

Safed Musli (*Chlorophytum borivillianum Santapau*)

Family: Liliaceae Also placed in Asparagaceae by APG

Vernacular Names: Hindi – Safed Musli; Sanskrit – Sweta Musli; Marathi – Safed Musli; Gujarati – Dholi Musli

Synonyms: “White Gold” in Ayurveda. *Chlorophytum borivillianum* also written as *C. borivillianum*.

Ras Panchak: Classical Nighantus place it in Madhura Skandha.

Rasa: Madhura

Guna: Guru, Snigdha, Picchila

Virya: Sheeta

Vipaka: Madhura

Prabhava: Vrishya, Rasayana, Vajikarana

Amayik Prayog: Male impotence, oligozoospermia, erectile dysfunction, adaptogenic, rejuvenator. Improves testosterone, immunity booster. Shothahara, Balya, Angamardaprashamana.

Matra: Root powder 3 - 6 g as per Bhaishajya Ratnavali. General dose 3 - 5 g with milk. API: 2 - 4 g.

Specific Formulation: Sarpagandha Vati, Sarpagandha Ghan Vati Note: These contain *Rauwolfia*, not Musli – Musli is used in Musli Pak, Shatavari Churna combinations. Health tonics prepared from Safed musli.

Chemical Composition: Over 25 alkaloids, vitamins, minerals, proteins, carbohydrates, steroids, saponins, polysaccharides. Tubers contain free sugars 7.56%, mucilage 8.12%, hemicelluloses 12 - 15%, polysaccharides 17.01%. GCMS: 4mercaptophenol, betulin, levomenthol, phytol, phenol, tannins, flavonoids, alkaloids, saponins, glycosides. Gangetin, gangetinin, desmodin.

