



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
- Leucorrhoea
- Menorrhagia
- Infertility
- Spermaturia
- Epilepsy
- Nyctalopia
- Heart diseases
- Emaciation



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Doshas: *Vata-Pitta*

Taste: Sweet, Bitter

Properties: Heavy, Oily

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

Research:

1. Sabde S, Bodiwala HS, Karmase A, Deshpande PJ, Kaur A, [Anti-HIV activity of Indian medicinal plants](#). J Nat Med. 2011; 65:662-669.
2. Shashi Alok, Sanjay Kumar Jain, Amita Verma, Mayank Kumar, Alok Mahor, Monika Sabharwal. [Plant profile, phytochemistry and pharmacology of Asparagus racemosus \(Shatavari\): A review](#). Asian Pac J Trop Dis 2013; 3(3): 242-251
3. Narumalla Jagannath, Somashekara S. Chikkannasetty, [...], and Golla Devasankaraiah. [Study of antiurolithiatic activity of Asparagus racemosus on albino rats](#). Indian J Pharmacol. 2012 Sep-Oct; 44(5): 576-579.
4. Arshad Hussain, Md. Parwez Ahmad, Shadma Wahab, Md. Sarfaraj Hussain and Maksood Ali. [A Review on Pharmacological and Phytochemical Profile of Asparagus racemosus Willd.](#) Pharmacologyonline 3:1353-1364 (2011)
5. Mortel M, Mehta SD. [Systematic review of the efficacy of herbal galactogogues](#). J Hum Lact. 2013 May;29(2):154-62. doi: 10.1177/0890334413477243. Epub 2013 Mar 6.
6. Pandey SK, Sahay A, Pandey RS, Tripathi YB. [Effect of Asparagus racemosus rhizome \(Shatavari\) on mammary gland and genital organs of pregnant rat](#). Phytother Res. 2005 Aug;19(8):721-4.
7. Bhatnagar M, Sisodia SS. [Antisecretory and antiulcer activity of Asparagus racemosus Willd. against indomethacin plus pyloric ligation-induced gastric ulcer in rats](#). J Herb Pharmacother. 2006;6(1):13-20.
8. Gautam M, Saha S, Bani S, Kaul A, Mishra S, Patil D, Satti NK, Suri KA, Gairola S, Suresh K, Jadhav S, Qazi GN, Patwardhan B. [Immunomodulatory activity of Asparagus racemosus on systemic Th1/Th2 immunity: implications for immunoadjuvant potential](#). J Ethnopharmacol. 2009 Jan 21;121(2):241-7. doi: 10.1016/j.jep.2008.10.028. Epub 2008 Nov 8.
9. Gaitondé BB, Jetmalani MH. [Antioxytotic action of saponin isolated from Asparagus racemosus Willd \(Shatavari\) on uterine muscle](#). Arch Int Pharmacodyn Ther. 1969 May;179(1):121-9.