



An Original Study on *Achyranthes Aspera* (Prickly Chaff Flower) According to Ayurvedic and Modern View

Dr. Mukesh Kumar¹, Dr. Rajesh Chandra Mishra²

¹M.D. Scholar, Department Of Dravyaguna Vigyan, MMM Govt. Ayurved College, Udaipur (Raj.).

²Associate Professor, Department Of Dravyaguna Vigyan, MMM Govt. Ayurved College, Udaipur. (Raj.).

E Mail id- mukeshojha533@gmail.com

ABSTRACT:-

The drug plays a particular function in treatment since it helps "Trisutra" Ayurveda fulfill Chikitsa's goals. Placed next to the doctor, *aushadha* is regarded as one of the four parts of *Chikitsa Chatushpada*. The medication is 'an agent' that a doctor uses to help the body tissues regain their homeostasis. *Aushadha* (drug) has the following qualities, according to *Acharya Charaka*. The four characteristics of pharmaceuticals include normal composition, diverse pharmacological forms, efficacy, and abundance.

KEYWORDS: *Apamarga, Rakshoghna, Kushthaghna, Paaproga, Kshetriya roga, Yatudhan Krimi.*

INTRODUCTION

बहुता तत्र योग्यत्वमनेकविधकल्पना ।

सम्पच्चेति चतुष्कोऽयद्रव्याणा गुण उच्यते ॥ (Ch.su.9/7)

The W.H.O.'s definition regarding the drug says that "Any substance or product that is used or intended to be used to modify or explore the physiological system or pathological status for the benefit of the recipient.

Pratyakpushpa is best for *Shirovirechana Karma*.

NIRUKTI OF APAMARG

निरुक्ति - अपामार्ग - अपमृज्यन्ते विनाशयन्ते व्याधयोऽनेन इति ।

अपकृष्टः समन्तात् अपामार्गः अधः- शल्यत्वात् ।

VYUTPATI OF APAMARG

अपाकृत्य दोषान् शरीरं मार्जयति शोधयति, यथोक्तं शौनकीयाथर्ववेदे अपामार्ग त्वया वयं सर्वं तदपमृज्महे इति ।

SYNONYMS: -

Table - SHOWING THE SYNONYMS OF APAMARG

S. No.	Paryayas	BHA.NI	MDP.NI	NLAAD	SOD.NI	VN.CH	VAN.SA	RAJ.NI	GU.RT	PR.NI	KAL.NI	D.G	NAM.VI	DHA.NI	SHA.NI
1.	<i>Apamarg</i>	+	+	+	+	+	+	+	+	+	+	+	+	+	+
2.	<i>Shikhari</i>	+	+	+	+	-	+	+	+	-	+	+	-	+	-
3.	<i>Prtayakpushpi</i>	-	+	+	+	-	-	+	-	-	+	-	-	+	-
4.	<i>Mayoorak</i>	+	+	+	+	-	-	+	+	-	+	+	-	+	-

5.	<i>Adhshaly</i>	+	+	+	+	-	+	+	+	+	+	+	-	+	-
6.	<i>Kinihi</i>	+	+	-	+	-	-	+	+	-	+	-	-	+	-
7.	<i>Kanti</i>	-	-	-	+	-	-	+	-	-	-	-	-	+	-
8.	<i>Karkatpippli</i>	-	-	-	+	-	-	+	-	-	-	-	-	-	-
9.	<i>Kshav</i>	-	-	-	+	-	-	-	-	-	-	-	-	-	-
10.	<i>Adham</i>	-	-	-	+	-	-	-	-	-	-	-	-	-	-
11.	<i>Markav</i>	-	-	-	+	-	-	-	-	-	-	-	-	-	-
12.	<i>Ghanta</i>	-	-	-	+	-	-	-	-	-	-	-	-	-	-
13.	<i>Karkati</i>	+	-	+	+	-	+	+	+	-	-	-	-	+	-
14.	<i>Durbhigrah</i>	+	-	-	+	-	-	+	-	-	+	-	-	+	-
15.	<i>Pratykpushpi</i>	-	+	-	+	-	-	+	-	-	-	-	-	+	-
16.	<i>Vashir</i>	-	-	-	+	-	-	+	-	-	-	-	-	+	-
17.	<i>Katu</i>	-	-	-	+	-	-	+	-	-	-	-	-	-	-
18.	<i>Kharmanjari</i>	+	+	+	+	-	-	+	+	-	+	+	-	+	-
19.	<i>Aaghat</i>	-	-	-	-	-	-	-	-	-	+	+	-	-	-
20.	<i>Kandkant</i>	-	-	-	-	-	-	+	-	-	-	-	-	-	-
21.	<i>Manjarik</i>	-	-	-	-	-	-	+	-	-	-	-	-	-	-
22.	<i>Nandi</i>	-	-	-	-	-	-	+	-	-	-	-	-	-	-
23.	<i>Kshavak</i>	-	-	-	-	-	-	+	-	-	-	-	-	-	-
24.	<i>Panktikantak</i>	-	-	-	-	-	-	+	-	-	-	-	-	-	-
25.	<i>Malakantak</i>	-	-	-	-	-	-	+	-	-	-	-	-	-	-
26.	<i>Durgrah</i>	+	-	+	-	-	-	+	-	-	-	-	-	+	-
27.	<i>Ksharmadhy</i>	-	-	-	-	-	-	+	-	-	+	-	-	-	-
28.	<i>Marg</i>	-	-	-	-	-	-	+	-	-	+	-	-	-	-
29.	<i>Shaikharik</i>	-	+	-	-	-	-	+	-	-	+	-	-	-	-
30.	<i>Pratypushpa</i>	-	-	-	-	-	-	-	-	+	-	+	+	-	-

HISTORICAL BACKGROUND:

1. *Apamarga* in *Veda*

(a) *Rigveda*- When discussing medicinal plants, the *Rigveda* states that their origins can be traced back to three Yuga before life on Earth began. This demonstrates the value of therapeutic plants¹. *Apamarga* was not mentioned in the *Rigveda*. When discussing medicinal plants, the *Rigveda* states that they originated three yuga before life on Earth. This demonstrates the significance of therapeutic plants¹. *Apamarga* was not mentioned in the *Rigveda*.

(b) *Yajurveda*- Sukt, or the powder of *Apamarga*, is utilized in *Hawan* for the purpose of *Rakshoghna* property in many *Yajurvedic Samhitas*. It must be utilized once the water content has been eliminated. This means that no other plant has the ability to remove water from our bodies, so it should be utilized after drying. *Papanashan*, *Ritunashana*, and *Duhsvapnanasana* are among its properties. It is well known that *Kushtha* is *paaproga*. This points in the direction of *Apamarga's Kushthaghna* land. Its *Medhya* property is indicated by *Duhsvapnanashana*.²

(c) *Saamveda*- *Apamarga* was not mentioned in the *Saamveda*.

(d) *Atharvaveda*- The fourth and final veda in Hindu literature is the *Atharvaveda*. Due to the contributions of two sages, *ATHARVAN* and *ANGIRA*, it was originally known as "Atharvangirasa." Another name for it is "*Bhaisajyaveda*." Acharya Kashyapa claims that *Ayurveda* is the fifth veda, while some claim that it is the *Upaveda of Atharvaveda*. According to the etymology given by Sayana, *Apamarga* is a plant that drives away the body's vitiated

Doshas, and the *Atharvaveda* cited it extensively. It is referred to as *Dourbhagyanasana* and *Anapatyanasana* by the *Paippalada* school of *Atharvaveda*. This points to the property of *Kushthaghna*³. *Apamarga* is regarded as the lord of all plants due to its hundreds of properties and ability to eradicate all diseases⁵. *Apamarga* is used to cure conditions brought on by hunger, thirst, sterility, etc. *Apamarga* prevents *Yatudhan Krimi*⁷ and eradicates illnesses like *Kshetriya roga*. According to *Sayana* and indigenous customs, it is an unusual term that denotes a condition that starts with ingestion, skin conditions, and epilepsy, and is derived from the mother's or father's limbs. It can be cured in the body of a son or grandson. *Apamarga* eliminates the illnesses that arise from sitting next to someone who has black teeth, infected nails, or a deformity.⁹ The *Sansargaja Kushtha* is indicated by this *mantra*.

Synonym of *Apamarga* in *Atharvaveda* representing its property¹⁰

Satyajit and Sahmana, Shapathyavani, Punahsara, Vibhindati, Shatshakha, Praticinphala etc

2. *Apamarga* in *Brahman Granths*

(a) ***Sathpatha Brahman***- According to *Sathpath Brahman*, the *Apamarga* plant is renowned for eliminating the *Rakshas* and fiends from the quarters. It is recommended that *Apamarga* grains be consumed with a dipping spoon made of *Vikankat* (*Flacourtia sapida*) or *Palasha* (*Butea monosperma*) wood. Because *Apamarga* has the backward¹¹ affect, he pitches backward¹¹ whenever someone does anything to him. Moreover, *Apamarga* is renowned for eradicating sin, guilt, witchcraft, illness, and dreams. Twelve

(b) ***Taitariya Brahman***- *Apamarga homa* is performed to get rid of *Rakshasa Krimi*, according to *Taitariya Brahman*. This suggests that it has antibacterial properties.

3. *Apamarga* in different *Sutra*

(a) ***Sankhayan Grihya Sutra***- Following the student's hair ends being chopped off, the hairs are tossed with rice, mustard and sesamum seeds, *Apamarga* flowers, and *sadpushpi* flowers¹⁴. The ground is supposed to have clod out a furrow in the morning after a handful of *Shami* leaves, *Shirisha*, *Udumbar*, *Kusha* shoots, and *jujube* fruits were taken.¹⁵

(b) ***Gobhila Grihya Sutra***-The following plants and tree branches should be present in the morning following the morning oblation sacrifice: *Apamarga*, *Sirisha*¹⁶, *Virana* grass, *Shami* (branch), *Badari* branch with fruits, and *Darbha* grass.

(c) ***Vishnu Dharm Sutra***- *Apamarga* is one of the plants mentioned in *Vishnu Dharmasutra* for tooth cleansing. Other plants include *Bilva*, *Kukubha*, *Badar*, *Nimba*, *Arka*, *Khadir*, and *Karanja*¹⁷.

4. *Apamarga* in *Puran*

(a) ***Garun Puran***- The *Purva Khand* (*Aachar Kanda*), *Uttar Khand* (*Dharma Kanda*), and *Brahma Kanda* are the three primary *Khands* into which this *Puran* is separated. *Apamarga* is referenced in *Grahshanti Nirupan* for *Buddha graha*¹⁸ in the *Aachar Kanda* of the *Garun Puran*. *Dantkashtha* of *Apamarga* is offered to the god¹⁹ during the worship of *Umabhadra* in the month of *Aashad*. On Sunday, the patient with *Jwar*²⁰ has the root of *Apamarga* wrapped with a scarlet thread and rolled around their waist seven times. In *Tamrapatra*, the roots of *Apamarga*, *Sendha namak*, *Sarsap tail*, *Dugdha*, and *Kaanji* are crushed, and their *Anjana* is applied to the eyes to maintain their cleanliness²¹. *Ajirna-Shoola*²² is cured by *Samudra lavana* and the root of *Apamarga*. Along with other plants including *Kadamba*, *Bilva*, *Khair*, *Kaner*, *Arjun*, *Karanja*, *Arka*, *Jamun*, *Mahua*, *Sirisha*, *Goolar*, and others, *Apamarga* is used as *Dantdhavan*²³.

(b) ***Brahmvaivarta Puran***- Four *Khands* *Brahma Khand*, *Prakriti Khand*, *Ganpati Khand*, and *Shri Krishna Janma Khand* are separated into this work. *Apamarga* is considered to be among the best *Dantdhavan dravya* in *Brahma Khand*. Other plants that are utilized as *Dantdhavan* include *Sirisha*, *Jati*, *Punnaga*, *Amra*, *Karvir*, *Khair*, and *Sinduvar*, among others.²⁴

(c) ***Skanda Puran***-The *Skanda Puran* got its name because Lord *Skanda* spoke it. It comes in two varieties: *Samhitatmak* and *Khandatmak*. There are seven *Khand* in the *Khandatmak Skanda Puran*. They are *Prabhas*, *Avanti*, *Kaasi*, *Vaisnav*, *Brahma*, and *Maheswar*. There are six *Samhitas* in the *Samhita* section. They are *Brahma*, *Saur*, *Vaisnav*, *Sanatkumar*, *Sankar*, and *Soota*. Along with other plants including *Bilva*, *Madar*, *Laal Kamal*, *Dhatur*, *Kaner*, *Sanai*, *Tulsi Juhi*, *Champa*, and others, *Apamarga* is offered to Lord *Shiva* during worship in *Brahmottar Khand*. According to *Kaasi Khand*, the branches of eleven different plants are utilized for *Dantdhavan* in succession, from *Baishakha* to *Phagun*. *Jambu*, *Apamarga*, *Dadim*²⁶, *Khadir*, *Jati*, *Amra*, *Kadamba*, *Plaksha*, *Udumbar*, *Karjur*, *Beejpur*, and *Jati* are among them.

(d) ***Kurma Puran***- Lord *Kurma* spoke this passage. It is said that one of the twigs utilized for *Dantdhavan* is *Apamarga*. *Maalti*, *Bilva*, *Karveer*, and various latex-secreting trees are among the other flora. *Dantkashtha* need to be as thick as the middle finger²⁷ in this situation.

(e) ***Bhavisya Puran***- There are four primary *Parva* in this text. They are *Madhyam*, *Uttar*, *Pratisarga*, and *Brahma*. There are three *Khand* in *Madhya Parva* and four *Khand* in *Pratisarga Parva*. When *Visha* penetrates the skin, *Brahma Parva* indicates *Apamarga*. *Visha* has penetrated the skin when our eyes go black and we feel a burning feeling throughout our body. This condition reduces the negative effects of *Visha*²⁸ by crushing and using the roots of *Arka*, *Apamarga*, *Tagara*, and *Priyangu*. For *Budha Grahshanti*, *Apamarga* is utilized. *Aswatha* for *Brihaspati*, *Udumbar* for *Sukra*, *Shami* for *Shani*, *Durva* for *Rahu*, *Kusa* for *Ketu*²⁹, *Arka* for *Surya*, *Palasha* for *Chandra*, *Khadir* for *Mangal*, and *Apamarga* for *Budha*.

(f) ***Matsya Puran***- The text's connection to the *matsya* avatar of God *Vishnu* is what gave it its name. During worship, *Apamarga* is utilized for *hawan* purposes. *Shami*³⁰, *Ashwatha*, *Udumbar*, and *Palasha* are other plants that provide the similar function.

5. **Apamarga in other ancient Granths** Apamarga is utilized for *Dantdhavan*³¹ in Saam Vidhan, *Yagyavalk Shiksha*, and *Manduki Shiksha*.

6. Apamarga in different Samhitas

(a) **Charak Samhita**- Apamarga is listed in the *Sirovirechana dravyas (Charak Sutrasthana 2/3)*, according to Acharya Charak. Seeds known as Apamarga Tandula are used for this purpose. Acharya Charak named the chapter "Apamarga Tanduliya" because of its significance. The function of apamarga seeds is Kshudha naas (*Charak Sutrasthana 2/33*). The medication Apamarga is listed in the *Sirovirechanopaga Mahakashaya (Charak Sutrasthana 4/27)*³² and *Vamanopaga (Charak Sutrasthana 4/23)*³² It is recommended to employ *Shaikharik Kashaya* for cooking, drinking, bathing, and other activities after completing *Vaman and Virechana* karma in order to achieve *Sirovirechana. (Vimansthana Charak 7/19)*. Both Apamarga seeds and roots are used for *Sirovirechana (Charak Vimansthana 8/151)*.³³ For Punsavana karma in the form of *Jivakadi kalka*, Apamarga is utilized. In *Pippalyadi Varti (Charak Sidhithana 9/58)* and *Baladi Yapan basti (Charak Sidhithana 12/9)*³⁴, Apamarga is also utilized as one of the *Uttarbasti* dravyas. In compound compositions intended to treat *Kushtha, Rajyakshma, and Unmada*, Charak has referenced Apamarga for medicinal purposes. *Shwas, Hikka, Udar Roga*, and *Apasmara*, among others. Table ³⁵ below lists the several formulations of Apamarga that are discussed in the *Charak Samhita*.

Charak Chikitsasthana, Chapter number/ Sloke number)

S.No	Formulation	Indications	Uses(Int/Ext)	References
1	<i>Kushthaghna Yoga</i>	<i>Kushtha</i>	Ext.	<i>Ch.Chi. 7/124</i>
2	<i>Jivantyadi churna</i>	<i>Rajyakshma</i>	Ext.	<i>Ch.Chi. 8/175</i>
3	<i>Apamargadi varti- Anjana</i>	<i>Unmada</i>	Ext.	<i>Ch.Chi. 9/66</i>
4	<i>Mahapanchgavya ghrut</i>	<i>Apasmara</i>	Ext.	<i>Ch.Chi. 10/18</i>
5	<i>Triphaladi tail - Nasya</i>	<i>Apasmara</i>	Int.	<i>Ch.Chi. 10/44</i>
6	<i>Agnimanthadi tail</i>	<i>Udarroga</i>	Int.	<i>Ch.Chi. 13/171</i>
7	<i>Muktadya churna</i>	<i>Hikka-Swas</i>	Int.	<i>Ch.Chi. 17/124</i>
8	<i>Agastya Haritaki</i>	<i>Kaash</i>	Int.	<i>Ch.Chi. 7/126</i>

(b) **Sushruta Samhita**- In creating *Pratisarniya Kshar*, Acharya Sushruta made reference to the medication Apamarga (*Susruta Sutrasthana 11/12*). Apamarga is one of the *Udsadana dravyas* for *Vrana* that Sushruta has stated (*Susruta Sutrasthana 36/31*). In *Sirovirechana dravyas (Susruta Sutrasthana 39/6)*, *Arkadi gana (Susruta Sutrasthana 38/16)*, and *Tikta varga (Susruta Sutrasthana 42/22)*³⁶, he preserved Apamarga. Apamarg is a component in the following formulations and is used for the treatment of a variety of illnesses³⁷.

Susruta Chikitsasthana, Su. Ka – Susruta Kalpasthana, Su. U – Susruta Uttartantra Chapter number/ Sloke number)

S.No.	Formulation	Indications	Uses (Int.Ext)	References
1	<i>Kalyanaka lavana</i>	<i>Vata vyadhi</i>	Int.	<i>Su.Chi. 4/32</i>
2	<i>Apamargamoola with tandulodak</i>	<i>Arsha</i>	Int.	<i>Su.Chi. 6/13</i>
3	<i>Tiladi kshar</i>	<i>Ashmari</i>	Int.	<i>Su.Chi. 7/22</i>
4	<i>Apamarga kshar</i>	<i>Plihodar</i>	Int.	<i>Su.Chi. 14/13</i>
5	<i>Apamarga beeja</i>	<i>Kaphaja nadi vrana</i>	Ext.	<i>Su.Chi. 17/25</i>
6	<i>Suvarchikadi tail</i>	<i>Karnapali varadhana</i>	Ext.	<i>Su.Chi. 25/26</i>
7	<i>Amrit sarpi</i>	<i>Sarpvish</i>	Int.	<i>Su.Chi. 6/12</i>
8	<i>Agastya avleha</i>	<i>Kaash</i>	Int.	<i>Su.U. 52/43</i>
9	<i>Panchgavya ghrut</i>	<i>Apsmar</i>	Int.	<i>Su. U. 61/34</i>

Susruta Chikitsasthana, Su. Ka – Susruta Kalpasthana, Su. U – Susruta Uttartantra Chapter number/ Sloke number)

(c) **Ashtanga Samgraha**- According to Acharya Vagabhatta, Dhoompana combined with Apamargadi yoga is utilized to cure illnesses brought on by burning vish-containing food (*Ashtanga Samgraha Sutrasthana 8/22*). Apamarga can be found in *Krimighna Mahakashaya (Ashtanga Samgraha Sutrasthana 15/20)*, *Arkadi gana (Ashtanga Samgraha Sutrasthana 16/22)*, *Shyamadi gana (Ashtanga Samgraha Sutrasthana 16/39)*, *Vamana (Ashtanga*

Samgraha Sutrasthana 14/3), *Virechana (Ashtanga Samgraha Sutrasthana 14/4)*, and *Sirovirechana dravyas (Ashtanga Samgraha Sutrasthana 14/6)*. According to Ashtanga Samgraha Sutrasthana 18/23, he stored it in Tikta dravya skandha. *Madhyam Kshar (Ashtanga Samgraha Sutrasthana 39/10)*³⁸ is made with *Apamarga*. To prepare *Phalpippaliadi kashaya* and maintain *Madan phal* in it, *Apamarga* is utilized (*Ashtanga Samgraha Sutrasthana 1/6*).³⁹ He said that this medication can be used to cure a number of illnesses, including *Kshaya*, *Shwas*, *Kash*, *Hikka*, *Ashmari*, *Gulma*, *Vatashonit*, *Agnimandya*, *Timira*, *Siroroga*, *Apasmara*, *Unmada*, and *Kushtha*, among others. The *Apamarga* formulations are shown in the table below⁴⁰.

Ashtanga Samgraha Chikitsasthana, A.S.U- Ashtanga Samgraha Uttartantra)

S.No	Formulation	Indications	Uses (int./ ext0	References
1	<i>Agastya leha</i>	<i>Kshaya - kaash</i>	Int.	<i>A.s.chi. 5/83</i>
2	<i>Muktadi leha</i>	<i>Shwas- Hikka</i>	Int.	<i>A.s.chi. 6/45</i>
3	<i>Jivantyadi udvartana</i>	<i>Rajyakshma</i>	Ext.	<i>A.s.chi. 7/107</i>
4	<i>Pashanbhedadi ghrut</i>	<i>Ashmari</i>	Int.	<i>A.s.chi. 13/11</i>
5	<i>Tiladi churna</i>	<i>Ashmari</i>	Int.	<i>A.s.chi. 13/17</i>
6	<i>Yavaniadi churna</i>	<i>Gulma</i>	Int.	<i>A.s.chi. 16/15</i>
7	<i>Parijatadi kwatha</i>	<i>Agnimandya</i>	Int.	<i>A.s.chi. 17/34</i>
8	<i>Varshabhuadi kshir</i>	<i>Aamdosh</i>	Int.	<i>A.s.chi. 19/9</i>
9	<i>Lakshhhadi churna</i>	<i>Kushtha</i>	Int.	<i>A.s.chi. 21/35</i>
10	<i>Apamargadi tail</i>	<i>Sidhma</i>	Ext.	<i>A.s.chi. 21/64</i>
11	<i>Sarjarasadi tail</i>	<i>Paalipak</i>	Ext.	<i>A.s.chi. 22/51</i>
12	<i>Saraladi tail</i>	<i>Krimij shiroroga</i>	Int.	<i>A.s.chi. 28/22</i>

(d) **Sarangadhar Samhita**-*Apamarga* has received advice from *Acharya Sarangadhar* regarding ailments such as *Ashmari*, *Raktarsha*, *Nasarsha*, *Badhirya*, and others. In *Varunadi Gana*, which is *kaphameda nashak*, he maintained *Apamarga (Sharangdhar Madhyam Khanda 2/130)*. *Apamarga* seeds are utilized as a bhavana dravya of *Grahanikapata rasa (Sharangdhar Madhyam Khanda 12/249)*⁴¹ and for *Parada marana (Sharangdhar Madhyam Khanda 12/35)*. The following table⁴² lists the various *Apamarga* formulations.

Sharangdhar Madhyam Khanda, Sha. U- Sharangdhar Uttar Khanda Chapter number/ Sloke number)

S.No	Formulation	Indications	Uses (int./ ext0	References
1	<i>Virtarvadi gana kwatha</i>	<i>Ashmari</i>	Int.	<i>Sha.Ma. 2/105</i>
2	<i>Apamarga kalka</i>	<i>Rraktarsha</i>	Int.	<i>Sha.Ma. 5/29</i>
3	<i>Agastyaharitaki avaleha</i>	<i>Kaash</i>	Int.	<i>Sha.Ma. 8/31</i>
4	<i>Grihadhoom tail</i>	<i>Nasarsha</i>	Ext.	<i>Sha.Ma. 9/184</i>
5	<i>Marichadi lepa</i>	<i>Linga-Stana vridhi</i>	Ext.	<i>Sha.Ma. 11/113</i>
6	<i>Apamarga kshar tail</i>	<i>Badhirya</i>	Ext.	<i>Sha.Ma. 11/145</i>

(e) **Bhavprakash Samhita**- According to *Bhavprakash Purvakhanda 5/33*, *Dantdhavan* with *Apamarga* increases *DhritiMedha*. Additionally, he stated that *Apamarga Kshar* should be employed in the absence of *Chitraka*, *Danti*, and *Apamarga (Bhavprakash Purvakhanda 6/138)*.⁴³ In *Veertarvadi Gana*, he maintained *Apamarga (Bhavprakash Madhyam Khanda 37/17)*⁴⁴. Diseases such as *Sannipata Jwara*, *Visuchika*, *Apasmara*, *Gulma*, *Ashmari*, *Vata Vyadhi*, and others are treated with *Apamarga*. The following table lists the various *Apamarga* formulations:⁴⁵

S.No	Formulation	Indications	Uses (int./ ext0	References
1	<i>Sringyadi Kwatha</i>	<i>Abhinyash jwara</i>	Int.	<i>B.P.Ma. 1/654</i>
2	<i>Apamarga Mool</i>	<i>visuchika</i>	Int.	<i>B.P.Ma. 6/110</i>
3	<i>Sidhartakadi lepa</i>	<i>Apasmara</i>	Ext.	<i>B.P.Ma. 23/13</i>
4	<i>Mahanarayana tail</i>	<i>Vata vyadhi</i>	Ext.	<i>B.P.Ma. 24/295</i>
5	<i>Dvipanchmooladya tail</i>	<i>Vata vyadhi</i>	Ext.	<i>B.P.Ma. 25/38</i>

6	<i>Dhaturadya tail</i>	<i>Vatarakta</i>	Ext.	<i>B.P.Ma. 29/148</i>
7	<i>Ksharashtaka</i>	<i>Gulma</i>	Int.	<i>B.P.Ma. 32/34</i>
8	<i>Pasanbhedadya ghrut</i>	<i>Ashmari</i>	Int.	<i>B.P.Ma. 37/13</i>
9	<i>Kushadya tail</i>	<i>Ashmari</i>	Int.	<i>B.P.Ma. 37/59</i>
10	<i>Bharangyadi pralepa</i>	<i>Updamsha</i>	Ext.	<i>B.P.Ma. 51/33</i>

<i>S.NO</i>	<i>Samhita</i>	<i>Varga</i>	<i>Karma</i>
	<i>Charaka Samhita^[8]</i>	<i>Krimighna, Vamanopaga, Sirovirecanopaga</i>	<i>Sirovirecana</i>
	<i>Susruta Samhita^[9]</i>	<i>Varunadi gana, Viratarvadi gana, Arkadi gana, Kakolyadi gana</i>	Preparation of <i>Kshara</i> from different drugs, <i>Utsadana</i>
	<i>Astanga Samgraha^[10]</i>	<i>Sodhanadi gana, Tikta Skanda</i>	<i>Sirovirecana dravya</i>
	<i>Astanga Hridaya^[11]</i>	<i>Tiktavarga</i>	<i>Pumsavana Karma</i>

<i>S.NO</i>	<i>Nighantu</i>	<i>Varga</i>	<i>Karma</i>
1	<i>Saushrut Nighantu^[47]</i>	<i>Arkadi gana</i>	--
2	<i>Ashtanga Nighantu^[48]</i>	<i>Arkadi gana</i>	--
3	<i>Madanadi Nighantu^[49]</i>	<i>Chaturtha gana</i>	<i>Kaphamedaanilhara, chedana, samsrana</i>
4	<i>Dhanvantari Nighantu^[50]</i>	<i>Guduchyadi varga</i>	<i>Kaphanashana, Arsha, Kandu, Udara, Amaghano, Rakta, Hrida, Grahi Vantikruta</i>
5	<i>Shabdachandrika^[51]</i>	<i>Vrikshadi varga</i>	--
6	<i>Nighantu Sesh^[52]</i>	<i>Gulma kaand</i>	--
7	<i>Shodhal Nighantu^[53]</i>	<i>Guduchyadi varga</i>	--
8	<i>Madhava dravyaguna^[54]</i>	<i>Vividh Oshadhi varga</i>	<i>Agnikriteekshana</i>
9	<i>Abhidhan Ratnamala^[55]</i>	<i>Tikta Skandha</i>	--
10	<i>Hrudaydeepak Nighantu^[56]</i>	<i>Tripaad varga</i>	--
11	<i>Madanpal Nighantu^[57]</i>	<i>Abhayadi varga</i>	<i>Deepana, Kaphavatajita, Nihanti Dadru, Sidhama, Arsha, Kandu, Shoola, Udara, Aruchi</i>
12	<i>Kaideva Nighantu^[58]</i>	<i>Oshadhi varga</i>	<i>Deepana, Pacana, Vamanshchedi, Kaphamedoanilapaha, Nihanti Shoola, Hidhma, Arsha, Kandu, Dadru, Udara, Apachi</i>
13	<i>Bhavprakash Nighantu^[59]</i>	<i>Guduchyadi varga</i>	<i>Deepana, Pacana, Rocana, Chardi,</i>

			<i>Kaphamedoanilpaha, Nihanti Hrida, Dadru, Adhamana, Kandu, Shoola, Udara, Apachi</i>
14	<i>Guna ratnamala^[60]</i>	<i>Guduchyadi varga</i>	--
15	<i>Raj Nighantu^[61]</i>	<i>Shatahwaadi varga</i>	<i>Kaphanashana, , Arsha, Kandu Udara, Amaghano ,Rakta, Hrida, GrahiVantikruta</i>
16	<i>Rajvallabha Nighantu^[62]</i>	<i>Oshadha ashrayaparichhed</i>	<i>Kledana, Samsrana</i>
17	<i>Shaligram Nighantu^[63]</i>	<i>Guduchyadi varga</i>	--
18	<i>Priya nighantu^[64]</i>	<i>Shatpuspadi varga</i>	--
19	<i>Nighantu Adarsha^[65]</i>	<i>Apamargadi varga</i>	--
20	<i>Saraswati Nighantu^[66]</i>	<i>Ullap varga</i>	--
21	<i>Laghu Nighantu^[67]</i>	--	<i>Krimi, Shirshavishodhanam, Vamaka, Raktasamgrahi, Raktaatisaranashanam</i>
22	<i>Prayayaratnamala^[68]</i>	--	--

MODERN REVIEW-

.VANOSHADHI CHANDRODAYA⁷¹

Throughout this text, Acharya Chandraraj Bhandari has discussed various topics such as morphology, properties, Latin name, family, and vernacular name. Vanoushdhi Chandrodaya" by Acharya Chandraraj Bhandari is indeed a well-known book in the field of Ayurveda. It likely covers a wide range of topics related to medicinal plants, including *Achyranthes aspera* (apamarga). *Achyranthes aspera* is valued in Ayurveda for its medicinal properties, such as its use in treating various ailments like rheumatism, fever, and respiratory disorders. If you're looking for specific information from the book about *Achyranthes aspera* or its uses in Ayurveda, it would typically provide detailed descriptions of its therapeutic properties, preparation methods, and traditional uses.

MEDICINAL PLANTS⁷²

"Medicinal Plant Book" by SK Jain that likely includes information about *Achyranthes aspera*, which is a medicinal plant. *Achyranthes aspera* is known for its various traditional medicinal uses, such as treating asthma, rheumatism, and snake bites.

Dr. S.K. Jain has mentioned Latin name, family, vernacular name, distribution, its properties, other species etc.

CLASSICAL USES OF MEDICINAL PLANTS: - (P.V SHARMA)⁷³

The author has been mentioned Latin name, family, vernacular name, distribution, its properties, other species etc.

VANOSHADHI SAMGRAH -PART -I (Jairam Shukla shastr)⁷⁴

Morphology, vernacular name, chemical composition, useful parts, properties, uses have been discussed.

DRAVYAGUNA VIJNANA (Dr. J. L. N. Sastry)⁷⁵

Botanical name, Vernacular name, synonyms, classical categorization, controversial studies, different varieties, botanical description, distribution, chemical composition, properties, therapeutic uses, useful parts, important preparations and research have been discussed.

DRAVYA GUNA VIGYAN (Dr. Mansi Deshapandey)⁷⁶

Latin name, family, synonyms, morphology, habitat, chemical constituents, properties, useful parts and doses have been discussed.

DRAVYAGUNA VIGYAN (Prof. P.V. Sharma)⁷⁷

Latin name, synonyms, family, vernacular name, morphology, habitat, chemical composition, properties, useful parts and doses have been discussed.

MEDICINAL PLANTS CHEMISTRY AND PROPERTIES (M. Daniel)⁷⁸

Morphology, phytoconstituents, and properties have been discussed.

AYURVEDIC PHARMACOPEIA OF INDIA⁷⁹

In the "Ayurvedic Pharmacopoeia of India" (API) book, *Achyranthes aspera* (known as Apamarga in Sanskrit) is included as one of the important medicinal plants. Here are some details typically found in API regarding *Achyranthes aspera*:

Botanical Description: API provides a detailed botanical description of *Achyranthes aspera*, including its morphology, habitat, and distinctive features.

Traditional Uses: It lists traditional uses of *Achyranthes aspera* in Ayurvedic medicine, which may include treating various ailments such as digestive disorders, skin diseases, respiratory issues, and more.

Phytochemical Constituents: API details the phytochemical constituents found in *Achyranthes aspera*, which contribute to its medicinal properties. These may include alkaloids, flavonoids, saponins, and others. **Therapeutic Properties:** The book discusses the therapeutic properties attributed to *Achyranthes aspera* based on Ayurvedic principles, such as its actions (like anti-inflammatory, antipyretic, diuretic, etc.) and indications for use.

Preparation Guidelines: API also provides guidelines for the preparation of formulations using *Achyranthes aspera*, including dosage forms and methods of administration.

The Ayurvedic Pharmacopoeia of India serves as a comprehensive reference for practitioners, researchers, and manufacturers involved in Ayurvedic medicine, ensuring standardization and quality control across medicinal plants and formulations used in Ayurveda. Synonyms, vernacular name, pharmacognosy, distribution, properties etc. have been discussed.

THE TREATISE ON INDIAN MEDICINAL PLANTS⁸⁰⁻

It seems like you're mentioning the book "*Achyranthes Aspera*" by Asima Chatterjee and Styesh Chandra Prakash. Asima Chatterjee was a renowned Indian organic chemist and the first woman to receive a Doctorate of Science from an Indian university. She made significant contributions to the research on medicinal plants, particularly *Achyranthes aspera*, which has various medicinal properties. Her work continues to be influential in the field of natural products chemistry and pharmacology. Vernacular name, occurrence and distribution, description, useful parts, therapeutic uses and chemical constituents.

AYURVEDIC FLORA MEDICA (N.S. MOSS)⁸¹

Latin name, synonyms, distribution, morphology, useful parts, therapeutic uses have been discussed.

GAVON ME AUSHADH RATNA – (Pratham bhag)⁸²⁻

Here author *krishna gopal* explains Its therapeutic uses.

THE USEFUL PLANTS OF INDIA –

English name, synonyms, morphology, and medicinal uses have been discussed.⁸³

PHARMACOGNOSY OF INDIGENOUS DRUGS – (Vol. II)

Botanical origin, Sanskrit synonyms, regional names, botanical description, distribution, macroscopical characters, microscopical characters etc. have been described.⁸⁴

FRUITS AND VEGETABLES IN ANCIENT INDIA (Prof. P. V. Sharma)-

The book "Fruits and Vegetables in Ancient India" discusses various plants and their historical significance in Indian culture, including *Achyranthes aspera*, commonly known as "Prickly Chaff Flower" or "Aghada." This plant has been traditionally used in Ayurvedic medicine for its medicinal properties.⁸⁵

THE MATERIA MEDICA OF THE HINDUS (U C DUTT) –

The book "The Materia Medica of the Hindus" by Dr. D.C. Dutt is a significant work in the field of Ayurveda and traditional Indian medicine. In this book, *Achyranthes aspera*, commonly known as "Prickly Chaff Flower" or "Apamarga" in Sanskrit, is discussed as a medicinal plant. It is valued in Ayurveda for its various therapeutic properties and uses in treating ailments such as skin disorders, respiratory issues, and as a diuretic.⁸⁶

INDIAN MEDICINAL PLANTS (K. R. Kirtikar, B.D. Basu) –

"Indian Medicinal Plants" by Kirtikar and Basu is a renowned book that extensively documents *Achyranthes aspera* among many other plants. *Achyranthes aspera*, commonly known as "Prickly Chaff Flower" or "Apamarga" in Sanskrit, is used in traditional medicine for various ailments due to its medicinal properties. It's known for its anti-inflammatory, antimicrobial, and analgesic properties, and finds applications in treating conditions such as arthritis, skin diseases, and digestive disorders. The book provides detailed information on its uses, preparations, and traditional practices associated with this plant. Author have been discussed Vernacular name, Distribution, properties⁸⁷

1. UNANI DRAVYAGUNA VIGYAN (Vaidya Daljit Singh) –

It seems like you're mentioning Unani medicine and Dravyaguna Vigyan (the science of medicinal herbs). *Achyranthes aspera* is a medicinal plant known in Ayurveda and other traditional systems, including Unani medicine, where. It's used for various therapeutic purposes, such as treating urinary disorders, rheumatism, and as a general tonic. Vaidya Daljit Singh is likely a practitioner known for his expertise in Unani medicine and Dravyaguna (herbal medicine science).⁸⁸

FLORA OF RAJASTHAN –

Morphology, habitat has been mentioned⁸⁹

VANASPTI AUSHADH VIGYAN – (Vaidya Ramesh Kumar Bhutiya)

Synonyms, types, Morphology, useful parts, collection period, doses, properties, therapeutic uses etc. have been discussed.⁹⁰

DRAVYA GUNA HASTAMALAK – (Vaidhya Banwarilal Mishra)

Dr. Banwarilal Mishra's research on *Achyranthes aspera* from the perspective of Dravyaguna (Ayurvedic pharmacology), Guna (qualities), and Hastamalak (therapeutic actions) can be summarized as follows: Taste (Rasa): It has a bitter taste. Qualities (Guna): *Achyranthes aspera* is characterized as sharp (teekshna), light (laghu), dry (ruksha), piercing (tikshna), hot (ushna), and possesses properties that pacify Vata and Pitta doshas, as well as alleviate Kapha dosha. It is known for its actions such as alleviating burning sensations (dahaprasamana), purifying (shodhana), blood purifying (raktashodhana), wound healing (vranashodhana), appetizing (deepana), digestive (pachana), relieving bleeding disorders (rakta pitta nashaka), promoting blood coagulation (rakta sthapan), curing dental diseases (dantaroga nashaka), respiratory disorders (shvasa roga nashaka), and many others. Hastamalak (Therapeutic Actions): It is used in the treatment of various conditions including pitta disorders, kapha disorders, vata disorders, fever, wounds, bleeding disorders, blood disorders, hemorrhages, respiratory disorders, burning sensations, skin diseases, edema, diabetes, loss of appetite, dental problems, abdominal colic, and intestinal colic, among others. Dr. Banwarilal Mishra's studies have highlighted *Achyranthes aspera* as a significant herbal medicine in Ayurveda, capable of treating a wide range of ailments based on its pharmacological and therapeutic properties. Author has been discussed Synonyms, morphology, useful parts, collection period, doses, properties, therapeutic uses etc. .⁹¹

THE WEALTH OF INDIA VOL. 7 (1969):

This precious book describes the plant with all its pros and cons. It gives references about the available research work done on this plant and also mentions the habitat, habit, morphology, its species, main chemical constituents and therapeutic uses of both fruit and root. Beside this, different types of long pepper are also showed by pictures⁹²

THE WEALTH OF INDIA VOL. 4, FIRST SUPPLEMENT SERIES (2003):

This book described chemical composition and utilization of both root and fruit of *Piper longum* Linn. In this book several types of alkaloids have been reported isolated from root and fruit. Anti-giardia, immuno-modulatory, bioavailability enhancing, Hepato-protective, Hypercholesterolemic activities are discussed with references.⁹³

FLORA OF ASSAM: - (V.N. KANJILAL)

The family and genus characters have been described in detail.⁹

QUALITY STANDARDS OF INDIAN MEDICINAL PLANTS⁹⁶-

General description of habitat, macroscopic and microscopic description of plant, chemical constituents, identity test (TLC, HPTLC) and pharmacological action of fruit.

A HANDBOOK OF MEDICINAL PLANTS: - (Narayan das Prajapati)⁹⁷

Narayan Das Prajapati's book "A Handbook of Medicinal Plants," *Achyranthes aspera* is likely discussed as a medicinal plant known for its therapeutic properties. The book probably covers its traditional uses, medicinal benefits, and possibly its cultivation and preparation methods. For detailed information, including specific mentions in the book, you would need to consult a copy of the text itself or a detailed review of its contents. This book has mentioned synonyms, vernacular names, habitat, propagation, part used, chemical constituents and uses.

FLORA SIMLENSIS⁹⁸

Here author gives description about family characters and description of three genus of Piperaceae.

INDIAN MEDICINAL PLANTS, ALL ILLUSTRATED DICTIONARY (C.P. KHARE)⁹⁹

In this book family, habitat, English, Ayurvedic, Unani and Siddha names of *Piper longum* with its Synonyms are described. Along with these, therapeutic uses of fruit in respiratory disorders, as sedatives, as cholagogue, as emmenagogue, as digestive, appetizer and carminative, as general tonic and haematinic are also mentioned. Its local application on muscular pains and inflammations is also mentioned. Chemical constituents and major alkaloid piperine's actions are also described.

AYURVEDIC PHARMACOPOEIA OF INDIA PART1, VOL.1

General plant description, habitat, synonyms, macroscopic and microscopic description of fruit and fruit powder, TLC, properties, action, formulations, therapeutic uses and dose are mentioned.¹⁰⁰

INDIAN MEDICINAL PLANTS, FORGOTTEN HEALERS (Dr. Prakesh Paranjpe)¹⁰¹

Here habitat, habit, chemical constituent, Ayurvedic properties, medicinal uses and Ayurvedic preparations of Pippali are mentioned.

FLORA OF ORISSA VOL. 3 (H.O. SEXENA & M BRAHMAM)¹⁰²

Habit, habitat, description of stem, leaves, flowers, and fruit of *Piper longum* Linn, and distribution of plant are also discussed there.

PHARMACOGNOSY OF AYURVEDIC DRUGS, KERALA (Prof. narayana Aiver & M. Kolammal)¹⁰³

In this book distribution, habitat, habit and general features of plant are discussed. Along with this, external morphology of leaves, inflorescence, flowers, fruits and part use are mentioned there. In this book, description of transverse section of root of plant is also discussed.

MEDICINAL PLANTS OF INDIA VOL. 1 (Prof. s. voganarasimhan)

In this book, short description about plant *Piper longum* is available. Therapeutic uses of *Pippali* and chemical constituents of root, stem bark and fruits are also discussed with this.¹⁰⁴

FORMULATION AND THERAPEUTIC USES¹⁶⁷

Every reference pertaining to the usage of *Apamarg* in various formulations found in the Sushruta Samhita, Charaka Samhita, and Astanga hridaya Sharangdhar samhita, Bhavprakash Madhavidan, chakradatta, Bhaishjyarnawali has already been discussed. Just a few of them are discussed here.

S.N.	FORMULATION	INDICATIONS	REFERENCES
1	<i>Apamargaksara tail</i>	arnanada (tinnitus), <i>Badhira</i> (deafness) (Ear diseases)	Sha. U. 11/145
2	<i>Apamargadi tail</i>	<i>Nasya in krimiroga (worm infestation), Sidhma</i>	<i>Chakradatta</i> <i>Shirogadhikara/34, A.S.Chi.21/4</i>
3	<i>Agasthya Haritaki</i> <i>Rasayana</i>	<i>Rasayana(Rejuvenation), Jvara,</i> <i>Kasa(cough), Hrdroga, Pratisyaya; Rajyakshma,</i> <i>Grahani, Shophya, Agimandya, Svarabheda,</i> <i>Kasa, Pandu, Svasa, Siroroga, Hrudroga, Hikka, Vishamajvara</i>	C.Chi.18/57, Su.U.52/43, A.S.Chi. 5/83, Sha. Ma. 8/31
4	<i>Kalyanaka lavana</i>	<i>Vataroga, Gulma, Pliha, weak, digestion, Ajirna, Arsha, Aruci,</i> <i>Kasa, Krimi.</i>	Ch. Chi. 18/57
5	<i>Apamarga Varti</i>	<i>Asragdara (Excessivemenstrual flow)</i>	B.R. 66/35-41
6	<i>Vrana Samshodaka taila</i>	<i>Vrana shodhana (For cleansing wounds)</i>	S.Su. 36/19
7	<i>Apamarga kshara</i>	For pratisaraniya <i>kshara</i> (caustics for external use) in plihodar and various other diseases.	Su. Chi. 14/13
8	<i>Gorochanadi Gulika</i>	<i>Jwara, Kasa, Svasanaka, Jwara, Shwasa,</i> <i>Kantharoga, Samnipata, Jwara, Smrtinas, Sravana Lopa, Drsti</i> <i>Lopa, Sanjnanasa</i>	AFI Vol 1 Part B 12:9
9	<i>Jyotishmati tail</i>	<i>Abhyanga in Shwitra</i>	AFI Vol 11 Part B 8:18
10	<i>Abhaya Lavana</i>	<i>Yakrit Pliha roga, Ashmari</i>	B.R. Yakrit pleeharoga 34-33
11	<i>Guda pippali</i>	<i>Yakrit Pliha Roga, Jalodara</i>	B.R. Yakrit pleeharoga 44-48
12	<i>Kushthaghna Yoga</i>	Kushtha	Ch. Chi. 7/124
13	<i>Jivantyadi churna</i>	Rajyakshma	Ch. Chi. 8/175
14	<i>Apamargadi varti</i>	Anjana Unmada	Ch. Chi. 9/66
15	<i>Mahapanchgavya ghrut</i>	<i>Apasmara</i>	Ch. Chi. 10/18
16	<i>Triphaladi tail</i>	<i>Nasya Apasmara</i>	Ch. Chi. 10/44

17	<i>Agnimanthadi taila</i>	<i>Udar roga</i>	Ch. Chi. 13/171
18	<i>Muktadya churna</i>	<i>Hikka-Swaas</i>	Ch. Chi. 17/126
19	<i>Apamarga moola with tandulodak</i>	<i>Arsha</i>	Arsha
20	<i>Tiladi -Kshar</i>	<i>Ashmari</i>	Su. Chi. 7/22
21	<i>Apamarg beeja</i>	<i>Kaphaja Nadi vrana</i>	Su. Chi. 17/25
22	<i>Suvarchikadi taila</i>	<i>Karnapali vardhana</i>	Su. Chi. 25/26
23	<i>Amrita sarpi</i>	<i>visha</i>	Su. Ka. 6/12
24	<i>Panchgavya ghrít</i>	<i>Atisara</i>	Su. U. 61/34
25	<i>Parijatadi kwatha</i>	<i>Agnimandya</i>	A.S.Chi.17/34
26	<i>Varshabhuadi ksheer</i>	<i>Aamdosha</i>	A.S.Chi.19/4
27	<i>Lakshadi churna Kushtha</i> A.S.Chi.21/35	<i>Kushtha</i>	A.S.Chi.21/35
28	<i>Sarjarasadi taila</i>	<i>Paalipaka</i>	A.S.U. 22/51
29	<i>Saraladi taila</i>	<i>Krimij Siroroga</i>	A.S.U. 28/22
30	<i>Jivanyadi udvartan</i>	<i>Rajyakshma.</i>	A.S.Chi. 7/107
31	<i>Pashanbhedadi ghrít</i>	<i>Ashmari</i>	A.S.Chi.13/11, B.P.Ma. 37/13
32	<i>Muktadi leha</i>	<i>Shwaas- Hikka</i>	A.S.Chi. 6/45
33	<i>Virtarvadi gana kwatha</i>	<i>Ashmari</i>	Sha. Ma. 2/105
34	<i>Apamarg kalka</i>	<i>Raktarsha</i>	Sha.Ma. 5/19
35	<i>Grihadhoom taila</i>	<i>Nasarsha</i>	Sha. Ma. 9/184
36	<i>Marichadi lepa</i>	<i>Linga- Stana Vriddhi</i>	Sha.U. 11/113
37	<i>Sringyadi kwatha</i>	<i>Abhinyasa sannipataja jwara</i>	B.P.Ma. 1/654
38	<i>Bharangyadi pralepa</i>	<i>Updamsha</i>	B.P.Ma. 51/33
39	<i>Kushadya taila</i>	<i>Ashmari</i>	B.P.Ma. 37/59
40	<i>Ksharashtaka</i>	<i>Gulma</i>	B.P.Ma. 32/34
41	<i>Dhaturadya taila</i>	<i>Vatarakta</i>	B.P.Ma. 29/14

THERAPEUTIC INDICATIONS:-

Kandu (itchiness), *Kushtha* (diseases of the skin), *Visha* (bite of a scorpion or snake), *Vrana* (injury), *Karna Roga* (ear disorders), *Netra Roga* (eye diseases), *Aruchi* (anorexia), *Chardii* (vomiting), *Agnimandya*, *Shoola* (pain), *Udararoga* (diseases of the abdomen), *Krmi* (infestation of worms), *Hridroga* (heart disease), *Pandu* (anemia), *Gandamala* (lymphadenitis), *Amavata* (rheumatoid arthritis), *Kasa* (cough), *Shwasa* (breathlessness and asthma), *Mutraghata* (obstacle), *Visuchika*, *Sidhma*, *Nidranasa*, *Ashmari*, *Arsha*, *Timira*¹⁶⁸, *Praklinnavartma* (disease of the eyelids)¹⁶⁹, *Sharkara*, *Utpataka* (ear lobule complications)¹⁷⁰, *Paripotaka* (ear lobule disorders)¹⁷¹, *Pleehodara* (splenomegaly)¹⁷², and *Vataja nadi* (sinuses)¹⁶⁹The *Utsadana*

Reference:-

1. Vedon men Oshadhiya Sutra, Subhasri Dr. Bindu, Chaukhambha Bharti Academy, Edition: 2010: Introduction, pp.11.
2. Dravyaguna Vigyana, Vol 4, Prof. P.V. Sharma, Chaukhambha Bharati Academy, Varanasi, Reprint: 2003. pp. 8.
3. P.V.V. Prasad, ' Atharvaveda and its Meteria medica', Bull. Ind. Inst. Hist. Med. Vol XXX- 2000, pp. 83- 92.
4. Dravyaguna Vigyana, Vol 2, Dr. J.L.N. Sastrey, Chaukhambha Orientalia, Varanasi, Edition: 2005; Pp 443-444
5. Vedon men Ayurved, Vaidya Pandit Ramgopal Sastry, Parimal Publication, Delhi, Edition:2003; pp. 201.

6. Ibid; pp. 202
7. Ibid; pp. 204
8. Medicine in the Veda, Kenneth G. Zysk, Edition:1996; Motilal Banarasidass publishers private limited, pp. 20.
9. Hymns of the Atharvaveda, translated by Maurice Bloomfield, oxford at the Clarendon press, 1897, pp. 72.
10. Vedon Men Ayurved, Vaidya Pandit Ramgopal Sastry, Parimal Publication, Delhi, Edition: 2003; pp. 201.
11. Sathpatha Brahmana, Madhyandina school translated by Julius Eggeling Part 3, oxford at the Clarendon press, 1894, pp. 52-54.
12. Sathpatha Brahmana, Madhyandina school translated by Julius Eggeling Part 5, oxford at the Clarendon press, 1900, pp. 437.
13. Vedon men Ayurved, Vaidya Pandit Ramgopal Sastry, Parimal Publication, Delhi, Edition: 2003; pp. 81.
14. The Grigya Sutras, translated by Herman Oldenberg Part 1, Oxford at the Clarendon press, 1886, pp. 91.
15. Ibid; pp. 130.
16. The Grigya Sutras, translated by Herman Oldenberg Part 2, Oxford at the Clarendon press, 1892, pp. 95.
17. The institutes of Vishnu, translated by Juleus Jolly, Oxford at the Clarendon press, 1880, pp. 197.
18. Sankshipta Garud Puran, Gita press Gorakhpur, 2015, pp. 176.
19. Ibid; pp. 217
20. Ibid; pp. 315
21. Ibid; pp. 332
22. Ibid; pp. 340
23. Ibid; pp. 383
24. Sankshipta Brahm Vaivarta Puran, Gita press Gorakhpur, 2014, pp. 94.
25. Sankshipta Skandha Puran, Brahmottar Khanda, Gita press Gorakhpur, 2014, pp. 684.
26. Sankshipta Skandha Puran, Kaashi Khanda, Gita press Gorakhpur, 2014, pp. 886.
27. Kurma Puran, Gita press Gorakhpur, 2013, pp. 338.
28. Bhavisya Puran, Brahma Parva, Gita press Gorakhpur, 2015, pp. 72.
29. Bhavisya Puran, Brahma Parva, Gita press Gorakhpur, 2015, pp. 91, 92.
30. Matsya Puran, Gita press Gorakhpur, 2012, pp. 1003
31. Vedon men Oshadhiya Sutra, Subhasri Dr. Bindu, Chaukhambha Bharti Academy, Edition: 2010: pp. 53.
32. Charak Samhita Vol. 1, Acharya Agnivesha, Hindi Commentary by Pt. Kasinatha Sastri &Dr. Gorakhnatha Chaturvedi, Chaukhambha bharti Academy, Reprint: 2009; pp. 51, 58, 85, 86.
33. Ibid; pp. 730, 794.
34. Charak Samhita Vol. 2, Acharya Agnivesha, Hindi Commentary by Pt. Kasinatha Sastri &Dr. Gorakhnatha Chaturvedi, Chaukhambha bharti Academy, Reprint: 2011; pp. 1064, 1099.
35. Charak Samhita Vol. 2, Acharya Agnivesha, Hindi Commentary by Pt. Kasinatha Sastri Chaukhambha bharti Academy, Reprint: 2006; pp. 218, 248, 265, 273, 277, 338, 449 &461.
36. Susruta Samhita Vol. 1, Hindi Commentary by Kaviraja Ambikadutta Sastri, Chaukhambha Sanskrit Sansthan, Reprint: 2012; pp. 47, 179, 184, 191, 205.
37. Susruta Samhita Vol. 1, Hindi Commentary by Kaviraja Ambikadutta Sastri, Chaukhambha Sanskrit Sansthan, Reprint: 2012; pp. 28, 39, 42, 70, 81.
38. Astanga Samgraha Part 1, Hindi Commentary by Kaviraj Atrideva Gupta, Krishnadas Academy Varanasi, Reprint: 1993; pp. 84, 131, 132, 134, 138, 139, 149.

39. Astanga Samgraha Part 2, Hindi Commentary by Kaviraj Atrideva Gupta, Krishnadas Academy Varanasi, Reprint: 1993; pp. 138.
40. Astanga Samgraha Part 2, Hindi Commentary by Kaviraj Atrideva Gupta, Krishnadas Academy Varanasi, Reprint: 1993; pp. 31, 37, 45, 79, 80, 92, 99, 106, 115, 118, 268, 290.
41. Sharangadhar Samhita, Jiwanprada Hindi Commentary by Dr. Shailaja Srivastava, Chaukhamba Orientalia, Reprint: 2011; pp. 155, 282, 309.
42. Sharangadhar Samhita, Jiwanprada Hindi Commentary by Dr. Shailaja Srivastava, Chaukhamba Orientalia, Reprint: 2011; pp. 151, 170, 212, 240, 445.
43. Bhavprakash of Bhavmisra Part 1, Hindi Commentary by Sri Brahmsankara Mishra and Sri Rupalalaji Vaisya, Chaukhamba Sanskrit Sansthan, Edition: 2004; pp.110, 181.
44. Dr. S.K. Jain, Medicinal Plants, New Delhi, National Book Trust, edition 1968, pp.
45. Prof. P.V. Sharma, Classical uses of Medicinal Plants, Varanasi: Chaukhamba Vishva Bharti, reprint 2014, pp.239-247.
46. Shastri Jairam Shukla Vanausadhi Samgraha, Varanasi: Chaukhamba Vishwabharti, Part-1, reprint edition, 2014, pp 148-149.
47. Dr. J.L.N. Sastry, Dravyaguna Vijnana, Varanasi, Chaukhamba Orientalia, reprint edition 2017, Vol. 2nd, pp.-452,561.
48. Dr. Manshi Deshpandey, Dravyaguna Vigyan, Delhi: Chaukhamba Sanskrit prishthan, reprint edition 2019, 2nd part, pp.324-330.
49. Sharma P. V., Dravyaguna Vigyana, Varanasi: Chaukhamba Vishvabharti, Reprint 2017, 2nd part, pp 275.
50. Dr. M. Daniel, Medicinal plants Chemistry and properties, USA, Enfield, NH: Science publication, 2006, pp 39, 172, 227.
51. Anonymous, The Ayurvedic Pharmacopeia of India, Part-1, Volume-1, New Delhi, Government of India publication, 200.
52. Prof. Asima Chatterjee, Dr. Satyesh Chandra Prakash, The Treatise on Indian Medicinal Plants, New Delhi: National Institute of Science Communication and Information Resources, reprint edition 2003,
53. Vayaskara N.S. Mooss, Ayurvedic Flora Medica, Kottayam, Vaidyasarathy press LTD: Edition 2nd, 1978.
54. Shree Govindram Seksaria, Gavon me Aushadh Ratan, Pratham Bhag, Ajmer: Krishangopal Ayurvedic Dharmarth Aushadhalaya, 1949.
55. Colonel Heber Drury, Useful Plants of India, Dehradun (India): Allied Book Centre, 2nd edition, reprint 1991.
56. Pharmacognosy of indigenous drugs.
57. Prof. P. V. Sharma, Fruits and Vegetables in Ancient India, Varanasi: Chaukhamba Orientalia, first edition 1979.
58. U C Dutt, The Materia Medica of The Hindus, New Delhi: Mittal Publications, reprint edition, 1989.
59. K.R. Kirtikar and B. D. Basu, Indian Medicinal Plants, Madaras: Orient Longman Ltd., reprint edition 1996.
60. Vaidyaraj Hakim Thakur Daljit Singh, Unani Dravya guna Vigyan, Mumbai: Nirnayasagar Press, 1st edition, 1949.
61. Shetty B.V. & V. Singh, Flora of Rajasthan, Volume -2, Botanical Survey of India.
62. Vaidya Ramesh Kumar Bhutya, Vanaspati Aushadha Vigyan, Jodhpur: Scientific Publishers 2007.
63. Dravyaguna hastamalaka., Wealth of India, Vol 7, Council of Scientific and Industrial research, New Delhi, 2003.
64. Wealth of India, Vol 7, Council of Scientific and Industrial research, First Supplement Series, 2003..
65. Indian medicinal plants, by K.K. & Basu, 2nd edition, (reprint 1981), Vol. 3, Lalit mohan Basu, Allahabad.
65. Flora of Assam, kanjilal U.N., 1997 (Reprint), Omsons Publication New Delhi, vol 4, Pg. No. 34.
66. Compendium of medicinal plants, Rastogi R.P. and Mehrotra B.N., Central drug Research Institute Lucknow and National Institute of science and communication N. Delhi.
67. Quality standards of Indian Medicinal Plants
68. A Handbook of Medicinal plants, Narayan das prajapati,
69. Flora Simelensis, collett henry, 1971, M/S Bishen singh mehandra pal singh, new onnought place, Dehradun, 3rd edition,
70. Indian Medicinal plants, All Illustrated Dictionary, Khare C.P., 2007 (reprint) Spring privare Limited new Delhi.
71. Ayurvedic Pharmacopoeia of India Part1, Vol.4, Ayush Govt. of India, 1st edition, the controller of publication civil lines, Delhi.
72. The Ayurvedic Plants. Kulkarni P.H. & Ansari Shahida, Sri Satguru publications, 1st edition, .

73. Flora of Orissa Vol. 3, Sexena H.O. & Brahmam M., 1995, Forest department Orissa..

74. Pharmacognosy of Ayurvedic Drugs, Kerala Prof. Narayana Aiyer & M. Kolammal, 1996, Department of pharmacognosy, university of Kerala.

75. Medicinal Plants of India Vol. 1, Prof. S. N. Yoganarasimhan, Regional research

www.researchgate.net

www.easyayurveda.com

www.ncbi.nlm.nih.gov

Pnrjournal.com

Saap.org.in

www.wjpr.com

75. Suresh Kumar P, Sucheta S, Umamaheswari A, Sudarshana Deepa V (2010) In vitro and in vivo evaluation of anti-dandruff activity of formulated polyherbal hair oil. Journal of Pharmacy Research 3(12): 2956-2958.

76. Barua CC, Talukdar A, Begum SA, Buragohain B, Roy JD, et al. (2009) Antidepressant like effects of *Achyranthes aspera* Linn. in animals models of depression. Pharmacology 2: 587-594. View publication stats

77. Barua CC, Talukdar A, Begum SA, Buragohain B, Roy JD, et al. (2009) Antidepressant like effects of *Achyranthes aspera* Linn. in animals models of depression. Pharmacolog

78. www.wjpmr.com

79. G.D. Singhal & Colleagues, Susruta-Samhita Ancient Indian Surgery, Chaukhamba Sanskrit Pratishthan, Delhi. Reprint, 2007; Vol: 3; pp.89

80. Ibid; pp 64-65.

81. G.D. Singhal & Colleagues, Susruta-Samhita Ancient Indian Surgery, Chaukhamba Sanskrit Pratishthan, Delhi. Reprint, 2007; Vol: 2; pp.317-318.

82. Ibid; pp 398-399.

83. Ibid; pp 295.

84. Ibid; pp 327.

85. G.D. Singhal & Colleagues, Susruta-Samhita Ancient Indian Surgery, Chaukhamba Sanskrit Pratishthan, Delhi. Reprint, 2007; Vol: 1; pp.152.

86. Ibid; pp 307.