

# Shatavari Root

A beneficial tonic to the female hormonal and menstrual cycle

**Common Name:** Wild Asparagus

**Latin:** *Asparagus racemosus - radix (Liliaceae)*

## Constituents:

Saponins, sitosterol, glycosides - shatavarin, mucilage<sup>1</sup>

## Bio-Medical Action:

Demulcent, galactagogue, anti-inflammatory, aphrodisiac, female reproductive tonic, spermatogenic, anti-haemorrhagic, expectorant, adaptogen

## Indications:

**Gynaecology:** Shatavari is the foremost female uterine tonic used in Ayurveda. Primarily used as a menstrual regulator in dysmenorrhoea, menorrhagia and menstrual irregularity it helps to clear inflammation, spasm and hormone imbalance. Shatavari is an excellent tonic for female fertility. Very useful in menopausal symptoms with hot flushes, night sweats, irritability, irregular memory and dryness.<sup>2</sup>

**Lactation:** Specific for increasing milk flow and quantity.

**Digestion:** Soothes inflammation of the mucus membranes; colitis, crohn's disease, inflammation and pain. For conditions of gastric hyperacidity with sour reflux and burning in the stomach. Also for ulcers and gastritis.<sup>3</sup>

**Lungs:** Where there is inflammation from dryness and heat Shatavari increases moisture. Used in dry cough, sore throat and haemoptysis.

**Male Fertility:** Whenever there is low sperm count and irregularity consider using Shatavari.<sup>4</sup>

**Urine:** Very useful in dysuria with hot, smelly urine. Also for haematuria.

**Anabolic:** Increases body mass, muscle tissue and builds the blood.

## Combinations:

- + **Ginger and Turmeric** for gynaecological conditions
- + **Ashwagandha** as a uterine tonic and for infertility (male and female)
- + **Amla, Triphala and Neem** for inflammations in the intestines
- + **Trikatu** for lung infections
- + **Triphala** for urinary difficulty, pain, bleeding

## Ayurvedic Energetics:

**Taste rasa:** Bitter, Sweet

**Action virya:** Cooling

**Post-digestive effect vipaka:** Sweet

**Quality guna:** Unctuous, Heavy

**Dosha effect:** VP-, K+

**Tissue dhatu:** Plasma, Blood, Muscle, Fat, Bone, Nerve, Reproductive

**Channel srota:** Digestive, Female reproductive, Respiratory

## Contraindications:

Not with congestion, i.e. if you have a cold.

## Dosage:

3-30ml/day of a 1:3@25% tincture. 2 capsules 3x/day

## Duration:

Use long term from 1-6 months

<sup>1</sup> Paranjape

<sup>2</sup> Frawley and Ladd

<sup>3</sup> Paramjpe

<sup>4</sup> Bhavaprakasha