**SHATAVARI**

Botanical name: *Asparagus racemosus*

*Shatavari* is a galactagogue and rasayana herb, used mainly but not exclusively by women. It is a hormonal regulator and useful at changes of life. It increases the libido of both men and women. Like *ashwagandha*, it is also an adaptogen. Laboratory studies suggest that shatavari protects the brain and nervous system damage from excitotoxins.

**Contents:** 1:4 extract of organically grown *Asparagus racemosus* in Distilled Water, Organic Alcohol, and Vegetable Glycerin.

**Alcohol:** 39-41%

**Dosage:** 30 drops in the morning

**Chemical constituents:** Steroidal saponins (Shatavarins I-IV), polycyclic alkaloid called asparagamine, vitamins A, B1, B2, C, E, as well as Mg, P, Ca, Fe, and folic acid. Other primary chemical constituents of asparagus are essential oils, asparagine, arginine, tyrosine, flavonoids (kaempferol, quercetin, and rutin), resin, and tannin.
Pharmacological uses:

Antioxidant, galactagogue, antiulcer, rejuvenative, phytoestrogenic, aphrodisiac, diuretic, carminative, stomachic, energetic, antiseptic, adaptogenic, anxiolytic, antidepressive, anti-inflammatory, immunomodulatory, analgesic, cardioprotective, chemopreventive, cerebroprotective, anti-HIV, antilithiatic.

Therapeutic uses:

- Impotency
- Premenstrual syndrome
- Postmenopausal syndrome
- Premature aging
- Neurodegenerative diseases
- Nervous exhaustion
- Nephropathy
- Chronic fatigue
- Liver diseases
- Kidney diseases
- Lowered breast milk production
- Insomnia
- Hyperacidity
- Debility
- Anxiety and Depression
- Dysmenorrhea

Traditional uses:

- Miscarriages
- Leucorrhea
- Menorrhagia
- Infertility
- Spermaturia
- Epilepsy
- Nyctalopia
- Heart diseases
- Emaciation
Doshas: Vata-Pitta

Taste: Sweet, Bitter

Properties: Heavy, Oily

Toxicity: None known. Shatavari is found safe during pregnancy and lactation.⁶

Research: