

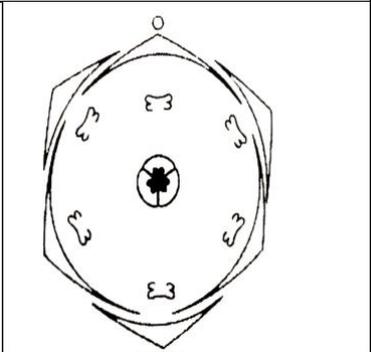


Official Name	शतावरी
English Name	Asparagus
Botanical Name	<i>Asparagus racemosus Willd.</i>
Family	Asparagaceae
Taxonomical Classification	Kingdom : Plantae Clade : Angiosperms Clade : Monocots Order : Asparagales Family : Asparagaceae Subfamily : Asparagoideae Genus : Asparagus Species : racemosus
Synonyms	<ol style="list-style-type: none"> <li>1. अधरकण्टका - Due to presence of recurved Spine</li> <li>2. अभीरुः - Free from external invasion</li> <li>3. दुर्मरां - a climber difficult to Perish</li> <li>4. द्वीपिशत्रुः - antagonist to tikshan substance</li> <li>5. नारायणी - soumya nature</li> <li>6. पीवरी - numerous succulent tuberous roots</li> <li>7. फणिजिहवापर्णी - snake's tongue like leaves</li> <li>8. बहुसुता - numerous succulent tuberous roots</li> <li>9. वरी - regarded as one of the best drugs</li> <li>10. शतपदी - numerous succulent</li> </ol>

	<p>tuberous roots</p> <p>11. शतवीर्या - efficacious in many disorders</p> <p>12. सूक्ष्मपत्रा - thin linear leaves</p> <p>13. स्वादुरसा - it is tasteful</p> <p>14. शतावरी - numerous succulent tuberous roots</p>
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Habitat	Plant occurs throughout India almost commonly ascending upto an altitude of 4,000 feet in Himalayas and in Ceylon Zone -Tropical zone and subtropical zone
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Botanical Identification	Habit	Shrub Scandent climber, excessively Branched	
	Root	The roots are tuberous . Roots are fascicled, fleshy, spindle-shaped, light ash-coloured externally and white internally	
	Stem/Bark	It is a woody climber having stems upto 1 -2 m long and branches are modified into cladodes with long basal decurved spines .	
	Modifications of stem	Cladodes -	

		1/2 To 1 inch long in tufts of 2 to 6.	
	Inflorescence	-	axillary racemes
	Flower	white, fragrant, minute, 3mm long. It has - Radial symmetry (Actinomorphic flower) Bisexual flower. Epiphyllous. Perianth with 6 tepals arranged in 2 whorls of 3 each. Androecium with 6 stamen arranged in 2 whorls of 3 each. Gynoecium with superior ovary, trilocarpellary, syncarpous.	 
	Floral formula/ Diagram		$\oplus \ominus P_{3+3} A_{3+3} \underline{G}_3$ 

	Fruit		3-lobed, red-coloured berry, 6mm in diameter	
	Seed		mottled seeds and oily endosperm.	
Types			शतावरी , महाशतावरी और कंटकरहित	
Rasapanchaka			रस - मधुर, तिक्त गुण - गुरु ,स्निग्ध वीर्य - शीत विपाक - मधुर कर्म - वातपित्त शामक	
Chemical Constituents			Root Contains → <ul style="list-style-type: none"> <li>• Steroidal Saponins, Shatavarin (I- VI]</li> <li>• Oligospirostanoside</li> <li>• Asparagamine A ,</li> <li>• β -Sitosterol ,</li> <li>• Racemosol , dihydrophenanantherene</li> <li>• Racemofuran</li> <li>• Carbohydrate- polysaccharide, mucilage</li> <li>• Flavanoids</li> <li>• Zinc, manganese, copper, cobalt, calcium ,magnesium, potassium zinc ,selenium</li> <li>• Kaepfrol</li> <li>• Stigmasterol , Spirostanolic acid,</li> </ul>	
Market information			more than 500 Ton of Shatavari needed every year in India Dry Yellow Shatavari root = 850/ kg Dry white Shatavari root = 220/ kg	
Adulteration/Substitution			Adulteration of <ul style="list-style-type: none"> <li>• Safed musali [<i>Chlorophyllum borivilianum</i> L. ]</li> </ul>	

		<ul style="list-style-type: none"> <li>• Peeled roots of <i>Asparagus adscendens Roxb.</i> a more frequently Occurring plant .</li> </ul> Substitute → Roots of <i>Asparagus Sarmentosus Linn .</i> are more commonly used as substitute in South India. These are 15-20 cm long and 1.4 cm broad with mawkish incipid odour.
Cultivation		Seeds are sown during the first week of June in well-prepared and raised nursery beds
Flowering season		Flowering occur in December–January.
Harvesting		The crop matures in 12 months after planting; however, for seed harvesting, it is recommended to be harvested only after 20 months.
Present Status- Not concerned/ Endangered/ Extinct		Endangered
Conservation method		In Vitro cultures of zygotic embryos and hypocotyl seedlings of <i>Asparagus racemosus</i> has been demonstrated . The simple sterilization procedure resulting in recovering 100% sterile Cultures .
Main Uses		शुक्रजनन मेंध्य वेदनास्थापन गर्भपोषक मूत्रल रसायन चक्षुष्य स्तन्यजनन रक्तापित्त शामक
Part used		कन्द
Dose	Medicinal Dose	<ul style="list-style-type: none"> <li>• स्वरस - 10-20 ml</li> <li>• क्वाथ - 50-100 ml</li> <li>• चूर्ण- 3 - 6 gm [ A.P.I ]</li> </ul>
	Toxic Dose	-
	Fatal Dose	-
Toxicity (if any)		-
Antidote or treatment (if any)		-
Purification (if any)		Adulteration of Safed musali can be detected by - The TLC of alcoholic extract of Safed

musali reveals presence of yellowish spot which is absent in alcohol extract Of Shatvari.

Formulations	Formulation	रोगाधिका र	Reference
	नारायण तैल	वातव्याधि रोगाधिका र	भै ० र ० 140 - 150
	विष्णुतैल	वातव्याधि रोगाधिका र	भै ० र ० 185- 122
	अश्वगंधारिष्ट	मूर्च्छा धिकार	भै ० र ० 13- 19
	शतावरी गुड़	-	रसयोग लेप प्रकरण 7
	शतावरी घृत	-	रसयोग घृत प्रकरण 23
	शतमूल्यादिलौ ह	रक्तपित्त धिकार	भै ० र ० 73

Special information (if any)

Anti- abortifacient activity [Shatvarin ]  
Anti-oxytoxic [Shatavarn 4]  
Anticancer activity  
Anti-dysenteric Activity