**SHATAVARI (ASPARAGUS RACEMOSUS WILLD.) - A MEDICO REVIEW**

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**Shatavari**: (Asparagus racemosus Willd.)

**Botanical Name**: Asparagus racemosus (Willd.)

**Family**: Liliaceae

**Vernacular Names**
- **Hindi**: Satavare
- **Marathi**: Satavari

**Classical Categorization**
- **According to Charaka Samhita**: Described as Balya and Vayasthapan, Mentioned in Madhura skandha.
According to Sushruta Samhita: Described in Vidarigandhadigana, Mentioned as Pitta samshamana and in Kantakapanchamula.

According to Vagbhata Samhita: Described in Vidarigandhadigana.

Shatavari is extensively used for its immunomodulatory and galactogogue properties. Acharya Charaka denoted it under Vayasthapana group. Also, in Kashyapa Samhita “Satapuspa-satavari kalpa” is indicated for Vandhya roga (Infertility).

Major Chemical Constituents

- Of Roots: Sarsapogenin; two spirostanolic & two furostanolic sponins; Sitosterol, Aspargamine A.
- Of Fruits: Sitosterol, Sarsasapogenin, Diosenin, Asparamins A & B.
- Of Leaves: Flavonoids, Rutin.

Properties

- Rasa- Madhura, Tikta
- Guna- Guru, Snigdha
- Virya- Shita
- Vipaka- Madhura
- Karma- Vata-Pittahara, Rasayana(Useful for Immunity development), Vrushya (Useful as Aphrodisiac), Stanyajanana(Useful for Lactation).

Indication: Stanyakshaya (Lactation disorders), Artavakshaya(Menstrual disorders), Raktapitta(Bleeding disorders), Arshas(Piles), Karshya/Kshaya (Malnutrition).

Part Used: Tuberous roots.

Dosage: Fresh juice 10-20 ml; Decoction 50-100 ml; Powder 3-6g.

Important Preparations: Shatavarikalpa, Narayanataila, Shatavarighruta etc.

RESEARCH

- The crude alcoholic extract of roots increased the weight of Mammary glands in post-partum and Estrogen- primed rats and the uterine weight is Estrogen-primed group. The mechanism of action of the extract may through a direct action on the Mammary gland or through the Pituitary – adrenal axis due to the secretion of Prolactin and ACTH (Sabnis et
al., 1958 & jetmalani et al., 1967).

- The alcoholic extract of aerial parts showed Anti – cancer activity in human epidermal carcinoma of the nasopharynx in tissue culture (Dhar et al; 1968).
- The alcoholic extract of the whole plant of A. filicinus showed Anti- protozoal activity against E. histolytica (Dhar et al., 1968).
- Mild hypoglycaemic effect is noticed in rabbits when A. racemosus root powder is given orally and through i.v.(JRIM, 6 (2): 1971).

Articles in International Journals

My Observations
In following cases, I have seen ‘Good Results’ in patients under outdoor and indoor departments of Kayachikitsa attached to M.A.Podar hospital, Mumbai-18:

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REFERENCES