

## SHATAVARI



**Scientific name:** Asparagus racemosus

**Order:** Asparagales

**Family:** Asparagaceae

**Genus:** Asparagus

**Common name:** Satavar, shatavari, or shatamull.

### USES OF SHATAVARI

Anti-Inflammatory

Anti-Oxidant

Anti-Fungal

Boosts  
immune  
system

Treats  
Bronchitis

Treats  
Diarrhea

Acts as  
Diuretic

Treats  
Ulcers

Treats  
kidney stones

Anti-Diabetic

Anti-Ageing

Anti-Depressant

Maintains  
blood sugar  
level

**Phytochemicals:** flavonoids, alkaloids, steroids, terpenoids, glycosides, tannins, terpenoids, saponins.

Ayurveda explains that in order to maintain a strong and vital immune system, agni must be balanced, ama eradicated and our ojas abundant. Shatavari contains sapogenin, a powerful immunity booster, which improves the body's resistance and aids faster recovery. The antioxidants present in shatavari protects our body from any harm caused by free radicals present in the environment. Respiratory infections can lead to a cough, cold, breathing problems, tonsillitis, and bronchitis. Including shatavari or asparagus in your diet can help in the treatment of respiratory disorders.

### LITERATURE AND PROPERTIES OF SHATAVARI

- Shatavari is a species of asparagus plant that has been used for many centuries in Indian Ayurvedic medicine.
- Antioxidants help prevent free-radical cell damage. They also battle oxidative stress, which causes disease.
- Shatavari is high in saponins. Saponins are compounds with antioxidant abilities.
- Shatavari is said to promote fertility and have a range of health benefits, particularly for the female reproductive system.
- The herb is thought to be adaptogenic, which means that it may help to regulate the body's systems and improve resistance to stress.
- Shatavari is used in ayurveda as an immunity booster. According to a 2004 study, animals treated with shatavari root extract had increased antibodies to a strain of whooping cough when compared to untreated animals.
- The treated animals recovered faster and had improved health overall. This suggested an improved immune response.
- Shatavari may be one of nature's best kept anti-aging secrets. The saponins in shatavari root helped reduce the free-radical skin damage that leads to wrinkles.
- Shatavari also helped prevent collagen breakdown. Collagen helps maintain your skin's elasticity.
- It is supporting the respiratory system, especially when one is experiencing a sharp, dry cough and/or sore throat
- Shatavari possesses cooling, calming properties that can help to soothe and balance Vata and Pitta.
- It is often used to enhance reproductive and digestive health, shatavari is also said to have rejuvenating and nourishing effects.
- Shatavari, as a nervine sedative and tonic which calms the nervous system while also restoring it to soothe anger & irritability in the mind.
- Assists in rebuilding and replenishing the immune system and tissues of the body.
- It helps in lowering infertility problems by increasing semen production.
- Shatavari has been used in ayurvedic medicine for centuries and doing so will allow you to reap its antioxidant and immune-boosting benefits.

We at Konark, provided Shatavari in Dry, Liquid and Soft Extract; Saponins by Gravimetric; which can be useful in Ayurvedic, Nutraceutical and Cosmeceutical formulations.