

## UNVEILING APAMARGA KSHARA: A TIMELESS ELIXIR OF HEALING

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### ABSTRACT

In the realm of traditional medicine, where the wisdom of centuries converges with the healing power of nature, *Apamarga Kshara* emerges as a revered gem. *Apamarga Kshara* is a traditional *Ayurvedic* formulation derived from the plant *Achyranthes aspera*, known for its medicinal properties. This alkaline substance is prepared through a meticulous process involving the ash obtained from the calcination of *Apamarga* plant *panchanga*. With a rich history in *Ayurveda*, *Apamarga Kshara* is renowned for its therapeutic applications, including its use in treating various ailments such as hemorrhoids, skin disorders, and digestive issues. Its pharmacological actions are attributed to its astringent, anti-inflammatory, and antimicrobial properties.

**KEYWORDS:** *Apamarga*, *kshara*, *Achyranthes aspera*, *panchanga*.

### INTRODUCTION

*Kshara*, an integral component of *Ayurvedic* medicine, represents a diverse array of alkaline substances derived from plant sources. The drug's water-soluble ash, known as *kshara*, is naturally alkaline and is available in powder and solution form. Its *ksharana* (tissue destruction) property, which results in *inksharana* of *mamsa* and other *dhatu*s, is why it is called *kshara*.<sup>[1]</sup> *Kshara* was covered in length by *Acharya Sushruta* in his unique description. He explains that *Kshara* possesses *tridosahara* (equilibrium *vata*, *pitta*, and *kapha*) and *chedana* (excision), as well as *bhedana* and *lekhana* (scrapping).<sup>[2]</sup> He also takes into account the *Shalya Tantra*'s definition of *Kshara*. He mentioned a number of medications for making

*kshara*, and one of them is *apamarga*, which is used to make *apamarga Kshara*. He also mentioned that *Kshara* is prepared from plants such as *Apamarga* (*Achyranthus aspera*), *Snuhi* (*Euphorbia nerifolia*), *Amaltas* (*Cassia fistula*), *Kutaja* (*Holarrhena antidysentrica*), *Vasa* (*Adhatoda vasica*), *Arka* (*Calotropis gigantea*), *Tila* (*Sesamum indicum*) etc.<sup>[3]</sup>

An alkaline preparation known as "*Apamarga kshara*" is made from powdered *Apamarga panchanga* (*Achyranthes aspera*). Recently, there has been a notable rise in the usage of herbal plants and herbal formulations in both developing and developed countries, leading to an overall improvement in the creation of natural products. These days, the number of plants, as well as the products and formulations made from them, are chosen according to their traditional uses in medicine development and the search for new therapeutic molecules. One of them, *Apamarga*, sometimes referred to as Prickly Chaff Flower (English) and Cheerchira (Hindi), is being evaluated for its suitability as a restorative. It is utilized as a cardiovascular agent (*Hridya*), an antipyretic (*Jwarghana*), and a spermicidal (*Shukra Stambhana*).

## MORPHOLOGY

- *Apamarga* is a wild perennial herb which grows up to a height of 30 – 90cm and having tap root type of branched.<sup>[4]</sup>
- Stem:-It is herbaceous, hairy, above ground, erect and green in color.<sup>[4]</sup>
- Leaves:-Leaflets have sudden pointed apex, dimple, opposite, velvety-tomentose.<sup>[4]</sup>
- Flowers:-They are bisexual, tetracyclic, small size, green in color and actinomorphic. Having spike with reflexed flower arrangement on long peduncle.<sup>[4]</sup>
- Fruit:-Indehiscent fruit enclosed within persistent perianth and bracteole.<sup>[4]</sup>

**Table 1:- Taxonomic Classification.**<sup>[5]</sup>

Kingdom	<i>Plantae</i>
Sub Kingdom	<i>Tracheobionta</i>
Super Division	<i>Spermatophyta</i>
Division	<i>Mangoliophyta</i>
Class	<i>Mangoliopsida</i>
Subclass	<i>Caryophyllidae</i>
Order	<i>Caryophyllales</i>
Family	<i>Amaranthaceae</i>
Genus	<i>Achyranthes</i>
Species	<i>Aspera</i>

## CLASSIFICATION OF KSHARA

Based on how they are applied, *kshara* are divided into two categories in *Ayurvedic*

scriptures.

*Paniya Kshara* (for internal usage) and *Pratisaraniya Kshara* (for exterior use) are these. Based on their potential, the *pratisaraniya kshara* are further divided into three categories: *mridu* (mild), *madhyam* (moderate), and *teekshna* (intense). This classification is applicable for external usage and based on the concentration strength of *Kshara*.<sup>[6]</sup>

## 1. KSHARA

### 1.1 PRATISARNIYA KSHARA

#### 1.1.1.MRIDU KSHARA

#### 1.1.2.MADHYAMA KSHARA

#### 1.1.3.TIKSHANA KSHARA

### 1.2 PANIYA KSHARA

## MATERIAL AND METHOD

### ☞ Selection of Raw Materials

- The *panchanga* of the plant is used.
- Drug authentication is done and approved.
- Raw drug properly cleaned.

### ☞ Drying of drug

The dried *apamarga panchang* is taken, chopped into little pieces, and then let too dry for five days (or forty hours) in the sun. Break off the stem or root of the plant to verify that the medication has dried completely. The plant had dried fully when a section of it snapped and made a "*katkat*" sound without bending.

### ☞ Burning of *Apamarga Panchanga*

- After drying of *apamarga panchanga* let the *panchang* is taken and burnt under the heap in a wind-free area.

## METHOD OF PREPARATION

- *Apamarga panchang* is taken
- Place the dry *panchang* in a large iron pan and toast it until it turns white. After that, let it cool on its own (*swangasheeta*). After thoroughly macerating the mixture in a ratio of 4/6/8 parts water to 1 part ash, the mixture was left undisturbed for a predetermined amount of time (3, 12 and 72 hours). The dark-colored sediment was disposed of and the

supernatant was gathered by filtering the following morning. After that, the supernatant was filtered twice or three times to produce an alkaline liquid known as *Ksharodaka*, which is a clear liquid. It ought to be the hue of cow poop, or *gomutra vrana*. The liquid is then placed in an earthen or iron jar and cooked for three hours over a moderate fire with periodic stirrings until it takes on a reddish-yellow color. This process is known as *Mridu kshara*.<sup>[7]</sup>

- *Shukti* was taken, weighing about one-tenth of an *Apamarga Kshara* piece, and heated to a blistering temperature in an iron dish. When the temperature reached an extreme degree, *pottali* was prepared and dipped in *Mridu kshara*. Then it turns white when heated over *madhyam agni* and stirred continually until it has a thick consistency. This is known as *Madhyama Kshara*.<sup>[8]</sup>
- After weighing *Chitrakmula*, around 1/tenth of a piece of *Shukti* was collected. The *chitrakmula* was nicely stuck at that moment. The *Madhyama Kshara* was then removed from the flames and left to cool for five to ten minutes. It was then mixed with the *chitrakmula* glue to ensure even dispersion. *Tikshna Apamarga Kshara* is the name given to the *kshara* obtained in this method. After drying, *Shweta Vrana Kshara*, a soluble foundation with a white tint, was obtained.<sup>[9]</sup>

**Table 2: Method of preparation carried out as per different references.**

AUTHOR	ASH AND WATER RATIO	TIME	FILTRATION OF KSHARNODAKA
<i>Ayurveda Sara Sangraha</i> <sup>[10]</sup>	1:8	48-72 hours (2-3 days)	7 times
<i>Rasa Tarangini</i> <sup>[11]</sup>	1:4	3 hours	Till clear liquid
<i>Sharangdhara Samhita</i> <sup>[12]</sup>	1:4	Over night (12 hours)	Liquid decanted
<i>Ayurveda Prakasha</i> <sup>[13]</sup>	1:4	24 hours	1 times
<i>Acharya Sushruta</i> <sup>[14]</sup>	1:6	Over night (12 hours)	21 times

#### Properties of *Apamarga kshara*.

**Table 3: Properties of *Apamarga Kshara*.**<sup>[15]</sup>

<i>Rasa</i> (Taste)	<i>Katu</i> (pungent) & <i>Tikta</i> (bitter)
<i>Guna</i> (Properties)	<i>Laghu</i> (lightness), <i>Tikshna</i> (sharpness), <i>Sara</i> (moving)
<i>Virya</i> (Potency)	<i>Ushna</i> (hot)
<i>Vipaka</i> (Taste after Digestion)	<i>Katu</i> (pungent)
<i>Doshakarma</i> (Action)	Pacifies <i>Kapha</i> & <i>Vata</i> Dosha

### THERAPEUTIC IMPORTANCE OF APAMARGA KSHARA

*Apamarg Kshara* cures diseases like *shwasha rog* (respiratory disorders), *kasa* (cough), *gulma*, *shula* (colic), *badhira* (deafness) etc. Giving it with honey or taking it with *Drakshasava*, *Pippalyasava* or *Kanakasava* gives quick relief in *shwasha* (breathing) and *kasa* (cough) diseases, the stuck phlegm goes away and the throat and lungs get cleared. Giving it mixed with *Ajwain* powder and *Trikatu* powder relieves acute colic. Mixing sesame seeds in oil, cooking it and putting it in the ear cures deafness. Applying paste mixed with cow urine destroys leucorrhoea.<sup>[16]</sup>

### CHARACTERISTICS AND PRESERVATION OF APAMARGA KSHARA

*Kshara* is white in hue and becomes damp when exposed to the atmosphere. Thus, it needs to be stored in an airtight container. After that, it will continue for five years.

**DOSE OF APAMARGA KSHARA:-** 250mg – 1gm.<sup>[17]</sup>

### FURTHER FORMULATIONS OF APAMARGA KSHARA

There are three forms of *Apamarga kshara* that are used: powder (*Churna*), paste (*Kalka*), and fresh juice (*Svarasa*). Table following lists some other formulations made from *apamarga kshara*.

**Table 4: Various formulations of *Apamarga Kshara*.**

S.NO.	NAME OF PREPARATION	DISEASE/CONDITION	REFERENCE
1.	<i>Apamarga kshara taila</i>	<i>Karna roga</i> (Ear diseases)	<i>Cakradatta karnaroga Chikitsa</i> / 26
2.	<i>Apamarga ksharadi taila</i>	Warts of penis	<i>Cakradatta Arsa Chikitsa</i> / 9
3.	<i>Apamarga navanita</i>	<i>Suryavarta</i> (Severe migraine)	<i>Cakradatta shiroroga Chikitsa</i> / 43
4.	<i>Apamarga svarasa</i>	<i>Raktasrava</i> in <i>vrana</i> (Haemorrhage from accidental wounds)	<i>Cakradatta Vranshotha Chikitsa</i> / 54
5.	<i>Apamargadi taila</i>	<i>Krimi</i> (worm infestation)	<i>Cakradatta shiroroga Chikitsa</i> / 37
6.	<i>Agasthya rasayana</i>	<i>Rasayana</i> (Rejuvenation), <i>Jwara</i> (Temperature), <i>kasa</i> (cough), <i>Hridyaro</i>	<i>Ashtanga Samgraha Chikitsa</i> 5/78-84

### CONCLUSION

With a multitude of medicinal applications, *Apamarga Kshara* is an alkaline preparation

made from the water-soluble ash of *Apamarga panchanga*. However, different authors and academics have different opinions about the processing method used to prepare *Apamarga Kshara*. These variations include the amount of water given to the ash, the length of the soaking period, the folds of the cloth, and the number of filterations. The traditional and ethno-botanical uses of herbal components have garnered more interest recently due to their well-known broad range of medicinal applications and safety for human usage. In the search for novel particles to cure various disorders, this is the most effective old- fashioned method. *Kshara sutra* is a crucial surgical operation for the treatment of fistulas, and *Kshara* is mentioned as one of the fundamental dosage forms in *Ayurveda* to heal diseases like *kustha*, *gulma*, and *Mutraghata*.

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