang)**—Whole plant, Root, Leaves, Spikes, Seeds and Kshara\(^{5}\) are usable parts of Apamarga.

**Pharmacodynamics (Rasapanchaka)**\(^{5}\)

| Rasa | Guna, Laghu, Rukshe, Sara, Tikans 
<table>
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<tr>
<td>Katu</td>
<td>Tikta</td>
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*Gurjar and Kotecha* Int J Ayu Pharm Chem 2019 Vol. 10 Issue 3 [e ISSN 2350-0204]
Veerya-Ushna
Vipaka-Katu

Dose-As per Ayurvedic pharmacopoeia of India, Dose of Apamarga Root Churnai is 5-10gm, 20-50 gm of the drug for decoction⁴². Acc.to Bhavprakash Nighantu dose of Apamarga Root and seed Churna is 5-10gm, Kwatha-15-50ml, Kshara-0.5to1gms⁴³.

Table 2 Different Ethno medicinal and Pharmacological Uses of Achyranthes aspera Linn.

<table>
<thead>
<tr>
<th>S.no.</th>
<th>Plant part used as medicine</th>
<th>Ethno medicinal &amp; Pharmacological use</th>
<th>Reference cited</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Leaf</td>
<td>Juice along with opium taken with water two times in syphilitic sores, gonorrhoea, bowel complaint, pile and boil. Jaggery, black pepper and garlic mixed with fresh leaves and made pills and take twice a day. Seven leaves crushed and take a twice a week and crushed leaves are used for curing strained back.</td>
<td>25 26 27</td>
</tr>
<tr>
<td>2</td>
<td>Stem</td>
<td>Fresh stem used as a tooth brush.</td>
<td>28</td>
</tr>
<tr>
<td>3</td>
<td>Root</td>
<td>Root paste is taken internally with buttermilk as anti-fertility drug. The fresh root decoction is put into the vagina to terminate the pregnancy. Powder take daily in leprosy. Paste taken daily for anti-fertility action. Root ash mixed with water taken in cough, ascites, anasarca. Powder take twice a day in bleeding in delivery. Decoction of root given in Pneumonia, stomach problem. The root paste is applied to external genitalia to induce labour pains. Root of Apamarga is pounded with black pepper and given orally with water in cases of Snake bite for checking venomous poison.</td>
<td>29 30 31 32 33 34</td>
</tr>
<tr>
<td>4</td>
<td>Seed</td>
<td>Raw seeds take with water as expectorants, Brain tonic, bleeding piles Cold infusion of rice mixed with Apamarga seeds orally used in bleeding piles or haemorrhoids. (Pandey)</td>
<td>35</td>
</tr>
<tr>
<td>5</td>
<td>Flower</td>
<td>Flower paste taken in menorrhagia Flower paste externally applied in Snake and reptile bite</td>
<td>36 37</td>
</tr>
<tr>
<td>6</td>
<td>Fruit</td>
<td>Unripe fruits given three times daily in respiratory problems</td>
<td>38</td>
</tr>
<tr>
<td>7</td>
<td>Whole plant</td>
<td>The dried herb is treat to children for colic pain Plant ash and a pinch of salt mixed with mustard oil use as Tooth powder Plant ash with honey used to cure cough Decoction is taken in renal problem, general anasarca, berybery, pneumonia Root powder with milk in Rheumatism and blindness</td>
<td>37 38</td>
</tr>
<tr>
<td>8</td>
<td>Kshara (Ash)</td>
<td>The kshara either alone or mixed with Hartala is a caustic agent and cures warts on the penis or other part of the body Kshara is given with honey in colic, cough, asthma etc.</td>
<td>30 38</td>
</tr>
</tbody>
</table>

Anupana- To be taken with betel leaf⁴⁴.

Ethno medicinal, Folk & Tribal use—Achyranthes aspera Linn. catches a special mention for its use in folk medicine in different part of the country. Ethnomedicinal, Folk and Tribal uses of Achyranthes aspera Linn. is listed in Table-2.
Pharmacological activities – *Achyranthes aspera* Linn. Is popular as most extensively used plants for a long period in traditional medicine. This plant possesses many useful properties like Antifertility, Antimicrobial, Anti-inflammatory, Anti-arthritic etc. The major biological actions of *Achyranthes aspera* Linn. including the following.

**Antimicrobial**

*Achyranthes aspera* Linn. herb parts have been examined for invitro antimicrobial action against different types of bacteria like Bacillus subtilis, Staphylococcus aureus etc. by disc diffusion method with Different solvents such as ethanol, acetonitrile etc39. The plant leaf extract was evaluated for having antibacterial property against hospital origin gram positive bacteria40. In other study *Apamarga* was evaluated as herbal antimicrobial activity for cotton fabric in healthcare textiles41. The plant was evaluated against dental pathogens42.

**Larvicidal**

Essential oil of leaf and stem extracted by steam distillation was found as a bioactive larvicidal against Aedesegypti and Culexquinquefasciatus43.

**Antifertility**

The plant is popular as antifertility agent in Ayurvedic literature also in modern text. Whole plant extracts has shown abortifacient outcome in mice but maximal activity was shown in the benzene extract44. The plant shoot were reported to prevent conception in adult female rats45. The extracts of leaves, roots, and seed of the plant check fertility and also used to retraction of placenta, and check the postpartum bleeding46.

**Anti cancerous**

The plant was studied for having anti-cancer activity and antitumor activity47. Methanolic extract of Leaves were found to have inhibitory activity against human pancreatic carcinoma cells refer to its its anti-proliferative and anti-carcinoma activity48.

**Immunostimulant**

The extract of *Achyranthes aspera* Linn. (Amaranthaceae) was found to raise the trigger of ovalbumin (OVA)- specific humoral antibody action in mice49. The plant seeds were studied to enhance immunity of Cyprinuscarpio50.

**Hypoglycaemic**

Powdered form of whole plant parts and aqueous and methanolic extracts, administered orally shown hypoglycaemic activity in normal and alloxan-diabetic rabbits51.

**Anti-inflammatory**

Anti-inflammatory action of *Achyranthes aspera* Linn. has been reported52.
plant extract was establish to be largely active in most of the reports.

**Anti-oxidant activity**
The plant has proven antioxidant action of *Achyranthes aspera* Linn. root has been reported.

**Anti asthmatic**
Antardhooma Bhasma of *Achyranthes aspera* Linn. in Tamaka Shwasa (bronchial asthma) was proved to be effective. The ethanolic extract of the plant protected by Toluene diisocyanate (TDI) induced occupational asthma in Wister rats.

**Anti spasmodic**
The whole plant was shown to have anti spasmodic property.

**Anti-allergic activity**
The anti allergic activity of petroleum ether extract of the entire plant shows significant in both milk induced eosinophilia and milk induced leukocytosis in mice.

**Diuretic**
Active compounds of plant like saponins and Achyranthine are responsible for the plant’s diuretic property.

**Renal disorders**
Methanolic extracts of *Achyranthes aspera* Linn. was shown to prevent lead induced nephrotoxicity in albino rats and inhibit mineralization of urinary stones.

**Antileprotic**
*Achyranthes aspera* Linn. is effective treatment for leprosy has been studied.

The plant was also reported for its effectivity against lepromatous leprosy.

**Anti fistula-in-ano and piles**
*Achyranthes aspera* Linn. is main ingredient of *Ksharsutra* it is used in handling of fistula-in-ano. The plant ash and juice were mentioned to treat bleeding piles.

**Anti-arhritic**
Anti-arhritic activity of Achyranthine separated from *Achyranthes aspera* Linn. has been reported. The plants efficacy in rheumatoid arthritis was also reported. The anti-inflammatory action of achyranthine was studied in adult albino rats weighing 100-150 g utilizing a “umber of techniques viz. carrageenin induced oedema of rat hind paw.

**Anti cataract activity**
The study suggested that the *Achyranthes aspera* Linn. leaves have anticataract and antioxidant activities, which might be useful in preventing or slowing the progress of cataract. Aqueous extract of leaf report anti cataract activity in fresh goat eye balls.

**Wound healing activity**
The plant has reported wound healing action on comparative protein profile of granulation tissues of burn and the methanol extract of the plant have treated diabetic wound with 5.0% ointment.

**Anti-dandruff activity**
Methanolic leaf extract of *Achyranthes aspera* Linn. as a polyherbal hair oil (PHO) possesses anti-dandruff activity\(^6^9\).

**Neuropharmacological activity**

*Achyranthes aspera* Linn. Methanol extract was shown to have neuropharmacological action\(^7^0\).

**Anti snake venom activity**

Anti snake venom action of *Achyranthes aspera* Linn. has been shown experimentally supporting its widespread ethnic use against venomous bite\(^7^1\).

**Cardiac activity**

The saponin separated from seed of *Achyranthes aspera* Linn. has been noticed when it was reported to cause increase in force of contraction of intact and isolated hypo dynamic heart\(^7^2\).

**Anti hepatitis**

A clinical trial held on patients of acute viral hepatitis the efficacy of *Achyranthes aspera* Linn. was tested as an ingredient of a formulation\(^7^3\).

**Hepatoprotective**

Methanol extract from shoot of *Achyranthes aspera* Linn. exhibited significant hepatoprotective effect caused paracetamol induced toxicity in rats\(^7^4\).

**Anti anasarca**

Oral administration of *Achyranthes aspera* Linn. in cases of general anasarca was reported\(^7^5\).

**Analgesic, antipyretic and antinociceptive**

Methanolic extract of root and leaf 76 showed analgesic action and leaves were reported to be analgesic, antipyretic\(^7^7\) and antinociceptive action\(^7^8\).

**Prothyroidic**

*Achyranthes aspera* Linn. extract changes thyroid hormone concentration and decrease hepatic lipid peroxidation in rats and leaf extract was shown to have prothyroidic and antiperoxidative property\(^7^9\).

**Anthelmintic activity**

The leaf extract was preliminary screened for anthelmintic action when tested against earthworms (Pheretima posthuma)\(^8^0\).

**Anti obesity**

The plant was clinically investigated against obesity and showed positive results\(^8^1\).

**Anti depressant activity**

Leaf Methanol extract shows depress relies activity in Mice and rats\(^8^2\).

**Anti ovulatory and Anti implantation**

Root methanol extract determine anti ovulatory and anti implantation activity in virgin female rats\(^5^2\).

**Blood pressure**

Aqueous and alcohoholic extracts of the roots cause fall in blood pressure \(^8^3\) but the chloroform extract raised the blood pressure in dogs \(^8^4\).
Anti –tumor activity
Leaves methanolic extract of Achyranthes aspera Linn. has anti tumor activity.\(^8\)\(^5\).

Anti asthmatic activity
Whole plant alcoholic extract shows anti asthmatic property in wistar rats.\(^8\)\(^6\).

Veterinary
Diarrhoea preventive activity in piglets.\(^8\)\(^7\) the plant herbal preparation has shown therapeutic efficacy in induced hepatopathy in sheep.\(^8\)\(^8\).

Anti plant pathogen activity
Aqueous extract of leaf of Achyranthes aspera Linn. was tested in infested banana fruits its showed delay in first disease symptom with minimum weight loss in fruit.\(^8\)\(^9\) Aqueous extracts of leaves of the plant inhibit seed-borne fungi of wheat with an increase in seed germination.\(^9\)\(^0\) Anti-feedant action of Achyranthes aspera Linn. on cauliflower bit (Hellula undalis), fruit and leaf bit of cauliflower (Spodopteralititura) and Brinjal fruit bit (Leucinodes carbonalis) was also reported.\(^9\)\(^1\).

Safety evaluations-
According to OECD guidelines the acute and sub acute toxicity study was carried out in albino mice in different doses. The result was the whole plant powder methanol extract of Achyranthes Aspera Linn. Was shown to be nontoxic.\(^9\)\(^2\) Leaf decoction was reported for cardiovascular toxicity.\(^9\)\(^3\).

Discussion –
Ayurvedic literature mentioned that all plants have some pharmacological activities and there is no any plant which cannot be used as medicine. Some plants are so much popular in communities for the Vedic Kala for medication. Apamarga is well described in the Vedas and Purana text. Yajurved texts quote Apamarga Saktu for antimicrobial property. Atharvaveda broadly cited Apamarga and as per the etymology provided by shayana this plant driveway the vitiated doshas from the body. Hence the name Sahasravirya given to the plant best proves itself. Krimighna, Rakshogha, Rasayana, Arshogha, Vishaghna etc. Karmas are described in Paippalyadashakha. Acharya Charak described about it in Agraya dravya as “Pratyakpuspa Sirovirechananam”\(^1\)\(^1\) and gave its name to the second adhyaya of Sutrasthan as Apamarga tanduliya.\(^1\)\(^1\). Rasa panehaka of Apamarga, Tikta, Katu rasa, Ushnaveerya, Laghu, ruksha and tikshana guna and improves digestion and also useful in Chardi (vomiting), diseases of Kapha, Medas(fat) and Vata. It is also useful in Kandu (itching), Hardya roga (heart disease), Udarasula (pain in abdomen), Adhmana (flatulence), Arsa (piles), Udara (enlargement of abdomen) and Apaci (scrofula)\(^1\)\(^\)\(^8\). Apamarga is held to be Agnikrit and have Tikshana property.
Apamargahave Deepana property and showed in Kapha-Vata diseases. It is shown in Dadru, Apashmara, Sidhma, Arsha, Kandu, Shoola, Udarroga, Aruchietc. Regarding karma of it, Acharyas detailed its action as Shothahara, Vedanasthapana, Lekhana, Vishaghna, Shirovirechana, Rochan, Deepan, Pachana, Pittasaraka, Krimighnatac⁹⁴.

CONCLUSION

Achyranthes aspera Linni is a very useful herb having a wide description in various Vedic garantha and in Ayurvedic texts. Different research activities carried out in modern time also depict its various pharmacological activities which have become a prime concern to modern scientists. Despite this, local community seems to be least aware of the valuable uses of this plant. Plant is seen to grow carelessly as a weed in waste areas. Proper awareness about the values and uses of the plant must be given to the community so that we can preserve the valuable ancient knowledge of Ayurveda for our future generation.
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