

APAMARGA: A CONCISE AYURVEDIC REVIEW

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ABSTRACT

Ayurveda is gaining popularity because it effectively treats many chronic illnesses. Ayurvedic remedies are often used in conjunction with and/or after traditional medical techniques as the majority of patients start taking conventional pharmaceuticals as soon as their diagnoses are made. Understanding food, spices, and medicinal plants' actions in-depth is necessary to fully appreciate their potential effect. The use of highly concentrated products derived from single plants, sometimes in the form of teas or pills, is of more concern, even though society uses ayurvedic herbs and Indian spices frequently and without incident. The methods by which polyherbal medications and their extracts work differ from those of single ingredients or synthetic pharmaceuticals in several important ways. Even though ayurvedic medications are made from natural herbal ingredients, their effectiveness depends on how they are administered, taking into account the requirements of the patient and the nature of the ailment being treated. A member of the *Amaranthaceae* family, *Achyranthes aspera* Linn. Also known as *Apamarga* in Ayurveda is a crucial medicinal plant. The following article provides information about *Apamarga*, including its history, Ayurvedic properties, activities, and medical usefulness as stated in various sources.

KEYWORDS: Ayurveda, ayurvedic herbs, *Apamarga*, Ayurvedic properties, activities.

**INTRODUCTION**

Ayurveda, which stands for the traditional Indian medical system, is based on prehistoric literature that emphasizes a "natural" and holistic approach to physical and mental health. One of the oldest medical systems in the world, ayurvedic medicine is still used in India as a kind of traditional medicine.

Ayurvedic medicine has an ancient tradition of treating illnesses going back around three thousand years. The three basic concepts, known as doshas (*Vata*, *Pitta*, and *Kapha*), and each of the five elements (*Akasha*, *Vayu*, *Jal*, *Agni*, *Prithvi*) form the human body's constitution. *Vata* and its sub-doshas regulate input/output processes and motion, *pitta* and its sub-doshas regulate throughput, turnover, and thus energy, and *Kapha* and its sub-doshas regulate storage, structure, and lubrication. These fundamental physiological processes in living systems maintain their identity throughout biological history.^[1] However, elements including diet, activity, the environment, and stress have the power to impair or even kill these processes. With a variety of therapies, including suggestions on diet and exercise, internal herbal preparations, cleansing treatments (*panchakarma*), and surgical procedures (*shalya chikitsa*), ayurveda aims to restore normal bodily processes.

Before prescribing internal remedies, dietary limitations, or habit restrictions, Ayurveda attempts to identify the problems of patients. In the Ayurvedic therapeutic method, plant-based remedies are crucial. Any substance in the world can be utilized as a possible drug.^[2] About

90% of Ayurvedic remedies are made from plants. But only 1200 to 1500 of the over 10,000 plants utilized for therapeutic reasons on the Indian subcontinent have been officially included in the ayurvedic pharmacopeia over the course of more than three thousand years. Every plant or herb has a unique property that may be utilized to cure a wide range of maladies and symptoms. One such magical plant is *Apamarga* about which we are going to have a concise review of its Ayurvedic aspects.

Achyranthes aspera Linn. is a weed widely distributed in India and tropical environments and a very versatile therapeutic plant. The letters AP + A + Mrj + Karane Ghaj, which means "to wipe," make up the term *Apamarga* as it is described in *Sabdakalpadruma*. In other words, it purifies the body by removing illnesses from a different site.^[3] It belongs to the *Amaranthaceae* family and is referred to as Rough chaff flower/ devil's horsewhip in English and Ayurveda as *Apamarga*. This

herbaceous plant, *Achyranthes aspera*, has received significant attention in Ayurvedic texts. Even cult Ayurvedic scriptures like the *Charaka Samhita* have a chapter devoted to this plant called "*Apamarg Tanduliya*" that details the various ways it may be utilized to cure the human body. The plant known as *Apamarga* is notable for its spores, which stick to clothing and are challenging to remove due to their pointed spicules. These spores, which develop to cover the entire plant stalk from the outside and serve as a shield of protection for it, are the fruit component of the plant. It is a great plant for both internal and external body detoxification.

SYNONYMS

Markati, MarkataPippali, Kapi Pippali, ParakPushpi, PratyakShreni, Mayuraka, Kinihi, Shikhari, AdhahShalya, KharaManjari, Kubja, Vasheera, DurabhiGraha, Durgraha^[4], Kharamanjari, Nandi.^[5]

VERNACULAR NAMES^[5]

Table 1.

Arabic	<i>Atkumah</i>
Bengali	<i>Apang</i>
Burmese	<i>Kune-la-mon</i>
English	Rough Chaff /Prickly Chaff – flower, devil's horsewhip
Gujarati	<i>Aghedo</i>
Hindi	<i>Latjira, Aghara, Apamarga, Chirchira, Chirchit</i>
Kannada	<i>Uttatane</i>
Konkan	<i>Uttatene</i>
Malayalam	<i>Katalati/Kadaladi</i>
Marathi	<i>Aghadha/Pandhara– agada</i>
Persian	<i>Khare– Vazhun</i>
Punjabi	<i>Kutri</i>
Tamil	<i>Nayurivi/Shiru-kadaladi</i>
Telugu	<i>Uttareni/Antisha/Apamargamu</i>
Sanskrit	<i>Apamarga/Aghata/Kharamanjari</i>
Sinhala	<i>Karala heba</i>
Urdu	<i>Chirchita</i>

HISTORY

1. *Vedic Kala*
2. *Samhita Kala*
3. *Nighantu Kala*
4. *Adhumika Kala*

1. *Vedic Kala*

- *Yajurveda* has mentioned *Apamarga* by saying "Apamarga, please prevent us from ill actions and bad dreams". Accordingly, *Apamarga* can boost willpower and control the minds of those who use it. (*Yajurveda* 35.11).^[6]
- *Atharvaveda* refers to *Apamarga* at about eleven places. It considers this herb as the "Lord of all plants on earth" because it can elongate the life span by wiping away all diseases. *Apamarga* is beneficial in curing diseases caused by thirst and hunger, defects of the organs, speech; sterility, physical

debility, and all other disorders. (A.V. Kanda IV. 17.6-8).

- In addition, *Atharvaveda* defines that *Apamarga* can sweep away chronic diseases, the evil custom of using foul language, and ailments that cause severe pain and a decrease in vitality. (A.V. Kanda IV.18. 7 & 8 and 19. 4 & 5).
- About the similar plant *Atharvan* one context mentions, "The life-giving one I have brought the well-known plant of *Kanva*, the all-healing one, may it quench this man's unseen maladies" (A.V. Kanda VI.52.3).
- According to Mr.V.W. Karambelker - the son of *Narsad*, was the first person to discover the medicinal properties of *Apamarga*. (*Atharvaveda* and *Ayurveda*, pp.21).
- *Atharvaveda* has all praise to *Apamarga* that it can eliminate all the *Doshas* and cleanses sins from the body. (A.V. Kanda VII 65. 1). *Atharvaveda* also

says that if people have feasted with the cripple whose teeth are black and nails deformed, this plant can remove all that *Doshas* away from them(A.V. Kanda VII. 65-3).^[7]

2. Samhita Kala

In all the “*Brihatrei*”, *Apamarga* has been mentioned a lot of times for its valuable medicinal uses.

Table 2.

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

3. Nighantu Kala

The *Nighantu* (lexicon) plays a major role in Ayurvedic literature to identify and know the properties and uses of medicinal plants mentioned in *Brihatrayi*.

Table 3.

S. No.	Nighantu	Varga	Karma
1.	<i>Saushrut Nighantu</i> ^[12]	<i>Arkadi gana</i>	--
2.	<i>Ashtanga Nighantu</i> ^[13]	<i>Arkadi gana</i>	--
3.	<i>Madanadi Nighantu</i> ^[14]	<i>Chaturtha gana</i>	<i>Kaphamedaanilhara, chedana, samsrana</i>
4.	<i>Dhanvantari Nighantu</i> ^[15]	<i>Guduchyadi varga</i>	<i>Kaphanashana, Arsha, Kandu Udara, Amaghano, Rakta, Hrida, Grahi Vantikruta</i>
5.	<i>Shabdachandrika</i> ^[16]	<i>Vrikshadi varga</i>	--
6.	<i>Nighantu Sesh</i> ^[17]	<i>Gulma kaand</i>	--
7.	<i>Shodhal Nighantu</i> ^[18]	<i>Guduchyadi varga</i>	--
8.	<i>Madhava dravyaguna</i> ^[19]	<i>Vividh Oshadhi varga</i>	<i>Agnikriteekshana</i>
9.	<i>Abhidhan Ramamala</i> ^[20]	<i>Tikta Skandha</i>	--
10.	<i>Hrudaydeepak Nighantu</i> ^[21]	<i>Tripaad varga</i>	--
11.	<i>Madanpal Nighantu</i> ^[22]	<i>Abhayadi varga</i>	<i>Deepana, Kaphavatajita, Nihanti Dadru, Sidhama, Arsha, Kandu, Shoola, Udara, Aruchi</i>
12.	<i>Kaideva Nighantu</i> ^[23]	<i>Oshadhi varga</i>	<i>Deepana, Pacana, Vamanshchedi, Kaphamedoanilapaha, Nihanti Shoola, Hidhma, Arsha, Kandu, Dadru, Udara, Apachi</i>
13.	<i>Bhavprakash Nighantu</i> ^[24]	<i>Guduchyadi varga</i>	<i>Deepana, Pacana, Rocana, Chardi, Kaphamedoanilpaha, Nihanti Hrida, Dadru, Adhamana, Kandu, Shoola, Udara, Apachi.</i>
14.	<i>Guna ratnamala</i> ^[25]	<i>Guduchyadi varga</i>	--
15.	<i>Raj Nighantu</i> ^[26]	<i>Shatahwaadi varga</i>	<i>Kaphanashana, , Arsha, Kandu Udara, Amaghano, Rakta, Hrida, Grahi Vantikruta</i>
16.	<i>Rajvallabha Nighantu</i> ^[27]	<i>Oshadha ashrayaparichhed</i>	<i>Kledana, Samsrana</i>
17.	<i>Shaligram Nighantu</i> ^[28]	<i>Guduchyadi varga</i>	--
18.	<i>Priya nighantu</i> ^[29]	<i>Shatpuspadi varga</i>	--
19.	<i>Nighantu Adarsha</i> ^[30]	<i>Apamargadi varga</i>	--
20.	<i>Saraswati Nighantu</i> ^[31]	<i>Ullap varga</i>	--
21.	<i>Laghu Nighantu</i> ^[32]	--	<i>Krimi, Shirshavishodhanam, Vamaka, Raktasamgrahi, Raktaatisaranashanam</i>
22.	<i>Prayaratnamala</i> ^[33]	--	--

4. Adhunik kala

Various other literary books like

- “*Dravya gun Vigyan*” “*Vanaushdhiradeshika*”, and “*Dravya gun hastamalak*” has also described their anti-toxic and anti-helminthic property along with their *Raspanchaka* description.
- In Modern botanical texts it is identified as *Achyranthes aspera*.

VARIETIES

In *Nighantu*(Ayurvedic Lexicons), in general, *Apamarga* is defined in two types.

1. *Shweta* (White variety)
2. *Rakta* (Red variety)

But in *Kaideva Nighantu*, 3 varieties of *Apamarga* are mentioned.^[34]

1. *Apamarga* (White variety)
2. *Raktapamarga* (Red variety)
3. *Toyapamarga* (Blue variety)

Raaj Nighantu has also mentioned 3 varieties that are a bit different from *Kaidev Nighantu* which is^[35]

- | | |
|--|---------------------------|
| <ol style="list-style-type: none"> 1. <i>Apamarga</i> 2. <i>Raktapamarga</i> 3. <i>Kshudrapamarga</i> | } <i>Apamarga vishesh</i> |
|--|---------------------------|

RASA PANCHAKA^[36]

Rasa : *Katu, Tikta*

Guna : *Teekshna, Sara*

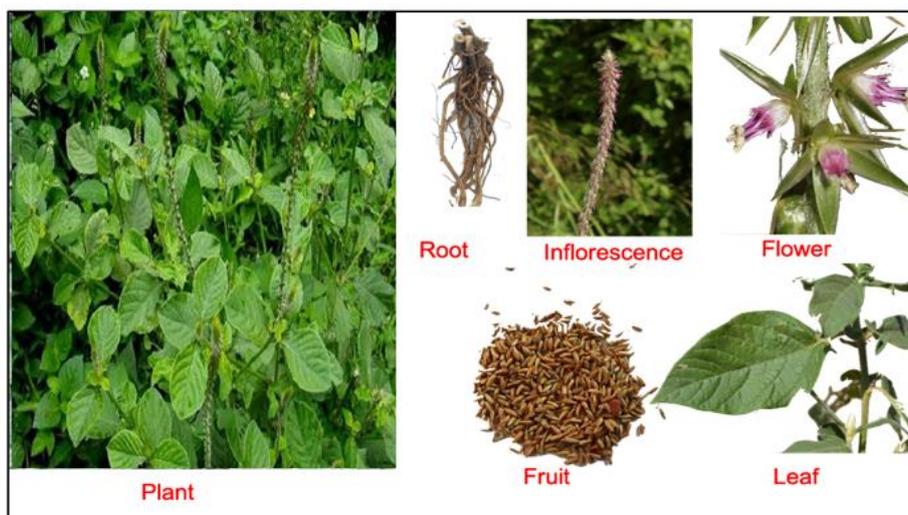
Virya : *Ushna*

Vipaka : *Katu*

Dosha Karma : *Kapha-Vatahara*

KARMA

- *Medohara,*
- *Chedana,*
- *Deepana,*
- *Pachana,*
- *Vamaka*
- *Sodhahara,*
- *Vedanasthapana,*
- *Lekhana,*
- *Vishaghna,*
- *Tvak Dosahara,*
- *Vrana Sodhana,*
- *Sirovirecana*



The fruits of *Apamarga* are *Madhura* in *rasa* and *Vipaka* in nature, yet they are *vistambhi* since they cause constipation.^[37]

BENEFICIAL PARTS: *Tandula, Patra, Mula, Panchanga.*

THERAPEUTIC DOSE

- *Svarasa*: 10 - 20 ml
- *Kwatha*: 50 -100 ml.
- *Mula Churna*: 2 - 4 gm.
- *Beeja Churna*: 500 -700 gm.
- *Kshara*: 0.5 -2 gm.

IMPORTANT FORMULATIONS WITH INDICATIONS

Table 4.

S.No.	FORMULATIONS	INDICATIONS	REFERENCES
1.	<i>Apamargaksara taila</i>	<i>Karnanada</i> (tinnitus), <i>Badhira</i> (deafness) (Ear diseases)	<i>Sha. U. 11/145</i>
2.	<i>Apamargadi taila</i>	<i>Nasya in Krimiroga</i> (Worm infestation), <i>Sidhma</i>	<i>Chakradatta Shirogadhikara/34, A.S.Chi.21/64</i>
3.	<i>Agasthya Haritaki Rasayana</i>	<i>Rasayana</i> (Rejuvenation), <i>Jvara, Kasa</i> (cough), <i>Hrdroga, Pratisyaya; Rajyakshma, Grahani, Shopha, Agimandya, Svarabheda, Kasa, Pandu, Svasa, Shiroroga, Hrudroga, Hikka, Vishamajvara</i>	<i>C.Chi.18/57, Su. U. 52/43, A.S.Chi. 5/83, Sha. Ma. 8/31</i>
4.	<i>Kalyanaka lavana</i>	<i>Vataroga, Gulma Pliha, weak digestion, Ajirna, Arsha, Aruci, Kasa, Krimi.</i>	<i>Ch. Chi. 18/57</i>
5.	<i>Apamarga Varti</i>	<i>Asragdara</i> (Excessive menstrual flow)	<i>B.R. 66/35-41</i>
6.	<i>VranaSamshodaka taila</i>	<i>Vrana shodhana</i> (For cleansing wounds)	<i>S.Su. 36/19</i>
7.	<i>Apamarga kshara</i>	For <i>Pratisaraniya kshara</i> (caustics for external use) in <i>Plihodar</i> and various other diseases.	<i>Su. Chi. 14/13</i>
8.	<i>Gorochanadi Gulika</i>	<i>Jwara, Kasa, Svasanaka Jwara, , Shwasa, Kantharoga, Sannipata Jwara, Smrtinasa, Sravana Lopa, Drsti Lopa, Sanjananasa</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>	<i>B.R. Yakrit pleeharoga 34-33</i>
11.	<i>Guda pippali</i>	<i>Yakrit Pliha Roga, Jalodara</i>	<i>B.R. Yakrit pleeharoga 44-48</i>
12.	<i>Kushthagha Yoga</i>	<i>Kushtha</i>	<i>Ch. Chi. 7/124</i>
13.	<i>Jivantyadi churna</i>	<i>Rajyakshma</i>	<i>Ch. Chi. 8/175</i>
14.	<i>Apamargadi varti</i>	<i>Anjana Unmada</i>	<i>Ch. Chi. 9/66</i>
15.	<i>Mahapanchgavya ghrut</i>	<i>Apasmara</i>	<i>Ch. Chi. 10/18</i>
16.	<i>Triphaladi tail</i>	<i>Nasya Apasmara</i>	<i>Ch. Chi. 10/44</i>
17.	<i>Agnimanthadi tail</i>	<i>Udar roga</i>	<i>Ch. Chi. 13/171</i>
18.	<i>Muktadya churna</i>	<i>Hikka-Swaas</i>	<i>Ch. Chi. 17/126</i>
19.	<i>Apamarga moola with tandulodak</i>	<i>Arsha</i>	<i>Su. Chi. 6/13</i>
20.	<i>Tiladi Kshar</i>	<i>Ashmari</i>	<i>Su. Chi. 7/22</i>
21.	<i>Apamarga beeja</i>	<i>Kaphaja Nadi vrana</i>	<i>Su. Chi. 17/25</i>
22.	<i>Suvarchikadi tail</i>	<i>Karnapali vardhana</i>	<i>Su. Chi. 25/26</i>
23.	<i>Amrit sarpi</i>	<i>Sarpa visha</i>	<i>Su. Ka. 6/12</i>
24.	<i>Panchgavya ghrut</i>	<i>Atisara</i>	<i>Su. U. 61/34</i>
25.	<i>Parijatadi kwatha</i>	<i>Agnimandya</i>	<i>A.S.Chi.17/34</i>
26.	<i>Varshabhudi kshir</i>	<i>Aamdosha</i>	<i>A.S.Chi.19/4</i>
27.	<i>Lakshadi churna</i>	<i>Kushtha</i>	<i>A.S.Chi.21/35</i>
28.	<i>Sarjarasadi tail</i>	<i>Paalipaka</i>	<i>A.S.U. 22/51</i>
29.	<i>Saraladi tail</i>	<i>Krimij Shiroroga</i>	<i>A.S.U. 28/22</i>
30.	<i>Jivantyadi udvartana</i>	<i>Rajyakshma.</i>	<i>A.S.Chi. 7/107</i>
31.	<i>Pashanbhedadi ghrut</i>	<i>Ashmari</i>	<i>A.S.Chi.13/11, B.P.Ma. 37/13</i>
32.	<i>Muktadi leha</i>	<i>Swaas- Hikka</i>	<i>A.S.Chi. 6/45</i>
33.	<i>Virtarvadi gana kwatha</i>	<i>Ashmari</i>	<i>Sha. Ma. 2/105</i>
34.	<i>Apamarga kalka</i>	<i>Raktarsha</i>	<i>Sha.Ma. 5/19</i>
35.	<i>Grihadhoom tail</i>	<i>Nasarsha</i>	<i>Sha. Ma. 9/184</i>
36.	<i>Marichadi lepa</i>	<i>Linga- Stana Vriddhi</i>	<i>Sha.U. 11/113</i>
37.	<i>Sringyadi kwatha</i>	<i>Abhinyasa sannipataja jwara</i>	<i>B.P.Ma. 1/654</i>
38.	<i>Bharangyadi pralepa</i>	<i>Updamsha</i>	<i>B.P.Ma. 51/33</i>
39.	<i>Kushadya tail</i>	<i>Ashmari</i>	<i>B.P.Ma. 37/59</i>
40.	<i>Ksharashtaka</i>	<i>Gulma</i>	<i>B.P.Ma. 32/34</i>
41.	<i>Dhaturadya tail</i>	<i>Vatarakta</i>	<i>B.P.Ma. 29/148</i>

42.	<i>Dvipanchmooladya tail</i>	<i>Vata Vyadhi</i>	<i>B.P.Ma. 25/38</i>
43.	<i>Mahanarayana tail</i>	<i>Vata Vyadhi</i>	<i>B.P.Ma. 24/295</i>
44.	<i>Apamarga mool</i>	<i>Visuchika</i>	<i>B.P.Ma. 6/110</i>
45.	<i>Sidhartakadi lepa</i>	<i>Apasmara</i>	<i>B.P.Ma. 23/13</i>

THERAPEUTIC INDICATIONS

Kandu (itching), *Kushtha* (skin disorders), *Visha* (scorpion & snake bites), *Vrana* (Wound), *Karna Roga* (ear diseases), *Netra Roga* (eye diseases), *Aruchi* (anorexia), *Chardii* (vomiting), *Agnimandya*, *Shoola* (pain), *Udararoga* (abdominal diseases), *Krmi* (worm infestation), *Hridroga* (heart disease), *Pandu* (anemia), *Gandamala* (lymphadenitis), *Amavata* (rheumatoid arthritis), *Kasa* (cough), *Shwasa* (asthma, breathlessness), *Mutraghata* (urinary obstruction), *Visuchika*, *Sidhma*, *Nidranasa*, *Ashmari*, *Arsha*, *Kaphaja Timira*^[38], *Praklinnavartma* (eyelid disease)^[39], *Vataja nadi* (sinuses)^[40], *Paripotaka* (ear lobule diseases)^[41], *Pleehodara* (splenomegaly)^[42], *Apaci* (cervical Lymphadenopathy)^[43], *Sharkara*, *Utpataka* (ear lobule complications)^[44], *Utsadana*^[45]

THERAPEUTIC & TRADITIONAL USES

- *Apamarga* root is taken with water in *Visuchika*.
- In *Sidhma*, seeds of *Mulaka* and fresh juice of *Apamarga* are made to paste and applied externally.
- Decoction of *Kakjangha*, *Apamarga*, *Kokilaksa*, and *Suparnika* is useful in *Nidranasa* (insomnia).
- The root of *Apamarga* and *Piper nigrum* is used in snake poison.
- The decoction of *Apamargaa*, *Yastimadhu*, *Gokshura*, and *Patha* is used for urinary tract infections.
- *Apamarga kshara* is used in chronic cough disease with *Pippali*, *Ativisha*, *Kupilu*, *Ghrit*, and *Madhu*.
- *Apamarga* root is made as a paste with *Tanduloodak* and used with honey in *Arsha*. The paste of seed of *Apamarga* is used for *Raktrasha* externally.
- In *Ashmari*, *Apamarga kshara* is used with sheep milk.
- The juice of *Apamarga* is painted on gums in toothache.
- *Apamarga* is one of the essential plants in the management of *Kaphaja Timira* as fumigation.
- *Apamarga* seeds powder as an *avapidanasya* helps cure *Apachi* (cervical Lymphadenopathy).
- The collyrium prepared with Flowers of *Apamarga* is useful in *Praklinnavartma* (eyelid disease).^[46]
- Decoction of powdered leaves with honey or sugar candy is useful in the early stages of diarrhea and dysentery.^[47]
- Crushed plant is boiled in water and is used for pneumonia. Infusion of the root is a mild astringent in bowel complaints. The flowering spikes or seeds, ground and made into a paste with water, are used as an external application for bites of poisonous snakes and reptiles, used in night blindness and cutaneous diseases.^[48]

CONTRAINDICATIONS AND SIDE EFFECTS OF APAMARGA^[49]

- *Apamarga* may result in nausea and vomiting if taken more than the permitted dosage.
- For a longer period, male patients receiving therapy for infertility must refrain from taking *Apamarga*.
- Children under the age of 12 and pregnant or nursing women should only use *Apamarga* under physician supervision.

SUMMARY AND CONCLUSION

The name "*Apamarga*" (*Achyranthus aspera*) refers to a plant that blocks the way for passersby. The plant *Apamarga* (*Achyranthes Aspera* Linn.) is widespread across the tropical world and grows as a common weed. It has received a lot of attention in ancient literature.

It is one of the eight *Ksharas* in the main group.

According to historical evaluation, references to *Apamarga* date back to the Vedic era; for example, *Apamarga's* powder, or *saktu*, was employed in *Yajurveda* for its antibacterial properties. A description of *Apamarga* may be found in numerous chapters of the *Samhitas*, and nearly every *Nighantus* mentions the plant. *Sweta*, *Rakta*, and *Jala Apamarga* are the three forms of *Apamarga* according to *Kaivadeya Nighantu*.^[50] Among the properties of *Apamarga* are *Katu*, *Tikta Rasa*, *Laghu*, *Ruksha*, *Sara*, *Tikshna Guna*, *Usna Virya*, and *Katu Vipaka*. It has *Amaghana*, *Deepana*, *Mutrala*, *Pachana*, *Kapha-pitta samsodhaka*, and *Kapha-vata shamaka* qualities.

Since the time of the Vedic civilization, *Apamarga* has been used to treat a variety of illnesses. To get a more comprehensive understanding of the plant and its applications, this study aims to highlight its Ayurvedic origin, significance, and considerable but potent therapeutic benefits for a variety of illnesses. Nevertheless, rigorous clinical study and scientific investigation along with the awareness of the safe selection and consumption of these above-mentioned features of *Apamarga* are required that will provide further information on this significant traditional medication in the fields of pharmaceutical sciences and medical research.

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