Original Research Paper

Volume-9 | Issue-8 | August - 2019 | PRINT ISSN No. 2249 - 555X

Ayurveda

ASPARAGUS RACEMOSUS (SHATAVARI): A COMPREHENSIVE AYURVEDIC APPROACH.

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ABSTRACT Asparagus racemosus (Shatavari) having a place in the family Liliaceae is a medication understood since ages. It is viewed as the ruler of herbs. Shatavari isn't just a powerful medication but on the other hand is utilized as a vegetable in numerous part of the world. Asparagus racemosus is an endemic medicative plant of the Liliaceae and significant for its sapogenin content the antecedent of the numerous pharmacologically dynamic steroids. Ayurveda people routinely use this drug by many aspects. Present paper elaborates use of Shatavari by Vaidyas and tribal people.

KEYWORDS : Shatavari, Mahashatavari, Asparagus racemosus, Vata, Pitta, Streeroga.

INTRODUCTION

The Shatavari is referenced since the season of Puranas. There is referencing in Agnipurana with respect to the Rakshogahna property and utilized in Homas (ceremonies). In Parashara Grhyasutra Shatavari is cited with regards to Mulavidhi. It is likewise referenced in Atharva Parishishta and by Panini. Taittariya Arnyaka portrays a herb shatamula which is accepted to be Shatavari. In the Samhitha time frame an itemized depiction of the medication as far as its helpful properties and its broad use in the treatment of Streeroga (gynecology), Vrana (careful injuries), Raktapitta (drain) Mutrakruchra (urinary disarranges), Vajeekarana(aphrodisiac), Rasayana(immune stimulant) and so forth, are accessible. Asparagus racemosus is an indigenous therapeutic plant of the family is significant for its sapogenin content, the forerunner of numerous pharmacologically dynamic steroids. This species happens to grow broadly all through the tropical and subtropical locales. A few creators have demonstrated that the species from various territories regularly vary in their compound constituents and substance. In Asparagus racemosus during summer, rhizomes and tuberous roots are unnoticeable and flying segment bites the dust which is the lethargic stage.

VERNACULAR NAME :

English	Wild asparagus
Hindi	Satavar
Marathi	Shatavari
Telugu	Pillipichara
Bengal	Shatamuli
Gujrati	Ekalkanto, Satavari
Kannad	Callagadda , Majjige gadde
Tamil	Satavali
M.P.	Narbodh, Satmooli
Rajasthan	Satawar
Oriya	Chhotaru, Mohajolo
Telugu	Satavari, Callagad

SCIENTIFIC CLASSIFICATION:

Kingdom	Plantae
Division	Angiosperms
Class	Monocots
Order	Asparagales
Family	Liliaceae
Genus	Asparagus
Species	Asparagus racemosus

SYNONYMS Asparagus rigidulus Nakai
Protasparagus racemosus (willd)

SANSKRIT SYNONYMS: Indivari, Bahusuta, Madabhanjani, Shatamuli, Shatvirya, Sukshmapatra, Atirasa.

PLANT PART USED: Tuberous Roots, Leaves, flowers and fruits

HABITAT: This climber growing in low jungles is found all over India; especially in Northern India. (Nadkarni, 1954). The climber grows 1-2m in length found all over India

Description

The plant is a perpetual, thorny climber too much fanned thorny under bush found all through the tropical and subtropical pieces of India up to 1200 m. Roots tuberous, 15-40 cm long grayish. Scandent climber, tall climbing too much expanded, thorny under bush. Roots tuberous; prickles 0.6-1.5 cm. straight or recurved; eladodes 2.5 cm. bended terete, spreading in tufts of 2-6, diverted underneath. Blossoms in racemes 2.5-5 cm. pedicels 0.4 cm. Jointed in the middle; perianth 0.8-0.12 diam., anthers minute; elliptical purplish; ovules 6-8 in. every cell. Natural product a berry 0.4-0.6 cm. diam., pea-like, red when ready; organic product containing seeds 1-2.

Morphology:

The medication contains dried tuberous succulent roots which emerge adventitiously from the root stock. The tuberous dry barrel shaped in the center, decreased towards the closures and dark colored in shading. Surface of the new roots are effectively removable and spread shimmering material inside. The medications are either whole roots or longitudinally broken pieces. The medication in measurements measure 10.0 - 24.0 cm. long and 0.5-2.5 cm. in distance across. Surface of the dried roots show profound sporadic longitudinal wrinkles and moment transverse wrinkles because of shrinkage during drying. The messed up bits of the medication have sporadic uneven transverse surface and empty depression in the inside part of the medication without decreasing end or center portion of the medication without decreasing closures. The medication is hard, be that as it may, it breaks with a short crack. The medication has no smell and has somewhat adhesive taste which leaves bitter mix in the wake of biting for couple of minutes.

Flowering and fruiting time

Plant almost dies or dries up in summers and it grows with new tender branches from underground root. Flowers begin to appear in September-December and fruits appear afterwards.

Distribution

Plant occurs throughout India almost commonly ascending upto an altitude of 4,000 feet in the Himalayas and in Ceylon.

Kinds and varieties

Nighantus quote two varieties viz., Shatavari and Maha Shatavari. A. racemosus and A. sarmentosa Linn area their botanical sources respectively. However, some identify Aadsendens as Mahashatavari. But this plant is originally considered as Śhweta Muśali.

Shatavari is commonly used and plant source known as Asparagus racemosus Wild. While Mahashatavarii is botanically suggested as Asparagus sarmentosa Linn. which a larger climber and longer tuberous roots. Another kind of Shatavarī is botanically identified as Asparagus filicinus Ham. which is thornless (without prickles) plant

occurring in the Himalayan region(4000-9000ft. elevation). Some other species of Asparagus are also referred in context of Shatavari particularly Asparagus currilus Buch Ham. , Asparagus gonoclados Baker. 7 Asparagus officinalis Linn.

Controversial Studies-

There are different species from which the tuberous roots may be collected. They are : A. racemosus: A. adscendens; A. curillus Buch. - Ham.; A. filicinus Buch. Hamand A. sarmentosus Linn. The first two species are generally used for trade. Safed Musli (Chlorophytum tuberosum) is also used as a source of this drug sometimes. Some consider that Shatavirya and Sahastravirya are the synonyms of Shatavari and Mahasatavari respectively.

Pharmacodynamics

Rasa (Taste): Madhura (Sweet), Tikta (Bitter)
Guna (Qualities) : Guru (Heavy), Snigdha (Unctuous)
Virya (Potency): Śita (cold)
Vipäka (After digestion taste): Madhura (Sweet)
Doşakarma (Action On Dosha): Vatapittashamaka (Pacify Vata and Pitta)

Properties and action

Karma : Sukrajanana-vrushya (Aphrodisiac), Balya-rasayana (Rejuvenation),Garbh Poshak (Give nourishment to foetus and Uterus), Stanyajanana (Increase quality and quantity of lactation) Pittashamaka (helps in Pitta disorders), shulahara (Pacify abdominal pain due to Pitta), Grahai (Anti-Diarrhea), Hridya-raktapittasamaka (useful in Coronary Heart disease), Raktabharahrasaka (Anti-Hypertensive),Mutrala (diuretic). Medhya-nadibalya (Give strengthening to neurons).

Diseses :

Sukrakşaya (Oligospermia), Garbhasrāva (Abortion), Pradara-rakta shweta pradara (lecorrhea), Stanyakşaya (hypogalactia), Mutrakrichra (dysuria), Daurbalya-dhätukşaya, Kşhayaroga, Drustimandya, Amlapitta (Hyperacidity), Grahani (IBS),Arsha (Haemorrhoides), Vatavadhi, Siroroga, Apasmara (Epilepsy).

Therapeutic uses

The medication Shatavari is elective, hostile to diarrhea, anti-dysenteric, against uncontrollable, love potion, astringent, cardiovascular, tonic, carminative, demulcent, diuretic, galactogogue; nerve tonic, nutritive, ophthalmic, reinforcing and tonic. It is additionally utilized in blood maladies, pneumonic grievances, ailment, sparse pee and original shortcoming. The roots are likewise used for sedated oils, utilized for apprehensive and rheumatic issue. The alcoholic concentrate and portions of tuberous foundations of medication have indicated huge oxytocic action. The medication Shatavari has properties of love potion, demulcent, diuretic, galactagogue, nutritive, refrigerant, clean, hostile to diarrhea and against dysenteric. It is my utilized in utilization (kşaya), looseness of the bowels (atisara), blood diarrhea (rakta amatisära), epilepsy (apasmara), haemophilic scatters and swelling (sotha). The roots are valuable in leucorrhoea; the cooked in milk which is given to female patients or powder of root is used. The underlying foundations of medication are misused for use in a few arrangements having a place with gathering of old style details. Elädya modaka, Gudücyâdi modaka, Brhanmañjisthadi kvatha , Trayodaśanga guggulu, Elädi ghrta, Amrtaprasa ghsta, Narasirmha curna, Anu taila, Candrakalā taila, Laksmi vilasa rasa, Satavari guda, Marma gutika, Prabhanjana vimardana rasa, Navaratna räjamrgänka rasa,Vasa ghrta, Khandakadya leha, Satāvaryādi ghrta, Satavari mandúram, Satavari päkam, Vişnu taila, Satamulyadi louha, Satavari panaka, Phala ghrta and different other restorative arrangements consolidated in setting of the administration of various sicknesses early traditional writings of medication which perceives Satavari as a profitable, major and exceptionally powerful medication of old medicinal framework. It's inhibitor action, hostile to abortifacient movement (Shatvarin 1), Antioxytoxic (Shatavarin4), convulsive to female interior regenerative organ, indication, hypertensive action, prescription action, antiviral action, anticancer and Antidysenteric action. This species is widely grown all through the tropical and climatic zone locales. The racemosides glucoside substance of Asparagus racemosus roots modified the structures of the 2 noteworthy saponins of this plant. Shatavarins I, 10 and 1V, seven more affirmation was given by the detachment of a substitution minar interior discharge glucoside from the Asparagus racemosus roots Shatavarin V, about six and the showing that this glucoside in truth had the structure prior mistakenly allocated to Shatavarin 1V separation and structure explanation of the inward emission saponins segregated from the establishment of this plant.

Parts used : Roots.

Dose: Juice 10-20 ml., Decoction 50-100 ml., Powder 3-6 gm.

Formulations (yoga): Satavarighrta, Näräyana taila, Vişhnutaila, Satamulyādi louha, Satavari panaka. Groups (gana),Balya, Vayahsthapana, Madhuraskandha (CarakaSamhita), Vidarigandhādi, Kantakapañcamula, Pittapraśamana (Susruta Samhitä).

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