

Shatavari (*Asparagus racemosus Willd*)

Family-Asparagaceae (Refer Appendix-II for key features)

Synonyms

Based upon Morphology

1. Shatpadi
2. Bahusuta
3. Peevari
4. Abhiru
5. Adhakantaka
6. Sukshmapatra
7. Swadurasa
8. Vaari
9. Narayani



Vernacular Names

English -Wild Asparagus

Hindi -Shakakul

Habitat & Distribution –

Asparagus racemosus is found throughout the country in scrub, deciduous, moist-deciduous and mixed type of forests. It is even found growing along the coastal re-gions. It is distributed in Middle East and Australia also.

Shatavari commonly grows all over India now days it is commonly cultivated owing to its commercial values.

Botanical Discription

Morphology

Habit-A tall climbing under shrub. Stem Aerial, erect, or weak, angular, green, solid, whorl of one internodal leafy structure called cladodes found at every node.

Root-Adventitious root, many be tuberous or fasciculate type.

Leaves-Scale like, membranous and caducous.

Inflorescence-Fascicle, a raceme of white flowers.

Flower - Pedicellate, bisexual, actinomorphic, complete, regular, hypogynous, perianth members are six, arranged in two whorls of 3 each. Stamens are 6, in two whorls of 3 each; gynoecium is tricarpeillary syncarpous, superior ovary and axile Placentation.

Fruit-Berry

Flowering - June-August

Fruiting - October-January

Chemical constituents

Roots: Sarsapogenin; two spirostanolic & two furostanolic sponins; sitosterol, asparaga-mine A.

Fruits: b -sitosterol, sarsasapogenin, diosenin, asparamins A & B. Leaves : favonoids, rutin.

Matra (Dosage)

Churna (Powder) - 3 to 6 g

Swarasa (Juice) - 10 to 20 ml

Rasadi panchaka

Rasa -Madhuva Tikra

Guna -Guru, Snigdha

Vipaka -Madhura

Virya -Shita

Useful part-Mula (Root)

Karma (Actions)

Shatavari - Rasayana, Medhya, Pushti vardhaka, Netrya. Atisarajit, Shukravardhaka, Stanyavardhaka, Balya, Shothahara, Vrishya, Gulmanashaka.

MahaShatavari Medhya. Hridya, Vrishya, Rasayana. Arshoghna, Grahanyamayahara, Netrya, Bulya, Shukravardhaka, Stanyavardhaka and Shulahara

Maha Shatavari Ankura - Vrishya, Hridya, Arshoghna.

Doshakarma (Action on Dosha)

Vatapitta Shamaka, Vata Shamaka due to Madhura vipaka and Madhura rasa. Pitta Shamaka due to Shita Virya, Madhura vipaka and Madhura Tikta rasa.

Rogagnata (Therapeutic Indications)

Shatavari Dourbalya, Stanyakshaya, Vata vikara, Grahani, Shotha, Gulma,

Shukradourbalya, Manasika vikara and as a Rasayana.

Maha Shatavari Hridroga, as a Rasayana, to improve Medhya, Grahani, Akshivikara, Shula, Dourbalya and Stanya kshaya.

Maha Shatavari Ankura - Arshas, Hridroga and Vajikaranartha.

Amayika Prayoga (Therapeutic uses) -

1. Raktapitta (Intrinsic haemorrhage) - Milk processed with Shatavari checks Raktapitta. (Bhavaprakasha)
2. Raktatisara (Dysentery) - Paste of Shatavari is given with milk and patient is kept on milk diet. (Charaka)
3. Arshas (Piles) - Paste of Satavari root should be taken with milk. (Sushruta)
4. Soola (Colic) - Shatavari juice mixed with honey should be taken in the morning. It alleviates daha and all disorders of pitta. (Vrinda), (Chakradutta)
5. As Rasayana - Intake of ghee processed with paste and decoction of Shatavari with sugar does not allow the individual to fall prey to diseases. (Vagbhata)
6. Apasmara (Epilepsy) - Shatavari taken with milk is useful in Epilepsy. (Charaka)
7. As Galactagogue - Shatavari pounded and taken with milk increases lactation. (Yogaratanakara)

Specific formulations - Shatavari ghrita, Narayana taila, Vishnutaila, Shatamulyadi loha, Shatavaripanak, Shatavari mandur, Phalaghrita (Sharngadhara samhita), Narasimha churna. (Bhaishajyaratnavali)

Varieties

Bh.Pr.Ni & Ka.Ni. - 2 types

1. Shatavari-Asparagus racemosus, Willd.
2. Maha Shatavari-Asparagus sarmentosus, Willd.

Adulterant

Peeled root of Asparagus adscendens Roxb.

Grahya laxana (Genuine characteristics):

Root is peeled, dried, unbranched roots, 5 to 15 cm long and up to 1 cm broad at the thickest part. These are slightly arched or almost straight, fusiform and somewhat translucent.

The tubers are generally deeply wrinkled longitudinally. The wrinkle appears as flaps extending to the whole length of the roots. The surface is smooth, waxy, having fawn or flesh colour. A transversely cut portions of the root shows a mealy white surface with a yellowish central strand. The margin of the cut surface is wavy or sometimes star shaped on breaking becomes short and uneven pieces, not having any characteristic odour, tastes sweetish with a bitter after taste.