

Department of Dravyaguna Vidnyan

Plant Name: Shatavari



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Introduction

- **Botanical Name:** *Asparagus racemosus* Willd.
- **Family:** Asparagaceae (formerly Liliaceae)
- **Common Names:**
 - **Sanskrit:** Shatavari, Narayani, Bahusuta, Atirasa
 - **Hindi:** Shatavari
 - **Marathi:** Shatavari
 - **Gujarati:** Shatavari
 - **Tamil:** Tannirvittan
 - **Telugu:** Pilligaddalu
 - **Kannada:** Shatmul

Significance in Ayurveda

- Shatavari means "**one who possesses a hundred husbands**", signifying its role in **female reproductive health**.
- Considered the "**Queen of Herbs**" in Ayurveda due to its **nourishing, rejuvenating, and adaptogenic properties**.
- A primary **Rasayana (rejuvenative)** drug, enhancing vitality and longevity.

Classification According to Ayurveda

- **Charaka:**
 - Balya (Strength-promoting)
 - Jeevaniya (Life-promoting)
 - Vaya-sthapana (Anti-aging)
 - Stanya-janana (Lactation-promoting)
- **Sushruta:**
 - Madhura Skandha (Sweet-tasting group)
- **Vagbhata:**
 - Stanyajanana (Galactagogue)

Morphology

- **Type:** Climbing, spinous, perennial herb.
- **Roots:** Fleshy, tuberous, white, or light brown, tapering, clustered.
- **Leaves:** Small, needle-like, arranged in clusters.
- **Flowers:** Small, white, fragrant, arranged in clusters.
- **Fruits:** Small, round, purple to black berries.
- **Seeds:** Hard, black, globular.

Distribution & Habitat

- Found across India, especially in tropical and subtropical regions.
- Grows in forests, hilly areas, and sandy soil regions.
- Common in Himalayan foothills, Madhya Pradesh, Maharashtra, and Southern India.

Chemical Constituents

- **Steroidal Saponins** – Shatavarin I to IV (Phytoestrogens)
- **Alkaloids** – Asparagine
- **Flavonoids** – Kaempferol, Quercetin, Rutin
- **Glycosides** – Sitosterol, Sarsasapogenin
- **Polysaccharides** – Mucilage
- **Essential Oils** – Volatile compounds

Properties (According to Ayurveda)

- **Rasa (Taste):** Madhura (Sweet), Tikta (Bitter)
- **Guna (Quality):** Guru (Heavy), Snigdha (Unctuous)
- **Virya (Potency):** Sheeta (Cooling)
- **Vipaka (Post-digestive effect):** Madhura (Sweet)
- **Karma (Actions):**
 - Rasayana (Rejuvenative, anti-aging)
 - Stanyajanana (Enhances lactation)
 - Balya (Strength-giving, improves vitality)
 - Shukrala (Enhances reproductive health, aphrodisiac)
 - Tridosahara (Balances all three doshas, especially Pitta and Vata)
 - Meda Vardhaka (Nourishing, enhances body tissues)

Dosha & Dhatu Affinity

- **Dosha:** Balances **Vata and Pitta**, slightly increases **Kapha**.
- **Dhatu:** Acts on **Rasa, Rakta, Mamsa, Meda, Shukra, and Stanya Dhatu**.

Indications

- **Reproductive Health:** Female infertility, Menstrual disorders, Dysmenorrhea, Menopause
- **Pregnancy & Lactation:** Improves fetal growth, enhances breast milk production
- **Digestive Health:** Hyperacidity, Peptic ulcers, IBS
- **Urinary Disorders:** Dysuria, Burning micturition, Kidney stones
- **Respiratory Health:** Dry cough, Asthma, Tuberculosis
- **Mental Health:** Stress, Anxiety, Cognitive enhancement
- **Immunity & Strength:** Acts as an adaptogen, enhances stamina and energy levels

Parts Used

- **Roots** (Primary medicinal part)
- **Leaves** (Used occasionally)

Dosage

- **Churna (Powder):** 3-6 g with milk or honey
- **Kwatha (Decoction):** 50-100 ml
- **Capsules/Tablets:** 250-500 mg twice daily
- **Ghrita (Medicated ghee):** 5-10 g
- **Asava/Arishta:** 15-30 ml

Uses

External Uses

- **Skin Health** – Paste used for **burns, wounds, and skin inflammation**.
- **Hair Care** – Strengthens hair follicles, prevents **hair fall and premature graying**.

Internal Uses

- **Female Reproductive System**
Regulates menstrual cycles, reduces menstrual pain, enhances fertility.
Supports pregnancy and postnatal recovery.
- **Male Reproductive System**
Acts as an aphrodisiac, improves sperm quality and quantity.
- **Digestive System**
Reduces acidity, supports digestion, relieves constipation.
- **Nervous System**
Calms the mind, reduces stress, and promotes better sleep.

Important Yogas (Formulations)

- **Shatavari Kalpa** – Used for pregnancy and lactation support.
- **Shatavari Ghrita** – Enhances reproductive and digestive health.
- **Shatavari Churna** – Used for general debility, stress relief, and hormonal balance.
- **Aswagandhadi Lehyam** – Strengthens muscles and nervous system.
- **Shatavari Rasayana** – Used in gynecological and geriatric care.

Therapeutic Uses

1. **Female Infertility & Menstrual Disorders**
Shatavari churna with milk **improves ovulation and balances hormones.**
2. **Lactation**
Decoction of **Shatavari roots enhances milk production in breastfeeding mothers.**
3. **Hyperacidity & Ulcers**
Shatavari powder with honey **reduces acid reflux and heals ulcers.**
4. **Mental Stress & Insomnia**
Shatavari ghee **calms the nervous system and promotes deep sleep.**
5. **Weight Gain & General Weakness**
Shatavari kalpa with warm milk **improves energy levels and nourishes tissues.**