

Shatavari Plus Formula (heter nu Womankind)

Tonifies the female reproductive system and balances the menstrual cycle

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| Shatavari | <i>Asparagus racemosus</i> | Agnus Castus | <i>Vitex agnus-castus</i> |
| Turmeric | <i>Curcuma longa</i> | Indian Sarsaparilla | <i>Hemidismus indica</i> |
| Rose | <i>Rosa damascena</i> | Musta | <i>Cyperus rotundus</i> |
| Ashwagandha | <i>Withania somnifera</i> | Gokshura | <i>Tribulus terrestris</i> |
| Punarnava | <i>Boerhaavia diffusa</i> | Ginger | <i>Zingiber officinale</i> |

Bio-Medical Action:

Emmenagogue, anti-spasmodic, anti-inflammatory, diuretic, alterative, circulatory stimulant, astringent

Indications:

Gynaecology: Shatavari Plus is used to normalise the menstrual cycle, remove pelvic obstructions and nourish the reproductive tissues. It normalises by regulating all three *doshas*, it removes obstructions by clearing excess fluids and stagnant blood in the uterus, and nourishes by strengthening muscle tissue and fertility. It is used to boost fertility with the tonic herbs that it contains. It also helps to alleviate menopausal symptoms such as hot flushes, night sweats, irritability and dryness.

Dysmenorrhoea: Painful periods are alleviated by reducing spasms, inflammation and stagnation as Musta, Rose, Turmeric, Agnus Castus and Punarnava clear any obstructions. This may benefit Polycystic Ovarian Syndrome, fibroids and endometriosis.

Combinations:

- + **Guduchi & Neem Formula** if there are signs of biliousness, nausea, breast distension
- + **Guggul Plus** for fibroids, cysts and endometriosis
- + **Amla & Peppermint Formula** if there is acidity or diarrhoea
- + **Asafoetida Plus** if there is bloating, wind and intestinal cramps
- + **Punarnava Formula** for water retention
- + **Triphala Plus** for constipation
- + **Aloe Vera Juice** to guide the herbs to the reproductive system

Notes:

- Shatavari, Ashwagandha, Rose, and Agnus Castus all nourish the reproductive tissue, uterus and ovaries.
- Punarnava, Musta, Gokshura, Ginger, Turmeric and Indian Sarsaparilla all clear stagnation from the pelvis, uterus and ovaries and prevent pain.
- Shatavari, Rose and Indian Sarsaparilla all help to prevent sweats and hot flushes.
- Indian Sarsaparilla and Rose prevent excess bleeding.

Ayurvedic Energetics:

Taste *rasa*: sweet, pungent, astringent

Action *virya*: neutral

Post-digestive effect *vipaka*: sweet

Quality *guna*: dry, light

Dosha effect: vpk-

Tissue *dhatu*: plasma, blood, muscle, reproductive

Channel *srota*: circulatory, female reproductive

Contraindications:

Though this formula will benefit signs of weakness in pregnancy caution must always be taken.

Dosage:

2 capsules 3x/day

Duration:

Symptomatically until imbalance has corrected 1-6 months