MONOGRAPH

by Michelle Jones

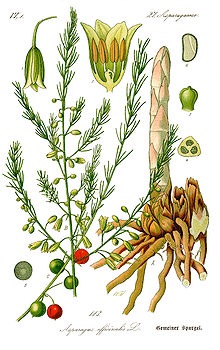
Common Name: Shatavari

Botanical Name: Asparagus racemosus

Plant Family: Liliaceae

AKA: Indian Asparagus, Satavar, Satmuli, Queen of herbs,

Hundred Roots



The name Shatavari is from an Indian word meaning "a woman who has a hundred husbands"

**Parts used:**

The root.

**Uses:**

Shatavari is a traditional Ayurvedic antispasmodic; an aphrodisiac, demulcent, digestive, diuretic, galactagogue, and is often used for infertility and for women's health.The roots have oleaginous, cooling, antimicrobial, antispasmodic, bitter, alliterative, stomach, tonic, aphrodisiac, astringent, anti-diarrhoeal, anti-dysenteric, laxative properties and is useful in tumors, inflammations, diseases of blood and eye, throat complaints, tuberculosis, leprosy, epilepsy, night blindness and kidney troubles. It supports, a healthy female reproductive system, healthy levels of breast milk production, supports already balanced female hormones, is supportive of male reproductive system as well, soothing effect on the digestive tract, healthy peristalsis of bowels, moisturizing support of the respiratory tract, promotes healthy energy levels and strength, supports the immune system, has natural antioxidant properties.

**Constituents:** [Asparagamine A](https://en.wikipedia.org/w/index.php?title=Asparagamine_A&action=edit&redlink=1), a [polycyclic](https://en.wikipedia.org/wiki/Polycyclic_compound) [alkaloid](https://en.wikipedia.org/wiki/Alkaloid) from the dried roots,

[steroidal](https://en.wikipedia.org/wiki/Steroid) [saponins](https://en.wikipedia.org/wiki/Saponin), [shatavaroside A](https://en.wikipedia.org/w/index.php?title=Shatavaroside_A&action=edit&redlink=1) and [shatavaroside B](https://en.wikipedia.org/w/index.php?title=Shatavaroside_B&action=edit&redlink=1) together with a known saponin, [filiasparoside C](https://en.wikipedia.org/w/index.php?title=Filiasparoside_C&action=edit&redlink=1), were isolated from the roots of *Asparagus racemosus*. Five steroidal saponins, shatavarins VI-X, together with five known saponins, shatavarin I (or asparoside B), shatavarin IV (or asparinin B), shatavarin V, immunoside and schidigerasaponin D5 (or asparanin A), have been isolated from the roots of *Asparagus racemosus*. [Isoflavone](https://en.wikipedia.org/wiki/Isoflavone) 8-methoxy-5,6,4'-trihydroxyisoflavone 7-O-beta-D-glucopyranoside.

**Tincture, Capsule, Oil and Infusion**

**Taste:** Bitter

**Constitution:**

Used to balance Vatta and Pitta.

**Contra-indications:**

Sensitivity to asparagus may cause skin reactions and pulmonary allergic reactions in some people. Patients with edema due to kidney disorder or impaired heart function should not be using shatavari. There is a risk of possible weight gain while using Shatavari.

In cases of women with high estrogen, Shatavari mimics estrogen and causes symptoms like breast tenderness.

In such cases, it should only be administered in the first half period of menstrual cycle. (Starting from onset of menstruation till 14 days).

**Where it grows:**

Found throughout tropical Africa, Java, Australia, India, Sri Lanka and southern parts of China. In India it is found in plains to 4,000ft high, in tropical, sub-tropical dry and deciduous forests and in the Himalayas.