

Shatavari

Botanical Name: asparagus racemosus

- Family Name: Asparagaceae
- Common Name: buttermilk root, climbing asparagus, water root, wild asparagus, wild carrot, Indian asparagus
- Part Used: Roots,
- Habitat: Cultivated throughout drier parts of India.

SYNONYMS

बहुसुता-bahusuta

Who expand in more area

नारायणी-narayani

Whose father is vishnu

शतमूलि-shatmuli

Who has hundred roots.

अतिरसा-atirasa

ati means more and rasa means -juicy, so atirasa means more juicy.

Plant Description

Shatavari Plant is a perennial climbing plant with straight and hooked spines, extending to a height of 1-2 meters. This is a sweet and bitter herb. Its young stems are delicate and brittle. Shatavari flowers having fragrance, white in colour with small spikes. Shatavari Roots are white tuberous, radish shaped, tapered at end and are found in clusters. Older Shatavari plants have longer and thicker roots. Shatavari leaves are thin and pine needles. Shatavari Fruits are in the form of small berries that appear purple to black in colour.

Shatavari has two types

- **Shatavari**
- **mahashatavari**

PROPERTIES AND ACTION

- Rasa (Taste): Madhura (Sweet), Tikta (Bitter)
- Guna (Qualities): Guru (Heavy), Snigdha (Unctuous)
- Virya (Potency): sita (cold)

- Vipaka (After digestion taste): Madhura (Sweet)
- Doṣakarma (Action on Dosha): Vatapittashamaka (Pacify Vata and Pitta)
- Karma - Medhya-nadibalya (Give strengthening to neurons), , Grahi (Anti-Diarrhea), Sukrajanana-vrushya (Aphrodisiac), Stanyajanana (Increase quality and quantity of lactation) ,Hridya (heart tonic)

Charak Samhita

Balya - Strength and immunity promoting group of herbs

Vayasthapana -Anti aging group of herbs

Sakavarga- Shatavari leaves can be eaten as curry and it subside the vat and pita.

Sushruta Samhita

- Vidarigand hadi
- Pitta Shamaka -Pitta balancing group of herbs
- KantaPanchamul

Kashyap Samhita

Kashyap has given immense importance to Shatavari by keeping a chapter in Kalpasthana on its name i.e. Shatapushpa-shatavari kalpadhyaya. He has described the qualities of Shatavari which is beneficial in various sorts of menstrual disorders and other gynaecological problems.

Therapeutic use of shatavari

शतावरी गुरुः शीता तिक्ता स्वाद्वी रसायनी ।

मेधाऽग्निपुष्टिदा स्निग्धा नेत्र्या गुल्मातिसारजित् ।

शुक्रस्तन्यकरी बल्या वातपित्तास्रशोथजित् ॥

महाशतावरी मेध्या हृद्या वृष्या रसायनी ।

शीतवीर्या निहन्त्यशोऽग्रहणीनयनामयान् ॥

- Shatavari and Gokshura milk is the best for bleeding and pain in urine.
- It is very good medicine for bloody diarrhea.
- Shatavari is very good medicine for female health, it can be use in heavy menstruation and female infertility, pelvic inflammatory disorder also.
- Shatavari is very effective in ulcerative colitis
- Shatavari enhance the breast milk production.
- It brings the cooling effect in the body so its best for pitta inflammation in the body.
- Shatavari is boo for female hormone.
- It can maintain the ph. of vagina also.

Research on Shatavari

Diuretic activity

The diuretic property was highlighted in Ayurveda has been validated by a suitable experimental model. Study was carried out using an aqueous extract of the roots utilizing three dose vials 800 mg/kg, 1600 mg/kg and 3200 mg/kg for its diuretic activity in comparison with standard drug (furosemide) and control (normal saline) rats after performing acute toxicity tests. The extract demonstrated diuretic activity at a 3200 mg/kg dose without any acute toxicity .

Antiepileptic effect

The anticonvulsant activity was evaluated using Shatavari extracts on seizures induced in rat models, it shows significant results.

Antitussive effect

The methanolic extract of roots has been reported to possess antitussive. The activity was tested against sulfur dioxide (SO₂) -induced cough in the mouse model.

Anti-HIV activity:

Shatavari is also known to show immunomodulatory activity. Steroidal saponin glycosides have been reported from these extracts. Compound **19** isolated from the ethanolic extract exhibited the highest anti-HIV activity as compared to other saponin glycosides.

Antenatal tonic:

A capsule Sujat containing *A. racemosus* extract, in a clinical trial containing a group of 450 patients, reported that regular use of this capsule during antenatal period increases the fetal weight and decreases the occurrence of perinatal deaths.

Antibacterial activity:

The root extracts of *A. racemosus* have been studied for antibacterial activity employing standard cylinder method. Both gram-positive and gram-negative bacteria were sensitive to the extract. Ethanolic extract of concentration 100mg/ml, 300mg/ml, 500mg/ml were prepared and their antibacterial activity was comparable to reference standard drug Gentamycin (25µg). The gram-positive bacteria were most affected by *Staphylococcus aureus*.

Cardio protective effects

Abana, herbomineral formulation manufactured by Himalayan drugs, have been found useful in controlling hypercholesterolemia, prevention and management of coronary heart disease. Abana was given in normal as well as in cases of essential hypertension and angina pectoris and was found to reduce the total cholesterol and triglyceride levels. There was an observed significant increase in high-density lipoprotein cholesterol levels.

Anti-cancer property

The root extract was shown to have a protective effect in the mammary cell carcinoma . Steroidal components of the *A. racemosus* were investigated for the apoptotic activity and inferred to have the capacity to tumor cell death.