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## SHATAVARI (INDIAN ASPERAGUS)

**Back to Medicinal Crops**



### PLANT PROFILE

<b>Family</b>	: <i>Liliaceae</i>
<b>English name</b>	: Asparagus
<b>Indian name</b>	: <b>Shatmuli, Satavari (Sanskrit)</b> <b>Satawar, Satavari (Hindi)</b> <b>Shimai-shadavari, Ammaikodi, Kilwari (Tamil)</b> <b>Challagadda, Pilligadalu, Kilwari (Telgu)</b> <b>Majjige-gedde, Aheru balli (Kannada)</b> <b>Saatawari, Ekalakanto (Gujarathi)</b> <b>Satawarmul, Satavari (Marathi)</b> <b>Satamuli (Bengali)</b> <b>Shatavali, Satavari (Malayalam)</b>
<b>Species</b>	: <i>Asparagus racemosus</i> (Willd)
<b>Distribution</b>	: Tropical and subtropical India

Shatavari is an indigenous medicinal plant used in *Siddha* and Homoeopathy medicines. It is estimated that in India, more than 500 tonnes of shatavari roots are needed every year for various medicinal preparations.

### MEDICINAL PROPERTIES AND USES

Shatavari roots are used mainly as galactagogue which stimulates the secretion of breast milk. It is applied in improving the lost body weight and also known as an aphrodisiac. The root is useful in treating the ailments like dysentery, tuberculosis and diabetes. Commonly, it supports to maintain the health by giving immunity to diseases. It is considered as very good energy provider to the weak body system.

### CULTIVATION TECHNIQUES

#### Soil

Generally, the crop prefers lateritic, red loamy soils, with adequate drainage. Being a shallow rooted crop, it can be easily grown under such shallow and rocky soils where the soil depth is hardly 20-30 cm.

#### Climate

The crop survives under varied agro-climatic conditions ranging from temperature to tropical hill regions. It can be grown in moderate hills like Shevroys, Kolli and Kalrayan hills and medium elevations of Western Ghat hills under condition where the elevations are between 800 to 1500 m above MSL. It tolerates drought as well as low temperature.

#### Varieties

There is no named variety developed so far in this crop.

### Inputs

Sl.No.	Materials	Per acre	Per hectare
1	Number of plants	10000	25000
2	Farm Yard Manure (t)	8	20
3	Fertilizers (kg) N P <sub>2</sub> O <sub>5</sub> K <sub>2</sub> O	Presently the crop is grown mainly organically and no information on its fertilizer application is available	

### Planting



It is propagated by root suckers or seeds. For commercial cultivation, **root suckers** are preferred over seeds.

The soil is prepared well by digging up to 15 cm depth. The field is divided into convenient sized plots and laid out into ridges at 60 cm apart.

Well developed root suckers are planted on the ridges.

### IRRIGATION AND INTERCULTURE

The field is irrigated immediately after planting. It is continued at 4-6 days interval until a month and thereafter at weekly interval.

Frequent weeding is required during its early period of growth.

Care should be taken to avoid any damage to growing shoots at the time of weeding. Totally, about 6-8 hand weeding is needed to keep crop free of weeds.

The crop being a climber requires support for its proper growth. For this purpose, 4-6 feet long stakes are used to support the general growth.

In large scale plantation, the plants are trailed on brush wood pegged in alternate rows.

### Plant Protection

No serious pest and disease has been noticed in this crop.

### Harvesting and Yield

The roots come to maturity in about 12-14 months after planting depending upon the soil and climatic conditions.

A **single plant** may yield about **500 to 600 g of fresh root**. On an average, **12,000 to 14,000 kg of fresh roots** can be harvested from one hectare area which on drying may yield about **1000 to 1200 kg of dried roots**.



**COMMERCIAL PRODUCTS**

