Apamarga	
Hindi Name	Apamarg
English Name	Prickly Chaff Flower
Scientific Name & Family	*Achyranthes aspera* L.; Family – Amaranthaceae
Part Used	Whole plant, root, seeds
Main Synonyms	Adha-salya, Kharamanjari, Kshar-madhya, Pratyak-pushpa, Sikhari
External Morphology	Erect, annual or perennial herb; rough quadrangular stem; opposite ovate leaves; long slender spikes with small greenish flowers having stiff bracts; seeds small and brown
Rasapanchaka & Dosha-Karma	Guna: Laghu, Ruksha, Tikshna; Rasa: Katu, Tikta; Vipaka: Katu; Virya: Ushna; Dosha Karma: Kapha-Vata Shamak
Active Phytoconstituents	Saponins, alkaloids (achyranthine), flavonoids, glycosides
Pharmacological Actions	Diuretic, anti-inflammatory, expectorant, anthelmintic, lithotriptic
Important Formulations	Apamarga Kshara, Ksharasutra
Dose	Churna: 3–6 g; Swarasa: 10–20 ml
To be Noted	Classical Kshara-dravyas source; widely used in Arsha (piles), Mutrakrichchhra, Krimi; Kshara preparation is pharmaceutically significant

References:

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

Department of Dravyaguna Vigyan

Rohilkhand Ayurvedic Medical College & Hospital, Bareilly, UP, India 243006