

Shatavri

Asparagus racemosus

Tuberous roots

Restorative & Adaptogen
Reproductive, Liver, Systemic
Tissue and Hormone Physiology



by Prashanti de Jager ©2013
for more insights into Shatavri read
Aushadhi: Guide to High Himalayan Herbs

Along with Ashwagandha and Salam Punja, Shatavri is a precious herb for increasing Ojas, the density of core vitality, the basis of immunity and the central support of reproductive function. The sweet cooling roots of this wild asparagus are as delicious as the sprouts of its cultivated cousin, making it a bona fide 'Superfood.' Traditionally, this adaptogenic phyto-estrogenic gem is a most effective herb for supporting male and female reproductive health and increasing reproductive fluids (shukrakari).

Names & Etymology

Shatavri: 100 roots or ways of support

Asparagus: to spring up

Racemosus: a clump, like that of 100 roots

Amoda: ensuring pleasure

MahaSheeta: very cooling

Dosha & Energetics

Rasa (taste): sweet, bitter

Virya (strength): cooling

Vipaka (metabolites): sweet

Dosha (constitutions): V- P= K+

Prabhava (Power) Shukrakari

PhytoChemistry

Phytoestrogenic Adaptogenic Steroidal Saponins Shatavarins I-X

Actions

Adaptogenic, Estrogenic, Aphrodisiac, Galactagogue, Hepatoprotective, Anti-aging, Immunomodulator, Rasayana, Rejuvenative, Demulcent, Digestive, PhytoSERM

Indications

Increase Core Power, Enhance Fertility, Build Bones, Vaginal Dryness, Fatigue, Dehydration, Sexuality, Liver Rejuvenation, Extra Milk, PMS, PID, Graceful Menopause

Which Shatavri is Superior?

Because Shatavri is going extinct in the wild, please only use organic responsibly cultivated roots. And because of its high water content and very thin skin, Shatavri is a hard herb to process and keep clean, and must be thoroughly washed before it is dried. The best Shatavri is 'red' Chitrakut Shatavri and Himalayan Shatavri.