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(Dada)**

Founder, Prakash Shikshan
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Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

P.G. INSTITUTE AND RESEARCH CENTER, ISLAMPUR

DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



SHATAVARI

Marathi Name:

Botanical Name:

Synonyms:

Family:

Common Name:

Shatamuli, Shatavari

Asparagus racemosus,

Asparagus zeylanicus, Asparagus stachyoides.

Asparagaceae

Satawari, buttermilk root, climbing asparagus, water root, wild asparagus, wild carrot

Description:

Satawari is a woody climber growing to 1-2 m in height, with leaves like pine needles, small and uniform and the flowers white, in small spikes. It contains adventitious root system with tuberous roots. Stems are climbing, branched, up to 2 m; branches usually distinctly striate-ridged. Leaves are just modified stems, called cladodes. Branches contain spines on them. Inflorescences develop after cladodes, axillary, each a many-flowered raceme or panicle 1-4 cm. Pedicel 1.5-3 mm, slender, articulate at middle. Flowers are white with a pink tinge, 2-3 mm, bell-shaped with 6 petals. Stamens equal, ca. 0.7 mm; anthers yellow, minute. Within India, it is found growing wild in tropical and sub-tropical parts of India including the Andaman's; and ascending in the Himalayas up to an altitude of 1500 m. flowering: October-November.

Attributes :

Ras – Madhur, Tikta, Vipak – Madhur, Virya – Sheet Guna – Guru, Snigdha, Mrudu

Medicinal Uses:

In Ayurvedic medicine, the root of Satavari is used in the form of juice, paste, decoction and powder to treat intrinsic haemorrhage, diarrhoea, piles, hoarseness of voice, cough, arthritis, poisoning, diseases of female genital tract, erysipelas, fever, as aphrodisiac and as rejuvenative. Anti-inflammatory: Reduces pain and inflammation during menstrual flow and also after a sudden abortion. Antioxidant: Neutralize the free radical damage on the skin due to harmful sun rays. Carminative: Prevents the formation of gas thereby treats flatulence and abdominal distension. Estrogenic: The presence of estrogenic compound or phytoestrogen in Shatavari effectively balances estrogen levels, stops bleeding, and supports the restoration of the endometrium. Galactagogue: This action promotes lactation in women when taken in prescribed doses