Apamarga bheda	
Hindi Name	Chirchita
English Name	Chinese Achyranthes
Scientific Name & Family	*Achyranthes bidentata* Blume; Family – Amaranthaceae
Part Used	Whole plant, Root, Seeds
Main Synonyms	Apāmārga, Mayuraka, Kharamanjari
External Morphology	An erect perennial herb about 0.5–1 m tall; stem angular, branched and pubescent; leaves opposite, ovate or elliptic, entire and hairy; flowers small, greenish arranged in long spikes; bracts and bracteoles stiff and sharp; fruits small utricles containing a single seed; seeds smooth and brown.
Rasapanchaka & Dosha-Karma	Guna: Laghu, Ruksha, Tikshna Rasa: Katu, Tikta Vipāka: Katu Vīrya: Ushna Doṣa-karma: Kapha-Vāta śāmaka
Active Phytoconstituents	Saponins, alkaloids (achyranthine), ecdysterone, oleanolic acid, potassium salts
Pharmacological Actions	Kaphahara, vātahara, lekhana, śothahara, krimighna, mutrala
Important Formulations	Apāmārga Kshara, Apāmārga Ksharasutra, Apāmārga Taila
Dose	Powder: 3–6 g
To be Noted	Apāmārga is an important Kshara-producing plant in Ayurveda. The Kshara prepared from this plant is widely used in Ksharasutra therapy for Arsha (piles) and Bhagandara (fistula-in-ano). It is also used in Shirovirechana and Kapha disorders.

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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