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An Overview on Divine Herb *Apamarga* (*Achyranthes aspera* Linn.)

Gurjar Hemwati^{1*} and Kotecha Mita²

^{1,2}Department of Dravyaguna Vigyana, National Institute of Ayurveda, Jaipur, Rajasthan, India

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* (*Achyranthes 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; Achyranthes aspera Linn; Pharmacological Activities; Hepatoprotective; Apamarga



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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 diabetes⁵, bronchitis, piles, heart maladies, itching, abdominal problems, ascites, rheumatism, abdominal enlargement, rabies and for enlarged cervical gland⁶. According to *Charkait* is best for *Shirovirechana* and also indicated in *Karnaroga*, *Krimi*, *Pandu*, *Arsha*, *Kushtha*, *Unmada*, *Apasmara*, *Ashmari*, *Hikka-Swaas*, *Vish Chikitsa* and a huge number of diseases⁵.

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 *Rakshoghna*karma. 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 *Duhsvapnanasana* properties are stated to be major ones. *Kushtha* is known to be *paaproga*. This indicates *Kushthaghna* action of *Apamarga*. *Duhsvapnanashana* indicates its *Medhya* property⁷.

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 etc⁸.

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 *Rogaghna* (indications) etc.

Various Classical uses of *Apamarga* are as follows⁹ -

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)

Apamarga is mentioned as *Shlokasahastradharina* in *Chakardutta* for regular use of six months (Ch.D.6/24)

***Jawar* (fever)-**



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* (*garudpuran*pp340)

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. (*garudpuran*pp332)

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.stiroga233)

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* are¹⁰: -

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 appressed 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 *Brihatrayee* and also classified in different *Gana* or *varga* in *Brihatrayee* and various *Nighantu* in Table 1.

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

<i>Samhita/ Nighantu</i>	<i>Gana / Varga</i>	Reference
<i>Charaka Samhita</i> ¹¹	<i>Phalinidravya, Shirovirechandravaya, Vamnopaga, Shirovirechanopaga Mahakashaya</i>	<i>C.Su.1/81,2/3,4/23,4/27</i>
<i>Sushruta Samhita</i> ¹²	<i>Varunadigana, Virtaruvadigana, Arkadigan a, Virechanadravya, Shirovirechanadravya, Tikatavarga, Vamnadravya</i>	<i>S.Su.38/8,38/10,38/16,39/4,39/6,42/22,43/3</i>
<i>Ashtanga Hridaya</i> ¹³	<i>Tiktaskandha, Shirovirechandravaya, Madhyamakshara,</i>	<i>A.h.Su. 10/29, A.h.Su. 15/4,30/10</i>
<i>Dhanvantari Nighantu</i> ¹⁴	<i>Guduchyadi Varga</i>	<i>D.N.1-8, Guduchyadi Varga 290-295</i>
<i>Sodhala Nighantu</i> ¹⁵	<i>Guduchyadi Varga</i>	<i>So.N.part-1, Guduchyadi Varga 261-262</i>
<i>Madanpal Nighantu</i> ¹⁶	<i>Abhayadi Varga</i>	<i>M.N.Abhayadivarga 106-107</i>
<i>Kaiyadeva Nighantu</i> ¹⁷	<i>Oshadhivarga</i>	<i>K.N.Oshadhi varga 1032-1037</i>
<i>Bhavaprakasha Nighantu</i> ¹⁸	<i>Guduchyadi Varga</i>	<i>B.N. Guduchyadivarga 187-191</i>
<i>Raja Nighantu</i> ¹⁹	<i>Shatahwaadi Varga</i>	<i>R.N. Shatahwaadi Varga 4,88-91</i>
<i>Nighantu Aadarsha</i> ²⁰	<i>Apamargadivarga</i>	<i>Ni.A .Vol 1</i>
<i>Pirya Nighantu</i> ²¹	<i>Shatpuspadivarga</i>	<i>Pri. Ni.177-179</i>

Vernacular names-English:- Prickly Chaff Flower, Chaff Tree, Rough Chaff Tree; Hindi: -*Chirchira, Latjira*; Bengali:- Apang; Gujrati:-Aghedo; Kannada:- Uttarane, Uttaren; Malayalam:-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-Katu, Tikta
Guna-Laghu, Ruksha, Sara, Tiksana



Veerya-Ushna

Vipaka-Katu

Dose-As per *Ayurvedic* pharmacopoeia of India, Dose of *Apamarga Root Churnais* 5-10gm, 20-50 gm of the drug for decoction²². Acc. to *Bhavprakash Nighantu* dose of *Apamarga Root and seed Churna* is 5-10gm, *Kwatha*-15-50ml, *Kshara*-0.5to1gms²³.

Anupana– To be taken with betel leaf²⁴.

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.

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

S.no.	Plant part used as medicine	Ethno medicinal & Pharmacological use	Reference cited
1	Leaf	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.	25 26 27
2	Stem	• Fresh stem used as a tooth brush.	28
3	Root	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 <i>Apamarga</i> is pounded with black pepper and given orally with water in cases of Snake bite for checking venomous poison.	29 30 31 32 33 34
4	Seed	Raw seeds take with water as expectorants, Brain tonic, bleeding piles Cold infusion of rice mixed with <i>Apamarga</i> seeds orally used in bleeding piles or haemorrhoids. (Pandey)	35
5	Flower	Flower paste taken in menorrhagia Flower paste externally applied in Snake and reptile bite	36 37
6	Fruit	Unripe fruits given three times daily in respiratory problems	36
7	Whole plant	• 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	37 37 24 34
8	Kshara (Ash)	• The kshara either alone or mixed with <i>Hartala</i> 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.	30 38



Pharmacological activities – *Achyranthesaspera* 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 *Achyranthesaspera* Linn. including the following.

Antimicrobial

Achyranthesaspera 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 *Culexquinquefasciatus*⁴³.

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 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 *Cyprinus carpio*⁵⁰.

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. Alcoholic



plant extract was established to be largely active in most of the reports⁵³.

Anti-oxidant activity

The plant has proven antioxidant action of *Achyranthes aspera* Linn. roots has been reported⁵⁴.

Anti asthmatic

Antardhooma Bhasma of *Achyranthes aspera* Linn. in Tamaka Shwasa (bronchial asthma) was proved to be effective⁵⁵. The ethanolic extract of the plant protected by Toluene diisocyanate (TDI) induced occupational asthma in Wistar rats⁵⁶.

Anti spasmodic

The whole plant was shown to have anti spasmodic property⁵⁷.

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 mice⁵⁸.

Diuretic

Active compounds of plant like Saponins and Achyranthine are responsible for the plant's diuretic property⁵⁹.

Renal disorders

Methanolic extracts of *Achyranthes aspera* Linn. was shown to prevent lead induced nephrotoxicity in albino rats and inhibit mineralization of urinary stones⁶⁰.

Antileprotic

Achyranthes aspera Linn. is effective treatment for leprosy has been studied⁶¹.

The plant was also reported for its effectivity against lepromatous leprosy⁶².

Anti fistula-in-ano and piles

Achyranthes aspera Linn. is main ingredient of *Ksharsutra* it is used in handling of fistula-in-ano⁶³. The plant ash and juice were mentioned to treat bleeding piles⁶⁴.

Anti-arthritis

Anti-arthritis activity of Achyranthine separated from *Achyranthes aspera* Linn. has been reported⁶⁵. The plant's 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 paw⁶⁶.

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 balls⁶⁷.

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% ointment⁶⁸.

Anti-dandruff activity



Methanolic leaf extract of *Achyranthes aspera* Linn. as a polyherbal hair oil (PHO) possesses anti-dandruff activity⁶⁹.

Neuropharmacological activity

Achyranthes aspera Linn. Methanol extract was shown to have neuropharmacological action⁷⁰.

Anti snake venom activity

Anti snake venom action of *Achyranthes aspera* Linn. has been shown experimentally supporting its widespread ethnic use against venomous bite⁷¹.

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 heart⁷².

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 formulation⁷³.

Hepatoprotective

Methanol extract from shoot of *Achyranthes aspera* Linn. exhibited significant hepatoprotective effect caused paracetamol induced toxicity in rats⁷⁴.

Anti anasarca

Oral administration of *Achyranthes aspera* Linn. in cases of general anasarca was reported⁷⁵.

Analgesic, antipyretic and antinociceptive

Methanolic extract of root and leaf⁷⁶ showed analgesic action and Leaves were reported to be analgesic, antipyretic⁷⁷ and antinociceptive action⁷⁸.

Prothyrodic

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 property⁷⁹.

Anthelmintic activity

The leaf extract was preliminary screened for anthelmintic action when tested against earthworms (*Pheretima postuma*)⁸⁰.

Anti obesity

The plant was clinically investigated against obesity and showed positive results⁸¹.

Anti depressant activity

Leaf Methanol extract shows depressant activity in Mice and rats⁸².

Anti ovulatory and Anti implantation

Root methanol extract determine anti ovulatory and anti implantation activity in virgin female rats⁵².

Blood pressure

Aqueous and alcoholic extracts of the roots cause fall in blood pressure⁸³ but the chloroform extract raised the blood pressure in dogs⁸⁴.



Anti –tumor activity

Leaves methanolic extract of *Achyranthes aspera* Linn. has anti tumor activity⁸⁵.

Anti asthmatic activity

Whole plant alcoholic extract shows anti asthmatic property in wistar rats⁸⁶.

Veterinary

Diarrhoea preventive activity in piglets⁸⁷. the plant herbal preparation has shown therapeutic efficacy in induced hepatopathy in sheep⁸⁸.

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 fruit⁸⁹ Aqueous extracts of leaves of the plant inhibit seed-borne fungi of wheat with an increase in seed germination⁹⁰. Anti-feedant action of *Achyranthes aspera* Linn. on cauliflower bit (*Hellula undalis*), fruit and leaf bit of cauliflower (*Spodoptera litura*) and Brinjal fruit bit (*Leucinodes carbonalis*) was also reported⁹¹.

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 nontoxic⁹². Leaf decoction was reported for cardiovascular toxicity⁹³.

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 drive away the vitiated *doshas* from the body. Hence the name *Sahasravirya* given to the plant best proves itself. *Krimighna*, *Rakshoghna*, *Rasayana*, *Arshoghna*, *Vishaghna* etc. *Karmas* are described in *Paippalyadashakha*. Acharya Charak described about it in *Agraya dravya* as “*Pratyakpuspa Sirovirechananam*”¹¹ and gave its name to the second *adhyaya* of *Sutrasthan* as *Apamarga tanduliya*¹¹. *Rasa panchaka* 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)¹⁸. *Apamarga* is held to be *Agnikrit* and have *Tikshana* property.



ApamargahaveDeepana property and showed in *Kapha-Vata* diseases. It is shown in *Dadru, Apashmara, Sidhma, Arsha, Kandu, Shoola, Udarroga, Aruchi* etc.

Regarding *karma* of it, *Acharyas* detailed its action as *Shothahara, Vedanasthapana, Lekhana, Vishaghna, Shirovirechana, Rochan, Deepan, Pachana, Pittasaraka, Krimighna* etc⁹⁴.

CONCLUSION

Achyranthes aspera Linnis 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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