

Exploring the Medicinal Marvels of *Achyranthes Aspera*: Traditional Uses to Modern Applications

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Abstract: *Achyranthes aspera* (family *Amaranthaceae*) is a commonly found medicinal herb in India, valued for its extensive use in traditional medicine. Medicinally important parts include seeds, roots, and shoots, which are rich in bioactive compounds such as saponins, alkaloids, oleanolic acid, and long-chain ketones. The plant demonstrates a broad spectrum of pharmacological properties including antiperiodic, diuretic, purgative, laxative, antiasthmatic, hepatoprotective, and anti-allergic effects. Traditionally, it has been used for conditions like pneumonia, diarrhoea, dysentery, and bowel complaints. Recent scientific studies have validated many of its traditional uses and highlighted its potential as a multipurpose medicinal agent.

Keywords: *Achyranthes aspera*, Latjeera, phytochemical constituents, chemical constituents, medicinal properties, pharmacological actions, pharmacological activities, toxicity

