

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