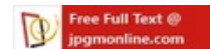


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### **Effect of Asparagus racemosus (Shatavari) on gastric emptying time in normal healthy volunteers.**

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#### **Abstract**

Asparagus racemosus (Shatavari) is used in Ayurveda for dyspepsia (amlapitta) and as a galactagogue. It was hence compared with a modern drug, metoclopramide, which is used in dyspepsia to reduce gastric emptying time. Gastric emptying half-time (GE t<sub>1/2</sub>) was studied in 8 healthy male volunteers using a cross-over design. The basal GE t<sub>1/2</sub> in volunteers was 159.9 ± 45.9 min (mean ± SD) which was reduced to 101 ± 40.8 min by Shatavari (p less than 0.001) and to 85.3 ± 21.9 by metoclopramide (p less than 0.001). Metoclopramide and Shatavari did not differ significantly in their effects.

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