



Brief Review On Shatavari (Asparagus Racemosus) And It's Traditional Ayurvedic Uses.

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Abstract

Shatavari, or asparagus racemosus, is revered as the “Queen of Herbs” and used extensively in traditional Ayurvedic therapy. This perennial climber plant, which is native to India and the Himalayas, has been used for a very long time due to its numerous medicinal benefits. Its moniker, which translates to “she who possesses a hundred husbands,” highlights the belief that it promotes energy and fecundity, particularly in women. Indian Ayurveda has been using shatavari, commonly known as asparagus (*Asparagus racemosus* Wild; family Asparagaceae¹), for thousands of years. Another name for shatavari is *Asparagus racemosus*. It belongs to the family Asparagaceae. Shatavari is a frequent element in ayurveda medicine and is given as an analeptic to support one’s health and energy. It has been discovered that shatavari extracts, which are made from a variety of parts such as roots, flowers, leaves, and are effective in treating female reproductive systems. Shatavari, also known as *Asparagus racemosus*. This article involves the traditional and modern uses of shatavari supplements in order to provide guidance on their administration. *Asparagus racemosus* methodically as a therapeutic product with commercial possibilities.

Key word : *Asparagus racemosus*, shatavari, Queen of herbs

What is Shatavari?

The plant shatavari, or asparagus racemosus, is utilized in the traditional Indian medical system known as Ayurveda. It is regarded as the “Queen of Herbs” when it comes to female fertility and wellness. A type of asparagus found in the Himalayas and a southwestern part of Asia is called shatavari.



Fig.1 Shatavari Plant

Shatavari is used as a rejuvenating tonic for both men and women.

For women , it is believed to :

1. Support reproductive health and normal menstrual cycle.
2. Ease symptoms of menopause like hot flashes.
3. Increase fertility and libido.
4. Promote lactation in new mother

For men , shatavari may :

1. Increase vitality and sex drive.
2. Support healthy sperm production and fertility.

Introduction

Shatavari, or *Asparagus racemosus* in scientific parlance, is a multipurpose medicinal herb that has been utilized in traditional Ayurvedic medicine for ages. Shatavari, a member of the asparagus family and native to India and the Himalayas, is prized for its many health advantages. The word “Shatavari” comes from the Sanskrit terms “shat,” which means “hundred,” and “vari,” which means “roots.” This name is apt for the plant’s long, tuberous roots, which resemble the finger of a hand. The plant’s roots are the part that is most usually used for medicinal purposes. Shatavari, also known as *Asparagus racemosus*, is a perennial herb native to India. Shatavari, regarded as a rasayana herb with numerous health advantages and a lengthy history of usage in Ayurvedic medicine, is well-known for its revitalizing qualities (Bhargavi & Shankar, 2021). Shatavari has been shown in studies to relieve stress-related reproductive health issues, increase immunity, lengthen life expectancy, and improve brain function.

Geographical source

Though it is produced mostly in India, shatavari is extensively disseminated throughout the world and may be found in tropical Africa, Australia, Sri Lanka, and the southern portion of the country. This plant is one of the endangered species. Development and Morphology: For crops, tropical, hot, and humid weather is primarily required. It is favored to grow dark soil. A lot of irrigation is not necessary.

Taxinomical Rank	Taxon
Kingdom	Plantae
Divison	Angiosperm
Class	Monocots
Order	Asparagales
Family	Asparagaceae; Liliaceae
Genus	Asparagus
Spiecies	Racemosus
Common Name	Shatavari

Table 1 : Taxonomy of asparagus racemosus

English	Wild asparagus
Hindi	Shatawar
Sanskrit	Shatavari
Bengali	Shatamuli
Marathi	Shatavari
Gujarati	Shatawari
Telegu	Toala-gaddalu or Pilli-gaddalu
Tamil	Shi maishadavari or Inli-chedi
Malayalam	Chatavali
Kannada	Majjigegadde or Aheruballi
Madhyapradesh	Narbodh or atmooli
Rajasthan	Normanton or satawar
Himachal pradesh	sanspayiin

Table 2 : Vernacular names of asparagus racemosus

The origin and history of Shatavari

In the literature on classical ayurveda, the history of racemosus is well recognized. The antimicrobial, antiseptic, and anti-inflammatory properties that the material possesses are due to its many pharmacological properties. Racemosus roots contain the major phytochemical, steroid saponin. The herb shatavari, often known as “she who has hundred husbands,” has been utilized in Ayurvedic therapy for ages. The term “Asparagus,” which means “shoot or sprout” in Greek, is the source of the plant’s botanical name, *Asparagus racemosus*. Native to India and other regions of Asia, shatavari is a member of the Asparagaceae Family.

Revered as the ‘ Queen of herbs ‘

Because of its many advantages, shatavari has been regarded as the “Queen of herbs” in Ayurveda for centuries. It is regarded as an adaptogenic herb, which means it helps the body maintain balance and adjust to stress, as well as a general tonic. Shatavari has several traditional uses, some of them are as follows:

1. Encouraging the health and fertility of women. It is referred to as a galactagogue since it promotes the production of breast milk.
2. Encouraging energy and vitality. Shatavari is said to promote a healthy immune system and increase energy levels.
3. Reducing menopausal symptoms like mood swings, hot flashes, and irritability by balancing hormones.

Traditional Ayurvedic uses of shatavari

Shatavari has been used for ages to boost female energy and health in Ayurvedic therapy. Shatavari is said to help balance the pitta and vata doshas in Ayurvedic medicine. It is regarded as a rasayana, a herb that fosters youth, longevity, and overall well-being.

Reproductive health

Shatavari is frequently administered to support a woman's fertility and reproductive health. It is used to treat menstruation-related symptoms such as bloating, cramping, and mood swings. Additionally, shatavari may lessen menstrual pain and assist to regulate the menstrual cycle. It is said to support and strengthen the uterus and ovaries, hence nourishing the female reproductive system. Shatavari is also used to improve fertility and libido.

Menopause support

In Ayurveda, shatavari is used to treat menopausal symptoms such as mood swings, hot flashes, and nighttime sweating. It lowers extra pitta and cools the body, aiding in hormone balance. Additionally, shatavari supports the health of the bones and joints, which might deteriorate after menopause as a result of decreasing estrogen levels.

Location

Shatavari is often used to help nursing moms produce more breast milk. It is regarded as a plant that improves lactation and a galactagogue. Shatavari assists expectant moms in producing enough breast milk to nourish their infants. It improves the quality and nutrient density of the breast milk in addition to its volume.



Fig. 2 Shatavari Root

Morden Application and Health Benefits of Shatavari

Although shatavari has been used for centuries in Ayurvedic medicine, new study indicates that it has numerous benefits that make it beneficial in contemporary medicine. Menopausal symptoms like insomnia, irritability, and hot flashes can be relieved by shatavari. According to studies, shatavari can help regulate hormone levels and facilitate the menopausal transition. Shatavari's phytoestrogens, such as saponins, aid in the body's imitation of estrogen. Shatavari tinctures or pills may help women with low estrogen levels feel less uncomfortable at this stage of life.

Shatavari possesses antibacterial and antifungal activities due to its phytochemicals, which include tannins, alkaloids, and saponin. Shatavari may therefore be useful in treating digestive problems such as irritable bowel syndrome, diarrhea, dysentery, and stomach ulcers. It can lessen inflammation, facilitate better nutrient absorption, and soothe the digestive system.

Shatavari is available in a variety of forms, such as extracts, tablets, capsules, powder, and tinctures. Shatavari is a safe herbal medicine that has the potential to provide major health advantages for future generations if taken as directed by your doctor.

Shatavari Ayurvedic Formulation

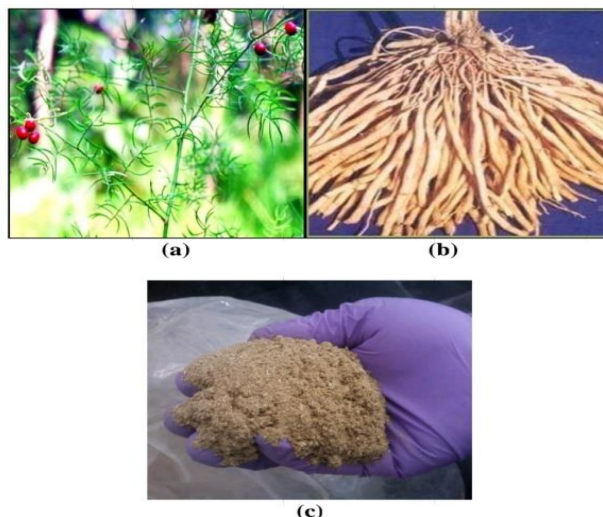


Fig.3 PHOTOGRAPHS OF ASPARAGUS RACEMOSUS SHOWING (A) SHOOT, LEAVES AND BERRIES (B) TUBEROUS ROOTS POWDERED ROOT (C) POWDERED ROOT

Shatavari Guggulu

Guggulu balances the Vata doshas, promotes neuromuscular activity, strengthens muscles, revitalizes nerves, and heals conditions like hemiplegia and paralysis. It contains gokshura, rasna, kachur, shuddha guggulu, cow's ghee, shatavari, giloy, ashwagandha, padmaka, pippali, saunf, ajwain, sonth, gandha prasarni, and the herb gokshura. As a medication, a little vatakam made of all the ingredients (finely powdered mixture with ghee) can be kept in a glass jar. Two times a day, on an empty stomach, one hour before a meal, or two hours after a meal, take 1-2 Vatakam with water or warm milk.

Shatavari Kalpa

Combining shatavari with elaichi to improve lactation while easing pain and exhaustion is known as Shatavari Kalpa. The vatta and pitta doshas are balanced by it. It boosts endurance and immunity during menstruation, pregnancy, and the postpartum period. Each 10 gm formulation contains 4 g of shatavar, 0.05 g of elaichi, and 5.95 g of sugar. After sifting the sun-dried sugar and elaichi crushing powder, combine it with the melted sugar. The solution that has cooled down can be rolled into tiny grains and kept in a jar. It is employed as a carminative, estrogenic, galactagogue, anti-inflammatory, and antioxidant. Two times a day, 1-2 tsf should be taken with warm milk.

Effect on Doshas

Pitta (fire and air) doshas are placated by Shatavari's Snigdha (oily) and Guru (heavy) gunas. It has tikta rasa (bitter) and madhur (sweet). It frequently aggravates the kapha (earth and water) doshas because of its shit viraya (cold potency) and Madhur vipaka (sweet metabolic taste).

Drug delivery of shatavari

For its health advantages, shatavari, sometimes called *Asparagus racemosus*, is frequently taken as liquid extracts, powders, or capsules. For the medication delivery system to guarantee regulated release and bioavailability of its active ingredients, such as flavonoids and saponins, in the body, encapsulation or extraction techniques are usually used.

Encapsulation

Asparagus racemosus, the scientific name for shatavari, is frequently taken as a nutritional supplement in capsule form. The process of encapsulation includes pulverizing the root into a fine powder, drying it, and

then packing it into capsules for convenient ingestion. This technique makes dosing convenient and helps maintain its therapeutic qualities.

Extraction

Shatavari is often extracted from the root using either water or alcohol to release its medicinal ingredients. In order to concentrate the extract, this procedure usually entails soaking the dried root in the solvent, heating the mixture, and then evaporating it. Depending on the intended use, the resultant liquid extract can then be utilized straight away or processed further to create different forms, such as tinctures or powders.

How to Take Shatavari Supplement

When taking shatavari supplements, there are few key points to keep in mind :

Dosage

Shatavari powder is usually taken one to two tablespoons, two to three times a day. A typical dosage for shatavari tablets or capsules is 500–1000 mg, two–three times a day. To find what works best for you, it is better to start with a smaller dosage and raise it gradually. Although shatavari is generally regarded as safe for long-term use, you might want to occasionally stop taking the supplements

With Or Without Food

You can take shatavari with or without food. It may be less likely to cause mild gastrointestinal adverse effects if taken with food. On the other hand, ingesting it empty-handed can improve absorption. Shatavari supplements should always be taken in combination with plenty of water or another liquid.

Time Of Day

Shatavari is best taken first thing in the morning, mid-afternoon, and right before bed. This contributes to offering steady support both during the day and at night. Given that shatavari is well-known for its purported benefits, taking a tablet in the evening may aid in fostering calm and sleep. But shatavari can also have an invigorating impact, so you might have to experiment to see when and how much is ideal for you

Other Potential Benefits Of shatavari

Shatavari has been used for centuries in Ayurvedic medicine and may offer benefits beyond supporting reproductive health

Antioxidant effects

Shatavari contains antioxidants that help to protect cells from damage caused by free radicals. As an antioxidant, shatavari helps to prevent or reduce cell damage and offer anti-aging effects. Antioxidants are more important for overall health and may help to reduce the risk of some disease.

Immune support

Shatavari may help to support and boost immune function. It contains antioxidants and other compounds that could help to strengthen the immune system. A strong immune system is vital for fighting off infections and keeping you healthy. Shatavari may help to stimulate the production of macrophages and lymphocytes, two types of immune cells.

Digestive health

Shatavari may improve digestive health and relieve symptoms like diarrhea, constipation and Irritable bowel syndrome. It has anti-inflammatory and soothing effects that could help to reduce inflammation in the gut. Shatavari may also help to increase mucus secretion and protect the stomach lining. Its antioxidant effects could help to prevent ulcers and support the growth of probiotics in the gut.

Stress and Anxiety Relief

Shatavari acts as an adaptogen, which means it help the body adapt to stress and maintain balance. It may help to relieve symptoms of stress and anxiety like restlessness , irritability, and difficulty concentrating . Shatavari could help to lower levels of cortisol, the stress hormone, and blood pressure. By reducing stress and anxiety, shatavari may also help to improve mood and sleep.

Conclusion

In summary, shatavari has great promise for a variety of uses, especially in conventional medicine and contemporary wellness regimens. It is a significant herbal supplement because of its adaptogen flexibility and its purported advantages for women's health, digestive disorders, and stress management. To completely comprehend its modes of action, possible adverse effects, and ideal dosages, more research is necessary. All things considered, Shatavari shows itself as a beneficial herbal medication with a long history of usage, providing chances for both conventional and scientific approaches to health and wellbeing

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