

Shatavari (*Asparagus racemosus*)

Family: Asparagaceae

Introduction:

Shatavari is main Rasayan drug mentioned by Ayurvedic texts. It is also called as Queen of herb in folklore medicine. The drug is having wide range of therapeutic activity. The plant is easily available all over the India. It is considered as a rejuvenative for female like *Withania somnifera* for male. The drug is useful in several female reproductive system disorders. *A. racemosus* prevents aging, antitumor, useful in nervine disorders, and act as anti inflammatory agent.



Morphology

Habit- A tail 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 tricarpellary syncarpous, superior ovary and axile placentation.

Fruit - Berry.

Names in different languages

Sanskrit: Shatavari

Hindi: Satavari, Shatawar or Satmuli

Bengali: Shatamuli

Marathi: Shatavari or Shatmuli

Gujarati: Satawari

Rajasthan: Norkanto or Satawar

Telugu: Toala-gaddalu

Tamil: Shimaishadavari or Inli-chedi

Malayalam: Chatavali

Kannada: Majjigegadde or Aheruballi

Madhya Pradesh: Narbodh or atmooli

SYNONYMS

Shatavari, Vara, Narayani, Shatvha, Keshika, laghuparnika, Shatvirya, Madhura, Shatpatrika, Vrukshya, Dipya.

CLASSIFICATION ACCORDING TO CHARAK SHUSHRUT and VAGBHAT

A. Racemosus was mentioned by various Ayurvedic texts like Bhavparakash, Charak Samhita, Sushruta Samhita and several Nighnatu.

Ayurvedic Formulations of Shatavari :

Shatavarighrut, Narayan tail, Bala Tail, Chyawanprash

Habitat

Its habitat is common at low altitude in shade and in tropical climate throughout Asia, Australia and Africa. Out of several species of asparagus grown in India A. racemosus is most useful in folk medicine.

Phytochemicals of A. racemosus

Shatavari known to have a wider range of phytochemical constituents which are mentioned as below.

Kaempferol- Kaempferol with Sarsogenin can be isolated from tuberculous root of A. Racemosus[5]

Saponins known as Shatavrins, Shatavarin I to VI are present.

Furan compound- Racemofuran[10]

Flavonoids- Glycosides of quercetin, rutin, and hyperoside and present in flower and fruits.

Sterols- Root contains sitosterols, 4-6-dihydroxy-2-0 benzaldehyde and undecanoylacetate.

Polycyclic alkaloid- Asparagimne A.

Cyclic hydrocarbon- racemosol, dihydrophenanthrene.

Trace minerals such as Zinc, Copper, Cobalt, with calcium, potassium and selenium.

Essential fatty acids- Gamma linoleic acids, Vitamin A and quercetin.

Properties

Guna Karma:

Guru, Shita, Rasayani, Medhangnivardhak, Snigdha, Netra, Atisarjit, Shukrastanykar, Balya, vrushya, Grahanijit

Guna as per Ayurvedic text:

- Rasa- Madhur Tikta,
- Virya- Shit,
- Vipak- Madhur

Therapeutic Indication

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, Dourbalaya and Stanya kshaya.

Maha Shatavari Ankura- Arshas, Hridroga and vajikaranartha.

Dosage

- Churna(powder)- 3 to 6 g
- Swaras(juice) - 10 to 20 ml

Function on Uterus

Ethyl acetate and acetone extract of the root of *A.racemosus* on guniea pig's ileum, useful in spontaneous motility of the virgin rat's uterus.

Alcoholic extract of *A.racemosus* which specifically block pitocin sensitive receptor through not other in the uterus.

Shatavari can be used as uterin sedative.

Galactogogue Effect

Ayurveda explains that *A.racemosus* can be used in increased milk secretion.

Clinical studies

Shatavari is worked as a excellent gastric emptying agent as studied in one of the clinical study.