

**Clinical study of the efficacy of a selected indigenous decoction
(*Rathulunukalan 06*) in the management of *Raktarsas* (Bleeding piles)**

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The plant *Achyranthes aspera* is a common weed plant in Sri Lanka as well as in India. It belongs to Amaranthaceae family. The plant is highly esteemed by traditional healers and used in treatment of Asthma, bleeding, boils, bronchitis, cold, cough, colic, dropsy dog bite, dysentery, leucoderma, pneumonia, snake bite and skin etc. (Jain 1991). The seeds of *Achyranthes aspera* has nutritional properties. The seeds are nutritious having a high Protein content amounting to 28.2 ± 0.3 g/100g and an average fat content of 4.6 ± 0.2 g/100g. These values are more than staple cereals. Therefore seeds of *Achyranthes aspera* can be used in the preparation of food supplements. Seeds of *Achyranthes aspera* were analyzed for anti-nutritional factors. Saponins, alkaloids and steroids were present. Tannins and phenols were absent. Average weight of alkaloids are 1.9 ± 0.15 mg/b on dry weight of seeds and weight of saponins of *Achyranthes aspera* is 185.92 ± 0.37 mg/g on dry weight of the seeds. Since anti-nutritional factors are present in minute quantities or absent as in the case of phenols and tannins, these seeds could be considered to be nutritious. According to ABTS method (2,2 azinobis 3 ethylben zothiazoline 6-sulphonic acid), the total anti-oxidant activity calculated as Trolox equivalent is 5.25 (mg/ μ mol). Anti-oxidants are found to react with free radicals in the body thus reducing cancer forming ability in the human body.

Key words: *Apamarga*, Antioxident activity, Tannins, Saponins

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