



Herbal Garden (Muligai Vanam)



Nayuruvi

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Botanical Name	:	<i>Achyranthes aspera</i> L.
Tamil Name	:	Nayuruvi
Sanskrit Name	:	Apamarga
English Name	:	Prickly chaff flower

Distribution and Habitatat:

Achyranthes aspera is an erect or prostrate, annual or perennial herb, often with a woody base, of the family Amaranthaceae. It is widespread as a weed in Baluchistan, Sri Lanka, Tropical Asia, Africa, Australia and America. In India, it is easily found along roadsides or on the edges of field and waste lands.



The plant grows between 0.3 to 0.9 m height, stems angular, ribbed and simple or branched from the base, often with tinged purple colour, and branches are quadrangular with thick leaves. Leaves simple, ovate, 5-22 cm long with 2-5 cm broad, opposite, velvety with whitish hair. Root cylindrical, 0.1-1.0 cm in thickness, slightly ribbed, yellowish-brown in colour. Flowers bi-sexual, greenish-white and are arranged in a spike form. The fruit easily sticks to clothes and skin.

Parts used:

Leaves, stem, root, fruit, and seed

Phyto-chemical constituents:

Saponins, alkaloids (betaine, achyranthine), amino acids, steroids (stigmasterol), triterpenoids (oleanolic acid and its glucoside), phenolic content (indole acetic acid oxidase), and flavonoids.

Uses:

A. aspera has been cultivated in India to reduce soil erosion. It has also been used to improve soil texture and water holding capacity in wastelands. The plant is used as fodder and useful in manuring and composting.

Medicinal uses:

A. aspera is a popular folk remedy in traditional system of medicine throughout the tropical Asian and African countries.

Crushed plant is boiled in water and is used for pneumonia. Root infusion is used to treat intestinal disorders. Decoction prepared from the entire plant is given to inflammatory conditions in the body. Root decoction is useful to heal abdominal disorders. The



dried leaf powder is taken with honey for diarrhoea. Leaf juice is an useful remedy against skin diseases like itching and scabies. Leaf paste is applied externally for poisonous bites. Regular consumption of the leaf juice effectively helps to treat kidney stones. Consuming the powder of whole plant with honey in an empty stomach helps to treat constipation problems. Plant ash is a good remedy for bleeding piles and abdominal problems. Root is used to cleanse the mouth and treat foul breath. Infusion of twig is also used as a wash for toothache. Root extract is used as an eye drop during bed time for night blindness (Singh et al. 2018). Seeds are rich in protein, and used to treat cutaneous diseases, and also it has antipyretic, hepato-protective and antioxidant potential. *A. aspera* is an important source of active biological compounds for anti-inflammatory, anti-cancer, antiviral, and antibacterial and cardio protective activities and anticoagulant activity (Srivastava, 2014).

Mythology:

According to astrology, this plant is related to the planet Mercury, so by worshiping it, one gets the blessings of the planet Mercury. 21 leaves of the *A. aspera* regularly used in Ganesh Patra pooja on Ganesh Chaturthi.

Conclusion:

A. aspera one of the popular and important medicinal plants of several parts of the world. The whole plant has been reported for its biochemical and pharmacological activities. Apart from being an Ayurvedic plant, it is also considered sacred.

Photo link:

<https://greeninstitute.ng/plants/achyranthes-aspera>

