

Apamarga (*Achyranthes aspera*)

Family -Amaranthaceae

Synonyms

1. Kharmanjari
2. Adhshalya
3. Shikhri
4. Pratyakpushpa
1. 5 .Marga

Vernacular Names-

Sanskrit -Apamarga

Hindi- Latjira, Chirachitaa

English- Prickly chaff flower

Part Used- Root, Seed, Leaf, Whole plant

Rasa Panchaka-

- Rasa - Tikta, Katu
- Guna - Tikshna
- Virya- Sheeta (Rakta Apamarga)
- Vipaka - Madhura (fruit)

Karma (Actions)

Agnidipaka. Saraka, Pachaka, Vamaka, Chedana.

Agrya Karma

प्रत्यपुष्पा शिरोविरेचनानाम्। (च.सू. 25/40)

Pratyakpushpa (*Achyranthes aspera* Linn.) is best for Shirovirechana Karma.

Action on Dosha

Panchanga (Whole plant) - Kaphavatahara - because of its Ushna virya. KVV

Phala (Fruit)-Vatakara-because of the Shita Virya.

Pharmacological actions -Kapha-vatahara, Deepana, Pachana, Sara, Rochana, Medohara.

Indications - Hridroga, Adhmana, Arshas, Kanduu, Shoola, Udara, Apachi, Chardi.



Amayika Prayoga(Therapeutic uses)-

1. Sharkara & Ashmari (Urolithiasis) - The kshara of Apamarga relieves Sharkara and Ashmari. (Vagbhata)
2. Sadyovrana (Injured wound) Bleeding from injured wounds can be stopped on external application of thick leafy juice. (Gadanighraha)
3. Visuchika (Cholera) juice relieves Vishuchika. The intake of root (Bhavaprakasha)
4. Kamala (Jaundice) - The internal administration of pounded roots of Apamarga and Shami relieve Kamala and Pandu. (Rasaratnasamucchaya)
5. Yonishotha (Vaginitis) - The local application of two leaves of Apamarga into the yoni relieves even severe pain in the Vagina. (Shodhala)
6. Karnanada & Badhirya (Tinnitus & Deafness) - The oil prepared with Apamargakshara administered as ear drops relieves Karnanada (Tinnitus) and Badhirya (Deafness). (Vrinda)

Matra (Dose)

- Kshara -0.5 to 2g
- Swarasa -10 to 20 ml
- Mula churna -3 to 6 g
- Bija churna -3g

Specific formulations - Apamargakshara taila.

Distribution - *Achyranthes aspera* is found throughout India, upto an altitude of 1000m or so, in waste places, along road side bush, and in the open scrub.

The plant is also distributed in Baluchistan, Tropical Africa and Australia.

External Morphology-

Erect, annual perennial herb, 1/3-1 m or more in height. Stem generally simple in annuals and branched from woody base when perennial. Leaves opposite, simple, petiolate, distantly arranged; lamina very variable in size and shape, elliptic, obovate, apiculate, 3-5 (-10) x 2.5-4 (-6) cm; petiole 0.6-2 (-4) cm long. Inflorescence of terminal, linear spikes, sometimes reaching upto 50 cm long in fruiting. Flowers 0.4-0.6 cm long, greenish or purplish, closely deflexedly arranged on the rachis; bracts and bracteoles spinescent and persistent; perianth lobes 5, finely pointed; stamens 5, staminodes truncate and fimbriate. Fruit an utricle, oblong, truncate at apex, enclosed in the hardened perianth, 0.2-0.25 cm long, disarticulating from the rachis above the bract, carrying away with it the spinescent bracteoles by the aid of which it clings to any object that comes in contact with it.

Chemical constituents -

Betaine, achyranthine, hentriacontane, ecdysterone; achyranthes saponins A, B, C, D.

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Flowering & Fruiting - November-May in particular, throughout the year in general.

Varieties

Bha. Ni & Dha. Ni }

1. Shweta - *Achyranthes aspera*

Ra. Ni

2. Rakta - *Achyranthes rubrofusca*

Kai.Ni -

1. Apamarga

2. Vashira

3. Ramatha (*Toyapamarga*)

Grahya Laxana (Genuine Characteristics)

Dry herb, consisting of pieces of quadrangular, striated stems, 4 to 7 mm in diameter, orbicular, obovate, hairy leaves, having an attenuated base and short petiole and pieces of long slender spikes bearing prickly flowers or fruits which are sharply deflexed against the rachis. The colour of fleshy dried material is greyish which changes to pale brown during storage and will have faintly aromatic odour and bitter taste.