

# Shatavari

(*Asparagus racemosus*)



The name "Shatavari" means "curer of a hundred diseases" (shat: "hundred"; vari: "curer"). *Asparagus racemosus* (Shatavari) is recommended in Ayurvedic texts for the prevention and treatment of hyper acidity, gastric ulcers and dyspepsia. It regulates hormonal secretion and acts as a galactagogue in nursing women.

*Shatavari* is a very important herb, used as a rejuvenating tonic for women for thousands of years, and it is one of the most popular Ayurvedic medications. *Shatavari* nourishes the female reproductive organs and prepares them for conception. It also prevents miscarriages and is useful as a post partum tonic.<sup>1</sup>

## Active contents :

The major bioactive constituents of *Shatavari* is a group of steroidal saponins. This plant also contains vitamins A, B1, B2, C, E, Mg, P, Ca, Fe, and folic acid. Other primary chemical constituents of *Asparagus* are essential oils, asparagine, arginine, tyrosine, flavonoids (kaempferol, quercetin, and rutin), resin, and tannin.<sup>2</sup>

## Herb actions:

**Women's care:** *Shatavari* contains natural phyto-oestrogen hormone precursors that help women to maintain a healthy reproductive system and optimum energy by rebalancing oestrogen levels in women & eliminate some of the uncomfortable menopausal hot flushes, night sweats, memory loss, anxiety and dryness in the body. These hormones play an important role in a woman's long term health, preventing heart disease and osteoporosis. *Shatavari* is considered to be the best general tonic for women in Ayurveda, clinically proven to promote fertility, strengthen the uterus, regulate menstruation, promote the flow of breast milk, assist in recovery from childbirth and alleviate many symptoms of the menopause.

**Gastro-intestinal problems:** *Shatavari* is useful in treating ulcerative disorders related to stomach and duodenal. The juice of the fresh root gives relief and cures duodenal ulcers. *Shatavari* is reported to have a significant effect in the management of gastrointestinal microbial infections caused by *E.coli*, *Shigella* and *V. cholera*.

**Indications:** Inadequate milk secretion in nursing women, Menopausal and post-menopausal symptoms.

**Contraindication:** None

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

**Composition:** Each capsule contains 400 mg standardized extract of *Shatavari (Asparagus racemosus)*.

## References:

1. The Effect of Shatavari in Threatened Abortion and High Risk Pregnancy Dept. of Gynecology & Obstetrics, Ayurveda Hospital, Nepal.
2. Chemical constituents of *Asparagus* Pharmacogn Rev. 2010 Jul-Dec; 4(8): 215–220. doi: [10.4103/0973-7847.70921](https://doi.org/10.4103/0973-7847.70921)