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## “REVIEW OF DRUG – APAMARGA PAANEEYA KSHARA”

**Dr Rajendra Anandrao Jadhav<sup>1</sup> , Dr Amit Shedge<sup>2</sup> , Dr Shubhangini S Nagaralmath<sup>3</sup>  
Dr Shamal Shirale<sup>4</sup>**

1. Professor From the Department of Shalya Tantra ,
2. Professor and HOD, From the Department of Shalya Tantra ,
3. Associate Professor From the Department of Shalya Tantra ,
4. Assistant Professor From the Department of Shalya Tantra ,

**Corresponding Author:**

[dr.rajesh3585@gmail.com](mailto:dr.rajesh3585@gmail.com)

### Abstract:

There is a global demand for natural plant-based products for various health problems. Kshara is the word used in Ayurveda for those chemicals which are 'Alkali according to chemistry and are 'Caustic according to function.

Then one drona ashes, should be dissolved in six drona of water & be filtered twenty one times, with the help of clean linen. Then filtered should be kept in a large vessel over a fire and boiled by gently agitating with a ladle till it remains one fourth and this prepared part is called Paniyakshara.

**Keywords:** Kshara, 'Alkali, Paniyakshara

## INTRODUCTION

There is a global demand for natural plant-based products for various health problems. Here is a brief overview regarding Ksharakalpna as we have used PaneeyaKshara for the study

### General Consideration of Kshara:

Kshara is the word used in Ayurveda for those chemicals which are 'Alkali according to chemistry and are 'Caustic according to function.

Kshara is useful for Chhedan, Bhedan, Lekhan etc. Being Tridoshaghna, it is more potent and important than any Shashtra and Anushastra.

Kshara. Above two are special properties of Kshara which indicates corrosive action of

In other words, characteristic of 'Kshanan' or 'Ksharan', literally means destruction of fleshy mass either healthy or unhealthy. Kshara is one which scrapes the abnormal tissue and destroys it after dissolving it because of its corrosive action. Kshar is mainly prepared by trees and herbs which contains and Apamarga is one of them.

These drugs contain mainly

- Sodium carbonate
- Potassium carbonate

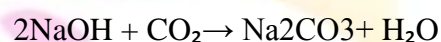
- Calcium oxide
- Magnesium oxide
- Silica

The ash of such plants is converted into "Ksharodak" which is nothing but process of lixiviation and formation of Lye. During preparation of Ksharodak some substance such as silica are insoluble in water and are separated away as precipitate.

The corrosive property of Kshar depends on molecule of hydroxide. If quantity of hydroxide is more, corrosive action is directly proportional to it.

### OH Corrosive action

Another important step which is told by Sushruta is keeping the Ksharodak in closed iron pot. If it is not kept in such closed container it will have free contact with air and hydroxide will convert into carbonate as below.



This ultimately reduces the corrosive action of Kshara.

### Method of drug collection and preparation of Apamarga paniya kshara

Acharya Sushruta has mentioned a whole chapter for the preparation (Paka) and method of administration (Vidhi) of

Kshara in his Sushrut Samhita.

A Physician wishing to prepare Kshara should first purify his body and mind and observe a fast on a auspicious day during Uttama season(summer). Then full grown Apamarga of middle age should be selected from well area. The physician should cut the plant into small pieces and put them and burn them to ashes with the lighted faggots of tilnala. Then after when the fire has fairly burnt, the ashes of the plant and sudhapasan should be separately collected and stored.

Then one drona ashes, should be dissolved in six drona of water & be filtered twenty one times, with the help of clean linen. Then filtered should be kept in a large vessel over a fire and boiled by gently agitating with a ladle till it remains one fourth and this prepared part is called Paniyakshara.

### Preparation of kshara

The panchangas of KshiriVruksha were collected, dried up and made into small pieces. And sudha was added then these are burnt. After burning, ash was collected, mixed with six times of water, it is known as Ksharodak, kept for a fortnight. In morning the filtrate and residual part was separated the filtrate is kept on mandagni and continuously stirred well until it

remains one fourth. The prepared product was preserved and that is paniyakshara.

### Classification of Kshara

1. Pratisarneeeya -PrateesarniyaKshara is used in for external application

2. PaneeyaKshara is used systemically i.e. for internal use Paneeya

Paniyakshara can be used in

Gara, Gulma, Udar, Arochak, Anaha, Sharkara, Krumi, Visha, Arsha, Agnisang, Ajirna, Ashmari, Abhyantar Vidradhi,

### General properties of Kshara:

Rasa :- Katu ViryaUshna

Varma - Shukla

Guna - Saumaya, Tikshna, Aganeya Doshaghanata: Tridoshghanta.

VataVatashaman because of Ushna una Pitta Pittashaman by Prabhav

Kapha: Kaphashamak

Karma :- Dahan, Pachan, Darana, Vilayan, Shodahan, Ropana, Shoshana, Stumbha, Lekhane. Dhatu :- Rakta Pitta

Prakopak

Mala & Mutra:- Malanuloman, Mutral

Sweda :- Swedajanan

Qualities of "Kshara":

Qualities	Sushta	Vagbhata
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1)NatiTikshna	+	+
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2) NatiMrudu	+	+
3) Nati Shukla	+	+
4) Slakshnata	+	+
5) Pichchila	+	+

white in colour. In modern chemistry silver nitrate is an alkali which is white in colour.

### APAMARGA

6) Avishyanda	+	+
7) Shighrakarita	+	+
8) Shiva	+	-
9) Shikhari	-	+
10) Sukhanirvapy	-	+
11) AlpaRakta	-	+

The plant has been mentioned in manuscripts of Ayurveda and Chinese medicines. In Ayurveda, two varieties, red and white are mentioned. In Sanskrit, synonyms describe this as a rough flowered stalk. The diuretic properties of the plant are well known to the Indians.

The Sanskrit word apamarga literally means that which keeps away the dosas.

### Disqualities of Kshara:

Disqualities	Sushruta	Vagbhata
1) AtiMruduta	+	+
2) AtiUshnata	+	+
3) AtiSwetata	+	+
4) AtiTikshanata	+	+
5) AtiPichchilata	+	+
6) AtiVisarpita	+	+
7) AtiSandrata	+	+
8) Apakvata	+	+
9) HinaDravyata	+	+
10) AtiTanu	-	+

It has numerous synonyms in Ayurveda Gana

According to Acharya Charaka :- Sirovirechan, Krimighna, Vamanopaga.

According to Acharya Sushruta :- Arkadi

According to Acharya Vagbhata :- Mutravirechaniya

Botanical name - Achyranthes aspera  
Family - Achyranthaceae

Common name - Prickly chaff flower

Other names Sanskrit: Apamarga Hindi - Chirchita Marathi - Aghada

### Chemistry of Kshara

As already stated, Kshar is "Alkali" chemically and "Caustic" functionally. In Ayurveda Kshar is considered as

Bengali - Apang, Apamarga Kannad - Utraigida, Mayurak Malyalam - Cadelari, Kadalade Telagu - Apamargamu, Uttarenu Tamil - Nayurvi

**Synonyms**

Apamarga-which clear out t

he doshas from body Shikhari-As its flower and fruits are in the form of flag

Adhashalya-As its fruitare having the spikes which are directed downwards

Kharamanjari-As its flower are rough in touch.

Kinhi-As it mitigates wound and ulcer.

Mayurak-As it has Mayur (peacock)coloured spikes.

Pratyakpushpa-As it contains many flowers.

Ksharamadhya-As kshara is prepared from it.

**DESCRIPTION**

Annual or perennial herbs, 30-90 cm tall, often with woody base, branches obtusely 4-angled, striate, pubescent. Leaves variable, ovate- elliptic or obovate rounded. Flowers greenish white, numerous, in axillary o terminal spike

**PHARMACOGNOSIS**

Stem:

The stem shows 6-10 ridges and collenchyma is present under each ridge.

The epidermis is covered by glandular hairs and stomata are of rubiaceous type.

The vascular tissues have 5-6 rings of xylem with small strands of phloem

tissue embedded within them. The central part of the stem is occupied by pith with two medullary bundles, either separate or fused. Numerous cells with clusters of calcium oxalate crystals are dispersed in the parenchymatous ground tissue

Leaf:

The leaf has a normal dorsiventral structure with numerous cells containing dusters of calcium oxalate in palisade and spongy mesophyll tissue leaves usually thick. Elliptic or Obviate.

Sometimes nearly orbicular, usually covered afte apex finely and softly pubescent on both sides

Flower greenish, white numerous, stifly, deflexed against the woolly pubescent thachis, in elongated terminal spikes

**DISTRIBUTION**

This species is globally distributed in the Pantropics. Within India, it is common weed found on roadsides and waste places throughout upto an altitude of 2100 metres and in the Andaman Islands.

Commonly found in shady places of the cultivated fields and chir pine plantations as a weed. It also grows in

drier situations but does not tolerate water logging. It can be propagated by seeds.

**PROPERTIES**

Guna :-Laghu, Ruksha, Tikshna Rasa :-Katu, Tikravipak :-Katu Veerya :-Ushna Prabhav-Yakrita

**Uses:-**

Aruchi	UdarRoga	Chardi
Adhaman	Krimi	Agnimandya
PlechaVridhee	Pittashamari	Shoola
Arsha	Hikka	Pandu
Gandamala	Hrudroga	Swasa
Apachi	Amvata	Kasa
"Ashmari	Shohta	

**PARTS USED** - Root, Tandool, Leaf, Panchaang

**CHEMICAL CONSTITUENTS**

The whole plant contains the traces of basic substances e.g. betaine. Achyranthine has been isolated from the plant. The seeds have a saponin which contains oleanolic acid, glucose, galactose, rhamnose and xylose, Two Achyranthes saponins A and B have isolated. Two new saponins C and D

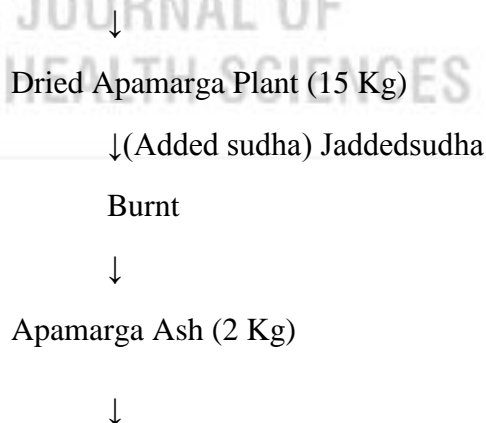
are also isolated from fruits. Ecdysterone (polypodine A) and ecdysone from roots are isolated. In the seed-oil linoleic (49.4), oleic (22.6). Palmitic (1.6), stearic (4.4), beheic (1.5), arachidee (1.6). myristic (1.2) and lauric (0.4%) acids present.

**PHARMACOLOGICAL ACTIONS**

Diuretic, Spasmolytic, Antimicrobial, Antibiotic, Antifungal, Hypotensive, Purgative, Vasodilator, Cardiac depressant, cardiac stimulant etc. KaphaVataShamak", VedanaSthapak, "Lekhan", VranShodhan, Deepana, Vishaghna, Sirovirechan, Pachana, Twagdosahara, Rochaka, Krimighna, Hrudha, Pitta Sarak, RaktaShodhaka, Kandugna, Raktavardhaka, "Ashmarinashak", Vamak, Swedajanana, "Mutral", Medoghna

**Method Of Preparation Of Apamarga Paniya Kshara**

Apamargapanchang



Added 6 times of water (12 litres)



Kept for whole night



Filter 21 times through Cloth.



To get clean and clear solution



Filtered solution and residual part separated



Filtrate was boiled & evaporated



Heating up-to 2/3 remains



APAMARGA PANIYA KSHARA

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