

**“UTILITY OF APAMARGA KSHAR”**

**1. Dr. Kranti Natthuji Khekale,**  
PhD Scholar, Dept. of Rasshastra

**2. Dr. Mahesh Inamdar (Professor)**  
Ph.D. Guide, Professor & HOD of Dept. of Rasshastra,  
Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta. Dist: Sangli.

Corresponding Author: Dr. Anandrao Patil, Mobile no- **9422423532**

**ABSTRACT:**

Apamarga Kshara is alkaline drug which use in fine powder. Apamarga is medicinal plant scientific name is Achyranthus Aspera. Apamarga Kshara is use in many diseases Arsha, wound healing, shwas kasa (respiratory disease), shivtra etc. and this paper explains utility of Apamarga Kshara.

**Key word:** Apamarga, Apamarga Kshara, Arsha, Shivtra.

## INTRODUCTION:

The research article t. s. dudhamal, s.k.gupta et.all the topic name of “the role of apamarga kshar in the treatment of arsha” AYU/apr-jun 2010/vol31/issue 2.which is clinical study , a total 30 patient of arsha were selected. Patient of pittaja prakruti i.e., vatapittaja (43.33%) and kaphapittaja (33.33%). Raktasrava, Vedana, Gudadaha, Picchil Srava, Gudakandu, Arshabharananash according to these sign and symptoms maximum number 51%of piles mass which is Mahamulani (n=43) and tanumulani (n=27),degree of piles masses 1<sup>st</sup> degree(n=23),2<sup>nd</sup> degree(n=36)and 3<sup>rd</sup> degree(n11);clock wise position of piles masses 3o’clock (n=23),7o’clock (n=34) and 11o’clock (n=13), percentage of relief cured (>76% n=00),markedly improved (51-75 % n=17),improved (26-50% n=8),and not improved <25 n=5) .

According to symptoms subside by treatment local application of Kshara on arsha. Daha is caused due to vitiation of pitta and raktadosha having acidic properties neutralized Lavan anurasa of Kshara

In second research article Hasmukh r. jadav, Galib r.et.all. Topic of name “clinical efficacy of Apamarga Kshara yoga in the management of shvitra (vitiligo)”, 2015 AYU DOI: 10.4103/0974-8520.175553

Total 50 patient of *Shvitra* were 2 group randomly selected. In Group A (*n* = 25) *Apamarga Kshara Yoga Lepa* and Group B (*n* = 25) *Apamarga Kshara Yoga* ointment for2 months. *Rasayana Churna* (3g) Honey and Ghee anupana 2 times. Inclusion criteria 16 and 60 years patient. Severity of disease Mild 1-8,Moderate 9-16,Severe 17-25, *total effect* of therapy Percentage Change( 0-25),Mild improvement (26-50),Moderate improvement (51-75),Marked improvement( 76-99)

Cured 100. Results of this study Group A, 57.26% reduction

According color of patches, in number of patches 43.80% reduction in percentage area of patches

40.58% reduction was found and 42.42% reduction was found in size of patches

#### **AUTHOR CONTRIBUTION:**

By reviewing the first research article is the clinical study researchers applied local application of Apamarga Kshara on piles masses. Sign and symptoms are subside and having significant result.

In second research article is also clinical study which is 2 groups randomly created. First group “Apamarga Kshara Yoga” applied and second group “Apamarga Kshara Yoga Ointment” applied. In both group of results statistically significant.

#### **CONCLUSION:**

After both the research article reading concluded that Apamarga Kshara is local application are significant result.