Botanical Information
1. Immature plant of Apamarg (Achyranthus aspera)
ACHYRANTHUS ASPERA : (80) (81) (82) (83) (84) :

Family : Amaranthaceae Types : White and red achyranthes aspera.
Latin Name : Achyranthes aspera.
Sanscrit Name : Apamaarg.
English Name : Rough Chaff tree or prickly chaff flower

Marathi : Aghada
Hindi : Latajira

Habitat : Small herb found all over India

Parts used : All the parts

Constituents : Fruits contain a large percentage of alkaline ash which contains potash

Action : astringent, diuretic, antiperiodic antifertile, purgative.

Preparations : Decoction and infusion of leaves

Xshaar prepared by incenaration of the whole plant to white ash.
Order of roots: Paste and medicated oils.

Constituents: As percentage in leaves 24% potash, root 8.5% potash, branches 8% of potash. Yava Kshaar leaves 21.5% branches 38%, and root 28.5%.

Other than above contents, it contains 'Chuna', sajji Kshaar, Sodium chloride, ferrous, sulphur etc.

Guna: Laghu, rooksha and teekshan

Rasa: Katu and Tikta

Veerya: Ushan

Vipak: Katu

Karma and Prayog: Kapha Vata Shaamak, Kapha Pitta Samshodhak,

Sansthanik Karma: Shotha Hara, Vedana Sthapak, Lekhana Karma, Vishaghna, Varna Shodhana, Shiro Virechana, Kshaar is useful in fistula in ano and other warty growths. The use of seeds as a paste for application to the bleeding piles. The use of leaves
juice for acute traumatic bleeding. It stops the bleeding and performs the 'rakta sthamabhana Karma'.

Systemic Uses: Digestive system: It is deepanana, Paachana, Rochan, Pitta Saram, Krumighna, Arshoghna. It is also useful in the following diseases:

Aruchee, Chchardee, Agnimandya, Udara Rog, Adhmana, Arsha etc. and also useful in the liver disorders.

Rakta Vaha Sansthan:

It is rakta shodhana, Rakta Vardhana, Shothagna and it is also useful in Hrud Rogas. Paandu, Ganda Mala, Aama Vata and in Pittashmari. It reduces the swelling of biliary canaliculii and common bile duct. and in this way useful in the liver disorders and in the gall stones and in cholecystitis.

Respiratory System:

For swas and kaas by reducing the kaphavarodha.

Urinaruy System: It is diuretic and alkaline in nature. It is useful in renal and urinary calculus and cystitis and nephritis.
Skin Disorders: It is swedana, Kushthaghna, and Kandughna.

Doses:

- **Swaras**: 30 to 60 ml
- **Kwatha**: 10 to 20 ml
- **Choorna**: 10 to 20 g
- **Kshaar**: 0.5 to 0.7 g

Special Kalpas: Apamarga Kshaar Tailam

- Agasti Haritaki Sneha
- Agnimukha

Apamarga means, it is purifies the srotasas therefore it is known as apamarga.

**Dhatu**: Medoghna (for apachee)

**Mala**: Purish Mala, Nasa and Shiro Mala

**Mootra**: Ashmari Bhedana

**Avayava**: Hrudaya, Shira and Yakrut