

Shatavari

Botanical Name: *Asparagus racemosus* Willd.

Family: Asparagaceae

Synonyms: Satavari, Shatamuli, Satavar, Shatawari

Vernacular Name: Commonly known as "Shatavari" or "Wild Asparagus."

Classification: A perennial climbing plant belonging to the Asparagaceae family.

Habitat: Found in tropical and subtropical regions, including India, Sri Lanka, Nepal, and parts of Africa and Australia. It thrives in light, medium, and heavy soils, often in forested areas.

Morphology: A woody climber with small, pine-needle-like leaves, white fragrant flowers, and purple-to-black berries. The roots are tuberous, radish-shaped, and found in clusters.

Useful Parts: Roots (primarily), leaves, and fruits.

Chemical Composition: Contains steroidal saponins (shatavarins), alkaloids (asparagine A), mucilage, flavonoids, and essential nutrients.

Pharmacological Action: Known for its adaptogenic, rejuvenative, galactagogue, antacid, diuretic, anti-inflammatory, and antioxidant properties. It is particularly beneficial for female reproductive health and hormonal balance.

Formulation: Used in Ayurvedic preparations like Shatavari Kalpa, Shatavari Ghrita, and herbal tonics for women's health.

Rasa: Madhura , Tikta

Guna: Snigdha , Guru

Virya: Sheeta

Vipaka: Madhura