

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

**\*Dr. Parulkar Geeta D.; M.D. (Chikitsa) (Mum), Ph.D. (Chikitsa) (Mum), Professor  
(Chikitsa)**

R.A. Podar (Govt.) Medical College, Attached to M.A. Podar Hospital, Worli, Mumbai,  
Maharashtra.

Article Received on  
11 April 2018,

Revised on 02 May 2018,  
Accepted on 23 May 2018,

DOI: 10.20959/wjpr201811-12481

**\*Corresponding Author**

**Dr. Parulkar Geeta D.**

R.A. Podar (Govt.)

Medical College, Attached

to M.A. Podar Hospital,

Worli, Mumbai,

Maharashtra.



**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 Vayasthapana, 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- B:** 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

- Effect of Shatavari (*Asparagus racemosus*) on Milk production in Dairy Animals (S Tanwar, P & S Rathore, S & Kumar, Yogendra. (2008). Effect of Shatavari (*Asparagus racemosus*) on milk production in dairy animals. Indian J Anim Res. 3).
- Clinical study to evaluate the efficacy of Shatavari in Karshya by Majumder Madhumita (Int. J. Ayur. Pharma Research, 2017;5(3):20-23).

#### 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:

Shatavari kalpa	Indications/Symptoms in which patients relieved
Shatavari Churna	Pandu(General Debility), Karshya/Kshaya (Malnutrition)
Shatavari with Dugdha	Pandu(General Debility), Karshya/Kshaya (Malnutrition)
Shatavari Ghruta	Pandu(General Debility), Karshya/Kshaya (Malnutrition)

#### REFERENCES

1. Dr. J.L.N. Sastry, Illustrated Dravyaguna vijnana. Reprint edition 2017, Published by Chaukhamba Orientalia, Varanasi, Pages 540 -543.
2. [https://www.researchgate.net/publication/267771193\\_Effect\\_of\\_Shatavari\\_Aspargus\\_racemosus\\_on\\_milk\\_production\\_in\\_dairy\\_animals](https://www.researchgate.net/publication/267771193_Effect_of_Shatavari_Aspargus_racemosus_on_milk_production_in_dairy_animals).
3. <http://ijapr.in/index.php/ijapr/article/view/615>