

**The Nutritive and Medicinal Value of *Ariksira*,
Marishaphed, *Apamarg* and *Manjirika*
(*Amaranthus* Sps., *Alternanthera* Sps.
Achyranthes Sps. and *Digera* Sps.)**

S. Raman¹ and J.K. Ojha²

Received on 12th Oct., 1988

The nutritive and medicinal values of the plants like Amaranthus, Alternanthera Digera and Achyranthes would be of great help and informative to those who are using these plants in food, and also to those who do not know the value of these plant which are commonly found growing around us.

-
1. Reader. (Botany) Women's College,
Banaras Hindu University, Varanasi.
 2. Professor of Dravyaguna I.M.S.,
Banaras Hindu University,
Varanasi-221005 (U.P.).