

## A COMPREHENSIVE REVIEW OF APAMARGA FROM VRINDA MADHAVA, CHAKRADATTA AND GADA NIGRAHA

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## ABSTRACT

*Apamarga* (*Achyranthes aspera* Linn.) of the family Amaranthaceae has been explained since ancient times in *Ayurveda*. The *Granthas* of the 9<sup>th</sup> to 12<sup>th</sup> Century i.e., *Vrinda Madhava*, *Chakradatta* and *Gada Nigraha* were reviewed, and a special emphasis has been done on *Apamarga*. It was described as both a single herbal formulation and a poly herbal formulation for treating various ailments like *Jwara*, *Prameha*, *Vatavyadhi*, and also helpful in *Sukhaprasava*. Be it the Gastrointestinal system, Central nervous system, or Excretory system in various diseases, *Apamarga* was used for curing the disease as well as for preventing them. It is used for *Panchakarma* procedures also. The very beneficial drug *Apamarga*, the word itself says it removes all vitiated *Doshas* from the body. It purifies the body, and having *Kaphavatahara* properties will pave the way for a better understanding of the drug and better treatment of diseases.

**Keywords:** *Achyranthes aspera* Linn., *Krimighna*, Antimicrobial, *Apamarga Kshara*, *Shirovirechana*

## INTRODUCTION

*Dravya* is one among the *Chikitsa Chathushpada*, without which no treatment is possible. *Apamarga* has been explained in many *Ayurvedic* classics.

*Apamarga* means “that which removes all vitiated doshas from the body and purifies it”. It grows wildly and is found in tropical and temperate regions. This

readily available plant has many therapeutic indications and will help treat diseases.

Acharya Vrinda wrote Vrinda Madhava in the 9<sup>th</sup> Century A.D. It is also known as Siddha Yoga, and except for this, no other works of Acharya Vrinda are available; this is a Grantha on treatment that describes one or more diseases in every chapter and their treatments. Here, only herbal drugs are defined for use in preparations. Lauha and Mandura were the only Rasa Aushadhis prescribed for internal use. Not many Rasa Aushadhis were used up to Acharya Vrinda days. Mercury was described only once for external use. Consisting of 82 Adhyayas. It became popular within a short period.

Acharya Chakrapani Datta wrote Chakradatta in the 11<sup>th</sup> Century A.D., also known as Chikitsa Samgraha, which has 79 Adhyayas. Each Adhyaya focuses on a particular Vyadhi and explains various herbal preparations. It also has many formulations and mercurial preparations. A verse at the end of Chakradatta indicates the text followed Vrinda (Siddha Yoga) making several additions, introducing mercurial preparations, and also the evolution of Rasa Shastra along with Loha Shastra and accepting Tantric practices.

Vaidhya Shodala wrote Gada Nigraha in the 12<sup>th</sup> Century A.D. This Grantha is divided into 3 Khandas-1<sup>st</sup> part is Prayoga Khanda with six chapters, 2<sup>nd</sup> part is Kayachikitsa Khanda with 41 chapters, and 3<sup>rd</sup> part is Shalakhya Khanda to Panchakarma Khanda all chapters are included in this part, among which Shalakhya-5, Shalya-10, Bhoothavidhyatatra-3, Kaumarabhritya tantra-12, Vishatantra-9, Rasayana tantra-5, Vajikarana tantra-1 and Panchakarma dhikhara khanda-5 chapters included in total. These formulations and single drug preparations help the Vaidhyas in treatment of diseases.

## APAMARGA PLANT

**Botanical Name:** *Achyranthes aspera* Linn.

**Family Name:** Amaranthaceae

**Vernacular Names:**

English name – Prickly Chaff flower; Hindi name – Chirchita, Chirchira, Latjira, Chingchingi, Onga; Sanskrit name – Apamarga ; Telugu Name- Antisha, Apamargamu, Uttaraene ; Kannada name – Uttrani,

Uttarani ; Malayalam Name- Katalati, Kadaladi ; Bengali Name- Apang ; Punjabi Name- Puthakanda, Kutri ; Marathi Name- Aghada, Pandhara-aghada ; Tamil Name – Shiru kadaladi, Nayuruvi.

## Basonym

**अपामर्गः - अपाकृत्य दोषान् शरीरं मार्जयति शोधयतीति, यथोक्तं शौनकीयाथर्ववेदे - 'अपामर्गत्वयावयं सर्वं तदपमृज्महे' इति । (शौ 4/17/7)**

The plant removes all vitiated doshas from the body and purifies the body.

## Synonyms<sup>[1]</sup>

### Synonyms based on Morphology:

**आघाटः -** Apamarga grows in abundance.; **खरमञ्जरी -** Apamarga inflorescence has spinous bracteoles and pointed perianth, hence prickly to touch.; **अधःशल्यः -** Apamarga has spinous bracteoles and pointed perianth.; **दुर्ग्रहा -** Apamarga is difficult to hold as the inflorescence is spinous. **शिखरी -** Apamarga plant bears terminal spike inflorescence.; **प्रत्यक्पुष्पा -** Plant has deflexed flowers.

### Synonyms based on Actions and Properties:

**मार्गः** Apamarga cleanses all the channels.; **क्षारमध्यः** Whole plant is predominantly alkaline.; **मयूरकः** Apamarga is anti-poisonous and also cures many diseases.; **क्षवकः** It causes sneezing, and the seeds possess Shirovirechaka properties.

### Classical Categorisation According to Various Acharyas:

**Charaka Samhitha-** Phalini Varga, Krimighna Varga, Vamanopaga Varga, Shirovirechanopaga Varga

**Sushruta Samhitha-** Viratarvadi Gana, Arkadi Gana **Astanga Hridaya-** Vella Apamargadi Gana, Arakalar-kadi Gana, Surasadi Gana, Syamadi Gana

**Asthanga Samgraha-** Arkadi Gana, Syamadi Gana

### Types:

**Bhavaprakasha Nighantu-** Apamarga, Rakta Apamarga (2)

**Raja Nighantu-** Apamarga, Rakta Apamarga, Kshudra Apamarga (3)

**Kaiyadeva Nighantu-** Apamarga, Vasira, Ramatha (Jala Apamarga) (3)



### Chemical Constituents<sup>[3]</sup>

**Roots:** Ecdysone, Ecdysterone, Inokosterone, Oleanolic acid, Glycoside.

**Leaves:** Isolated chemical compounds of the volatile oil from *Achyranthes aspera* leaves. Hydroquinone (57.7%) is the chief constituent; others are p-benzoquinone, spathulenol, nerol,  $\alpha$ -ionone, asarone and eugenol. Alkaloids, flavonoids, saponins, tannins and phenolic compounds

**Stem:** Dihydroxy ketones-36, 37-dihydroxyhenpentacontan-4-one, and Triacontanol, aliphatic alcohol, 17-pentatriacontanol, penta-triaontane, 6-pentatriacontanone, Hexatriacontane, Tritriacontane, tetracontanol-2 (C<sub>40</sub>H<sub>82</sub>O), 4-methoxyheptatriacont-1-en-10-ol (C<sub>33</sub>H<sub>76</sub>O), E-sitosterol and spinasterol

**Whole Plant:** alkaloids, achyranthine and betaine

**Seed:** saponin A and B, hentriacontane, alkaline substance especially potash.

**Fruits:** two new saponins, C and D, and oleanolic acid-based saponins.

**Useful Part:** *Panchanga* (Whole Plant)

#### **Rasa Panchaka:**

*Rasa:* Tikta, Katu

*Guna:* Sara, Tiksna

*Virya:* Ushna

*Vipaka:* Katu

**Karmas:** *Kaphavatahara, Agnideepaka, Saraka, Pachaka, Vamaka, Chedana*

**Agrya Karma:** *Pratyak pushpa* is best for *Shirovirechana Karma*

**Therapeutic Indications:** *Agnimandhya, Adhmana, Kandu, Arshas, Udara, Apachi, Dadru*

**Pharmacological Actions<sup>[5]</sup>:** Anti-hypertensive, Anti-microbial<sup>[6]</sup>, Antidiabetic, Antileprotic, Purgative, Antifungal, Anti-hyperlipidemic, Anti-Arthritic, Analgesic, Neuropharmacologic activity.

#### **Amayika Prayogas:**

1. Repeated administration of *Apamarga Mula* grinded with honey given with *Tandulodaka* is useful in *Arshas*<sup>[7]</sup>. (Su.Chi.6/13)

2. In bleeding piles, *Apamarga* seeds are taken with rice water<sup>[8]</sup>. (Sha.Sam.2/5/19)

3. In *Bhasmaka (Atyagni)*-excessive hunger, gruel prepared out of *Apamarga Beeja*, milk and *Godha Rasa* is effective<sup>[9]</sup>. (Cha.Su.2/33)

#### **Matra-**

*Kshara*-0.5 to 2g

*Swarasa*-10-20ml

*Mula Churna*-3 to 6 g

*Beeja Churna*-3g

**Formulations-***Apamarga Kshara, Apamarga taila, Apamargadi varti, Triphaladi taila, Mahapanchagavya Ghritha*

*The Apamarga* plant has been an essential plant mentioned since *Vedic* times and is readily available. People worship God with this plant in Hindu Culture. Behind this might be the vast number of health benefits it possesses. *Atharvaveda* refers to it as the “**Lord of All Plants on Earth**” because it can elongate lifespan by wiping away all diseases. It is beneficial in curing diseases caused by thirst, hunger, defects of organs, speech, sterility, physical debility, and all other disorders. (A.V.Kanda IV.17.6-8)<sup>[10]</sup>

It was also used in *Dinacharya* for *Danta Dhavana, Krimighna*, and *Vishaghna* purposes. *Apamarga* has been used for ages and provides the best possible effects to humanity; hence, a special emphasis on *Apamarga* from *Vrinda Madhava, Chakradatta*, and *Gada Nigraha* have been placed.

*Apamarga* was used as a single drug formulation, i.e., *Ekamoolika Prayoga*, as well as in combination with *dravyas* as a poly-herbal formulation. *Vrinda Madhava, Chakradatta*, and *Gada Nigraha* these *Granthas* were reviewed.

### VRINDA MADHAVA/SIDDHA YOGA (9<sup>th</sup> Century A.D.)

Vrinda Madhava, or Siddha Yoga, was written by Acharya Vrinda in 800 CE.

Apamarga was mentioned for *chikitsa* with other *dravyas* to treat various diseases.

**Table No.1. REFERENCES OF APAMARGA FROM VRINDA MADHAVA/SIDDHA YOGA :**

Sl.No.	ADHYAYA	AMAYIKA PRAYOGA / VISISTA YOGA	INDICATIONS
1.	<i>Jwaradhikara</i>	Apamarga root should be tied to the waist with seven red threads on Sunday.	<i>Trutheeyaka Jwara</i> <sup>[11]</sup>
2.	<i>Arshadhikara</i>	<i>Bhallataka Loha</i>	<i>Arshas, Grahani, Krimi</i> <sup>[12]</sup>
3.	<i>Agnimandhya Ajeerna Visuchika Adhikara</i>	<i>Shikhari</i> with other drugs <i>Kashaya</i> for <i>vamana</i>	<i>Visuchika</i> <sup>[13]</sup>
4.	<i>Rajayakshma Chikitsa Adhikara</i>	<i>Agasthya Haritaki</i>	<i>Pancha Kasa, Swasa, Hikka, Gulma, Vishama Jwara</i> <sup>[14]</sup>
5.	<i>Apasmaradhikara</i>	<i>Navana Taila</i>	<i>Apasmara</i> <sup>[15]</sup>
6.	<i>Apasmaradhikara</i>	<i>Brihat Panchagavya Ghritha</i>	<i>Apasmara, Arsha, Pandu, Kamala, Haleemaka</i> <sup>[16]</sup>
7.	<i>Vatavyadhi Chikitsa Adhikara</i>	<i>Vrddha Narayana Taila I</i>	<i>Pakshaghata, Gridhrasi, Urusthambha</i> <sup>[17]</sup>
8.	<i>Gulmadhikara</i>	<i>Arogya Lavana</i>	<i>Shula, Vataja Gulma, Pleeha, Pama, Kilasa</i> <sup>[18]</sup>
9.	<i>Gulmadhikara</i>	<i>Nadeyadi Yoga</i>	<i>Gulma, Udara, Asthila</i> <sup>[19]</sup>
10.	<i>Ashmari Adhikara</i>	<i>Viratarvadi Group-Vasira</i>	<i>Ashmari, Sharkara, Mutrakrichra</i> <sup>[20]</sup>
11.	<i>Ashmari Adhikara</i>	<i>Pashanabhedadi Ghritha-Vasira</i>	<i>Vataja Ashmari</i> <sup>[21]</sup>
12.	<i>Ashmari Adhikara</i>	<i>Kshara-Tila, Apamarga, Kadali, Palasha, Yava</i> with <i>Avi mutra</i>	<i>Sharkara, Ashmari</i> <sup>[22]</sup>
13.	<i>Ashmari Adhikara</i>	<i>Varunadi Group-Vasira</i>	<i>Kaphahara, Shiroroga, Gulma, Antravruddhi</i> <sup>[23]</sup>
14.	<i>Aganthu Vrana Adhikara</i>	<i>Kutharaka Taila</i>	<i>Abhyanga taila for Nija and Agantuja Nadi Vrana</i> <sup>[24]</sup>
15.	<i>Sheetapitta Adhikara</i>	<i>Lepa</i> of <i>Mulaka</i> seeds ground with <i>Shikhari Kshara Jala</i>	<i>Sidhma Kushta</i> <sup>[25]</sup>
16.	<i>Karnarogadhikara</i>	<i>Karnapurana</i> with <i>tila taila</i> cooked with <i>Kshara</i> of <i>Marga</i>	<i>Karnanada, Badhirya</i> <sup>[26]</sup>
17.	<i>Nasarogadhikara</i>	<i>Shikhari Taila</i> (seeds of <i>Apamarga</i> )	<i>Nasarsha</i> <sup>[27]</sup>
18.	<i>Shirorogadhikara</i>	<i>Nasya taila</i> with <i>Apamarga</i> fruits, <i>Nisha, Ksavaak, Ramata, Vidanga</i> and <i>Gomutra</i>	<i>Krimi ja Shiroroga</i> <sup>[28]</sup>
19.	<i>Streerogadhikara</i>	<i>Sudarshana, Prsniparni</i> and <i>Apamarga Pralepa</i> separately over <i>Nabhi</i> and <i>Yoni</i>	Women delivers very soon <sup>[29]</sup>
20.	<i>Rasayanadhikara</i>	<i>Guduchi adhi dravyas ghritha</i> licked by a person	The person will be capable of memorising one thousand verses within 3 days <sup>[30]</sup>

### CHAKRADATTA (11<sup>th</sup> Century A.D.)

Chakradatta was written by Acharya Chakrapani Dutta, the well-known Tikakarta of Charaka Samhitha. It was named Chikitsa Sangraha.

Apamarga seeds, leaves, and the whole plant were used for different treatments in Chakradatta, with synonyms like Shikhari, Mayuraka, and Kinihi.

**Table No.2. REFERENCES OF APAMARGA FROM CHAKRADATTA:**

S.No.	ADHYAYA	AMAYIKA PRAYOGA / VISISTA YOGA	INDICATIONS
1.	Jwara Chikitsa	Wearing Apamarga root in the waist with seven red threads on Sundays.	Trutheeyaka Jwara <sup>[31]</sup>
2.	Arsha Chikitsa	Lepa is made of Apamarga root Kshara and Haratala.	Lingasambhutha Arsha(destroys warts of penis) <sup>[32]</sup>
3.	Agnimandhya Chikitsa	Vamana with Karanjadi Kwatha	Severe Visuchika <sup>[33]</sup>
4.	Agnimandhya Chikitsa	Gudapuspadi Gudika Anjana	Visuchika <sup>[34]</sup>
5.	Kasa Chikitsa	Agasthya Haritaki	Pancha Kasa, Hikka, Visama Jwara, Hridroga, Aruchi <sup>[35]</sup>
6.	Apasmara Chikitsa	Brihat Panchagavya Ghrita	Apasmara, Jwara, Kasa, Shwayathu, Gulma, Pandu <sup>[36]</sup>
7.	Parinamasula Chikitsa	Ramamanduram	Amlapitta and Sula <sup>[37]</sup>
8.	Asmari Chikitsa	Pashanabhedadya Ghrita	Vataja Ashmari <sup>[38]</sup>
9.	Udara Chikitsa	Devadrumadi Churna	Udara Roga, Krimi, Shotha <sup>[39]</sup>
10.	Galaganda Gandamala Apachi Granthi Arbuda Chikitsa	Muladharanam on Pushya nakshatra wear root of Apamarga <sup>[40]</sup> .	-
11.	Vranashotha Chikitsa	Apamarga Swarasa Prayoga	Sadhyovrana wounds are checked by sprinkling Patra Swarasa of Apamarga <sup>[41]</sup>
12.	Vranashotha Chikitsa	Angaraka Taila	Vrana shodhana, Ropana, Nadivrana-Nija and Aghanthu <sup>[42]</sup>
13.	Nadivrana Chikitsa	Svarjikadya Taila	Dushtavrana, Kaphaja Nadivrana <sup>[43]</sup>
14.	Kushta Chikitsa	Mulaka Beeja pound with Shikhari Swarasa paste application	Sidhma Kushta <sup>[44]</sup>
15.	Masurika Chikitsa	Ugradi Dhupa	Romantika <sup>[45]</sup>
16.	Karnaroga Chikitsa	Apamargakshara Taila	Karnanada, Bhadirya <sup>[46]</sup>
17.	Nasaroga Chikitsa	Darvyadi Dhumavarthi	Kaphaja Prathishyaya Chikitsa <sup>[47]</sup>
18.	Nasaroga Chikitsa	Grhadhumadi Taila	Nasarsha <sup>[48]</sup>
19.	Netraroga Chikitsa	Shikharimula Prayoga	Navama Lochanothkopa (Acute Conjunctivitis) <sup>[49]</sup>
20.	Shiroroga Chikitsa	Apamarga Navaneetham	Suryavartha <sup>[50]</sup>

21.	Streeroga Chikitsa	Sukhaprasava Yoga	Sukhaprasava <sup>[51]</sup>
22.	Rasayana Adhi-kara	Guduchyadi Rasayana	By taking this within 3 days, 1000s of slokas will become khandastha for a person <sup>[52]</sup>

### GADA NIGRAHA (12<sup>th</sup> Century A.D.)

Vaidhya Sodhala wrote Gada Nigraha in the 13 century CE.

This treatise consists of two parts and 604 formulations, and the Chapters are called *Khanda*.

Apamarga was mentioned in various formulations like *Panchagavya Ghrita*, *Agasthyaharithaki Avaleha* with synonyms like *Apamarga*, *Mayuraka*, *Pratyakpushpi*, *Kharamanjari*.

**Table No.3. REFERENCES OF APAMARGA GADA NIGRAHA:**

S.No.	ADHYAYA	AMAYIKA PRAYOGA / VISISTA YOGA	INDICATIONS
<b>PRAYOGA KHANDA</b>			
1.	Ghritadhikaara	Amrutha Ghrita	Visa, Unmada, Kshaya, Pandu roga, Udara roga <sup>[53]</sup>
2.	Ghritadhikaara	Panchagavya Ghrita	Apasmara, Buthadosha, Kshaya, swasa, Unmada <sup>[54]</sup>
3.	Ghritadhikaara	Mahapanchagavya ghrita	Jwara, Shotha, Pleehavidhi <sup>[55]</sup>
4.	Tailadhikara	Shireeshaadhyam tailam-Mayuraka	Shosha, Pandu, Gridrasi, Gulma, Pandu <sup>[56]</sup>
5.	Tailadhikara	Phaninjjalaadhyam tailam-Mayuraka Phala	Gandamala <sup>[57]</sup>
6.	Tailadhikara	Dwipanchamuladhyam Tailam	Urosthambha, Vataraktha <sup>[58]</sup>
7.	Tailadhikara	Mahaveerya Tailam	Krimi <sup>[59]</sup>
8.	Churnadhikaara	Drakshadhyam Churnam	Kushta <sup>[60]</sup>
9.	Churnadhikaara	Ajamodaadi Bhasma churnam-Apamarga Mula	Kasa <sup>[61]</sup>
10.	Churnadhikaara	Lakshadhyam churnam-Pratyakpushpi	Kushta <sup>[62]</sup>
11.	Gutikadhikara	Saptaladhyo modaka	Vatashleshmajanya Jwara, Pakwashayastha Shoola, Koshta Samshodhana <sup>[63]</sup>
12.	Gutikadhikara	Yavaanyadhya Gutika-Shikhi	Grahani roga <sup>[64]</sup>
13.	Gutikadhikara	Siddharthakaadhyya Gutika-Kinihi	Bhuthadosha, Unmada, Nishandhya, Dushtavrana <sup>[65]</sup>
14.	Gutikadhikara	Throtahari Gutika	Shleshmika Rogas, Prameha <sup>[66]</sup>
15.	Lehadhikara	Agasthya Harithaki Avaleha	Kasa, Rajayakshma, Panduroga, Shiro-roga <sup>[67]</sup>
16.	Lehadhikara	Dwitheeya Agasthya Harithaki Avaleha	Kasa, Vishama Jwara, Prameha, Gulma <sup>[68]</sup>
17.	Lehadhikara	Vaasishta Harithaki Avaleha	Soubhagya, Medhya, Satva <sup>[69]</sup>
18.	Lehadhikara	Bhallathaka Avaleha	Arshas, Krimiroga, Grahani roga, and Shukravruddhi <sup>[70]</sup>
19.	Lehadhikara	Kulinjanaadhyya Avaleha-Shikhari	Mahaghora Swarabhanga, Sarva kasa, Vedanayuktha hikka, Mukha-roga <sup>[71]</sup>
20.	Asavadhikara	Vimshathi Saarasava-Kinihi <sup>[72]</sup>	-

<b>KAYACHIKITHSA KHANDA</b>			
1.	Jwaradikara	Dwitheeya Shathaavaryadi Kwatha	Vataja Jwara <sup>[73]</sup>
2.	Jwaradikara	Moolika Bhandhana	Ekaahika Jwara <sup>[74]</sup>
3.	Jwaradikara	Apamarga mula Bhandhana	Vishama Jwara <sup>[75]</sup>
4.	Grahanirogadhikara	Bhunimbhadhyam Churnam-Shikhi Mula	Grahani roga <sup>[76]</sup>
5.	Arshadhikara	Paaribhadraadi Kshara-Mayuraka	Kaphajanya Arshas, Shotha, Panduroga <sup>[77]</sup>
6.	Ajeerna Visuchika Alasaka Velambhika Adhikara	Visuchika Karanjaadhya Vamana Kashayam-Shikhari	Visuchika <sup>[78]</sup>
7.	Ajeerna Visuchika Alasaka Velambhika Adhikara	Shivavarthi Anjana	Visuchika <sup>[79]</sup>
8.	Krimirogaadhikara	Mayuraka Beejadi Churnam	Shiroja Krimi <sup>[80]</sup>
9.	Rajayakshma Ksheena Shosha Adhikara	Ashwagandhadi Udwarthanam	Kshaya <sup>[81]</sup>
10.	Rajayakshma Ksheena Shosha Adhikara	Jeevanthyaadi Churnam Udwarthana	In Kshaya roga increases Pushti, Varna and Bala <sup>[82]</sup>
11.	Gulmadhikara	Naaseyyadhya Lavana	Gulma roga, Udara roga, Asteelika roga <sup>[83]</sup>
12.	Udara Rogadhikara	Devadaarvaadi Yoga-Mayuraka	Udara roga <sup>[84]</sup>
13.	Vidradi Adhikara	Varunadi Gana Kwatha	Apakwa and Madhya Vidradhi <sup>[85]</sup>
14.	Kushtadhikara	Mulakabeejaadi Lepa-Pratyakpushpi	Sidhma Kushta <sup>[86]</sup>
<b>SHALAKHYA TANTRA KHANDA</b>			
1.	Shirorogadhikara	Apamarga Phala Sidha Taila abhyanga	Sampoorna Shiroroga <sup>[87]</sup>
2.	Karnarogadhikara	Apamarga tailam-Kharamanjari	Karnanada <sup>[88]</sup>
3.	Netrarogadhikara	Apamarga Yoga	Akshikopa <sup>[89]</sup>
4.	Netrarogadhikara	Marichaadi dravyas with Apamarga root made into Anjana	Nishandhyata <sup>[90]</sup>
5.	Nasarogadhikara	Vyoshadi Yoga-Kshavaka	Kaphajanya pratishyaya <sup>[91]</sup>
6.	Nasarogadhikara	Grihadhumadi Yoga-Shikhi Beeja	Naasarsha <sup>[92]</sup>
<b>SHALYA TANTRA KHANDA</b>			
1.	Naadivranadhikara	Bruhat Kshaarapaka-Kharamanjari	Nadivrana <sup>[93]</sup>
<b>BHUTHAVIDHYADHI KHANDA</b>			
1.	Bhuthonmadadhikara	Kathipaya Dhoopa-Mayura Patra	Bhutonmaada <sup>[94]</sup>
2.	Unmadhadhikara	Pippalyaadi Pradhamana Nasya	Unmada <sup>[95]</sup>
3.	Apasmaradhikara	Mahapanchagavya Ghrita	Apasmara <sup>[96]</sup>
<b>KAUMARA TANTRA KHANDA</b>			
1.	Mudhagarbha Adhikara	Pratyakpushpi mula and Pata mula kept in Yoni	Sukhapurva Prasava <sup>[97]</sup>
2.	Mudhagarbha Adhikara	Apamarga Mula kept in Yoni Madhya	Sukhapurva Prasava <sup>[98]</sup>
<b>VAAJEEKARANA TANTRA KHANDA</b>			
1.	Vajeekara tantra	Apamarga Kalka Udwarthana on Shishna becomes Sthula <sup>[99]</sup>	-

## DISCUSSION



*Apamarga* (*Achyranthes aspera* Linn.) is an easily available plant grown wildly, non-toxic, and cost-effectively. It is a very beneficial plant with many uses. The name “*Apamarga*” explains that it is “the plant which removes all vitiated *doshas* from the body and purifies the body”.

*Vrinda Madhava*, written by Acharya Vrinda, mentioned *Apamarga* with 20 references from 18 *Adhyayas*—especially *Shikhari Taila*, *Nadeyadi Yoga*, and *Arogya Lavana-like* formulations. Acharya

*Chakrapani Dutta*, in his treatise *Chakradatta*, noted a total of 22 references of *Apamarga* from about 19 *Adhyayas* having *Gudapushpadi Gudika Anjana*, *Ramamanduram*, *Angaraka Taila* and coming to *Gada Nigraha*, written by *Vaidya Sodhala* with references of about 47 references from 7 *Khandas* and 26 *Adhyayas* with various formulations such as *Phaninjaladah Tailam*, *Drakshadyam Churnam*, *Shivavarthi Anjana*, *Vyoshadi yoga*, *Bruhat Kshaarapaka*.

Table No.4. Table Comparing each *Grantha* references

S.No.	Characteristics	<i>Vrinda Madhava</i>	<i>Chakradatta</i>	<i>Gada Nigraha</i>
1.	Acharya	Acharya Vrinda	Acharya Chakrapani Dutta	Vaidya Sodhala
2.	No. of References	20	22	47
3.	No. of <i>Adhyayas</i> in which <i>Apamarga</i> mentioned	18	19	7 <i>Khandas</i> and 26 <i>Adhyaas</i>
4.	No. of <i>Yogas</i>	16	18	44
5.	<i>Ekamoolika Prayogas</i>	1	3	2
6.	<i>Panchakarma Prayoga Yogas</i>	3	1	1

All three Acharyas mentioned *Agasthya Haritaki Avaleha*. Acharya Vrinda and Acharya Chakrapani Datta mentioned *Brihat Panchagavya Ghritha* and *Pashanabhedhadi Ghritha*. Total of 16 *Yogas*, 1 *Ekamoolika Prayoga* and 3 *Panchakarma Prayoga Yogas* are told in *Vrinda Madhava*. 18 *yogas*, 3 *Ekamoolika* and 1 *Panchakarma Prayoga Yogas* in *Chakradatta* and 44 *yoags*, 2 *Ekamoolika* and 1 *Pachakarma Prayoga Yogas* told in *Gada Nigraha*.

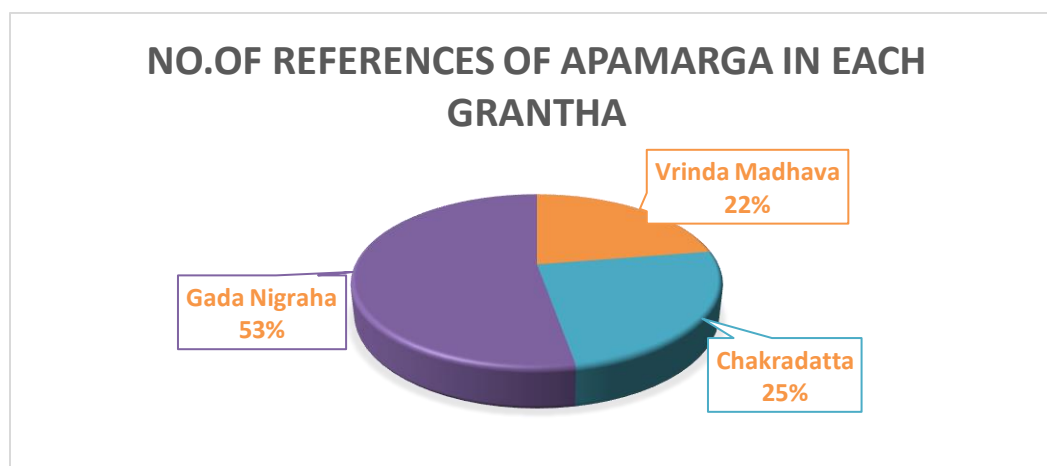


Figure No. 1. Showing the Number of References of *Apamarga* in each *Grantha*

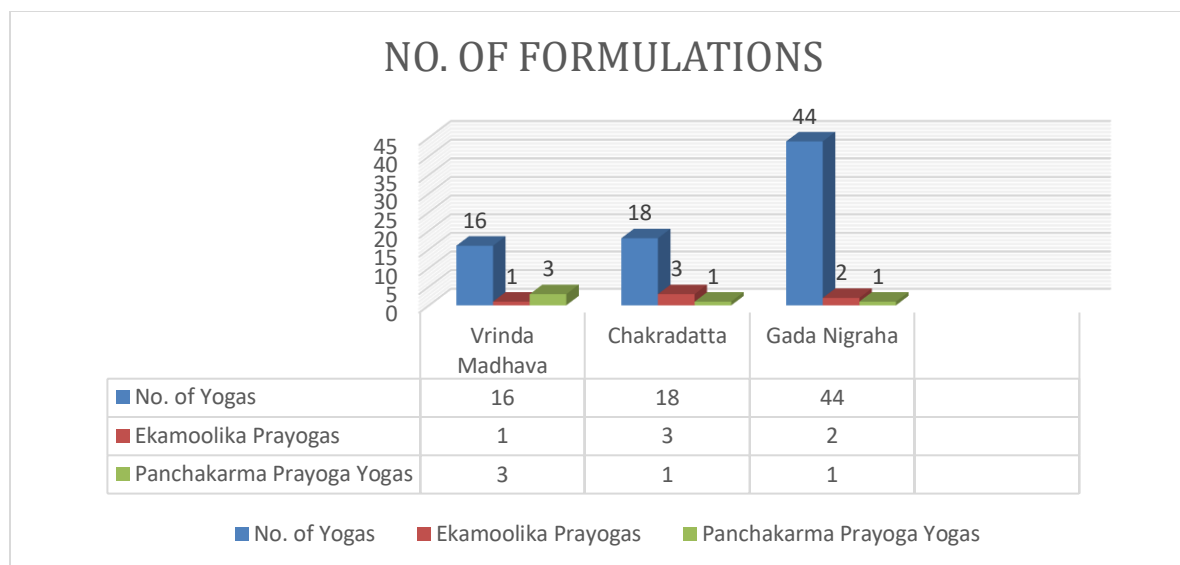


Figure No.2. Showing the Number of Formulations in each *Grantha*

In these three texts, *Vrinda Madhava*, *Chakradatta* and *Gada Nigraha*, *Apamarga* was used as *Ekamoolika prayoga* and as a drug in formulations. It was indicated in various ailments related to different Human Body Systems. Coming to Gastrointestinal System includes *Jwara*, *Aruchi*, *Mandagni*, *Mukharoga*, *Grahani roga*, *Prameha*, *Pleeharoga*, *Udara*, *Visuchika*, *Arshas*, *Bhagandara*, *Krimi*. The Respiratory System has *Hikka*, *Shwasa*, *Pancha Kasa*, *Prathishya*, and *Nasarsha*. Circulatory System-*Hridroga*. Central Nervous System-*Vatavikara*, *Urustambha*, *Adyavata*, *Khudavata*, *Ghridrasi*, *Kampavata*, *Unmada*, *Apasmara*, *Devagraha*. Urinary System-*Ashmari*, *Asteelika roga*, *Vatasambhutha Ashmari*. Vestibular System-*Karnanada*, *Badhirya*. Visual system-*Netra-roga*, *Akshikopa*, *Navam Lochanothkopa*, *Nishandhya*. Male Reproductive system-*Lingasambhootha Arsha*. Female Reproductive System-*Sukha-prasava*. Integumentary System-*Vali*, *Palitha*, *Khalithya*, *Sidhma Kushta*, *Pama*, *Kilasa*, *Vrana*, *Romanthika*.

These will help in treatment, management, prevention of occurrence, and making the person Swasthya. Some formulations, like *Agasthya Haritaki Avaleha*, which, on continuous consumption, acts as a *Rasayana* and *Guduchyadi Rasayana*, mention that if taken within 3 days, a person gets 1000s of *Slokas Khantastha*. Such excellent formulations have been mentioned in these treatises.

## CONCLUSION

*Apamarga* (*Achyranthes aspera* Linn.) has been mentioned in many of *Ayurveda's* texts since *Vedic* times. It came into light and was considered the “Lord of All Plants on Earth”, which explains this plant's importance. It grows wildly and is a very much available plant. Having *Tiktha*, *Katu Rasa*, *Sara*, *Teekshna Guna*, *Katu Vipaka*, and *Ushna Veerya* will help treat diseases. It is *Kaphavata Shamaka* and is helpful in *Kaphaja* and *Vataja* types of diseases. Coming to *Vrinda Madhava*, *Chakradatta*, and *Gada Nigraha* these three treatise have explained *Apamarga* as an *Ekamoolika Prayoga* in formulations and *Panchakarma* procedures. *Apamarga* is used for treating the ailments caused to various systems of the body, such as Gastrointestinal System, Cardiovascular System, Central Nervous System and the Integumentary System. I conclude by saying that in *Vrinda Madhava*, a total of 20; in *Chakradatta*, 22; and *Gada Nigraha*, 47 references of *Apamarga* have been mentioned, which will help in preventive and curative aspects of diseases.

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