Apamarga / Achyranthes aspera

Part consumed - Leaves, Roots
Form consumed - Alkali, Juice
Maximum daily consumption by adults - Juice 10 - 20 ml
Alkali-2g

Composition
• Betaine
• Oleanolic acid
• Achyranthine
• Ecdysterone

Indications as per Ayurveda
• Anti-inflammatory
• Analgesic
• Wound healing
• Skin disorders

Modern Clinical Studies
• Diuretic
• Anti-fungal
• Leprosy
• Anti-dysentery
• Respiratory protective