

Safed Musali

(*Asparagus adscendens*)



India is bestowed with a wealth of herbal plants, most of which have been used in Ayurveda, Unani systems of medicines, and by tribal healers. *Safed musali* holds an important position in Indian herbal medicine. The roots are widely used as a natural aphrodisiac and is an integral part of more than 100 herbal formulations. Although Indian forests are rich in *Safed musali* demand is increasing rapidly in Indian and international drug markets.

It is cultivated and eaten as a leaf vegetable in some parts of India, and its roots are used medicinally as a sex tonic under the name *Safed musali*. The medicinal value is thought to derive from its saponin content, up to 17 percent by dry weight. It has also recently been suggested that it may produce an aphrodisiac agent. As medicinal demand has increased, the plant has been brought under cultivation. The saponins and alkaloids present in the plant are the source of its alleged aphrodisiac properties.¹ In traditional Indian medicine it is used as

'Rasayan' or 'adaptogen'.²

This medicinal plant with small white flowers grows abundantly in the thick forests of the subtropical Himalayas as well as the tropical wet forests of Peninsular India. The plant flowers in the month of August and early September. The lanceolate leaves are dried in the months of December and January. The harvested fleshy roots are cleaned and the white tubers are spread out in the shade for about 4-7 days for drying. *Safed musali* is celebrated as a 'Divya aushadh' in Ayurveda, for its unique healing properties. In fact, since times immemorial, the tuber root and rhizome of the plant have been used for the purpose of curing human ailments and infections.³

Active Contents:

Safed musali contains carbohydrates (35 -45%), fiber (25- 35%), alkaloids (15-25%), saponins (2-20%), and proteins (5-10%). It is a rich source of over 25 alkaloids, vitamins, proteins, carbohydrates, steroids, saponins, potassium, resins, mucilage, and polysaccharides and also contains high quantity of simple sugars, mainly sucrose, glucose, fructose, galactose, mannose and xylose.⁴

Herb actions:

As an aphrodisiac : *Safed musali* is a very powerful aphrodisiac agent. It is often prescribed for enhancing male potency and overcoming signs of fatigue. It is particularly used for individuals with low libido. It also helps increase sperm count and mobility. The tuber roots of the plant have been used since ancient times, to prepare nutritive tonic for sexual weakness and is used in Ayurvedic medicines even today. It also corrects the erectile dysfunction.

Anti-oxidant : The roots of the herb are also used to strengthen the general immune system of the body. As a powerful health tonic, it boosts the body immunity system and reduces fatigue.

Galactagogue : It can be used as an ayurvedic herbal treatment for lactating mothers to enhance their milk quantity.

Indications : As an powerful aphrodisiac, anti-oxidants and Galactagogue.

Contraindication: None

Dose: 1 Capsule two to three times a day with milk or as advised by the Physician.

Composition: Each capsule contains 250 mg standardized extract of Safed Musali (*Asparagus adscendens*).

References :

1. Oudhia, Pankaj. "Problems perceived by safed moosli (*Chlorophytum borivilianum*) growers of Chhattisgarh (India) region: a study." Proceedings of the national seminar on the frontiers of research and development in medicinal plants.. Vol. 22. No. 4a. 2000.
2. F. Thakur M., Bhargava S., Dixit V.K. "Immunomodulatory activity of *Chlorophytum borivilianum* Sant." *Evidence-based Complementary and Alternative Medicine*. 4 (4) (pp 419-423), 2007.
3. <http://homeofayurveda.org/safed-musali-ayurvedas-rejunevator>
4. Journal of Medicinal Plants Studies, Vol. 1 Issue. 3 ,2013, Page 91, Safed Musli: Herbal Viagra for Male Impotence.