

Asparagus racemosus

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Asparagus racemosus (**Satavar**, **Shatavari**, or **Shatamull**) is a creeper, 1 to 2 meters tall, that is common throughout India and the Himalayas. It prefers to take root in gravelly, rocky soils, high up in piedmont plains (1,300 - 1,400 meters elev.).^{[2][3]} It was botanically described in 1799.^[1]

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Leaves, flowers and fruits

Satavar has odd little pine-needle-like leaves that are uniform, and shiny green. In July it has minute, white flowers on short, spiky stems, and in September it fruits blackish-purple, globular berries.^[3]

Roots and Ayurveda

It has an adventitious root system with tuberous roots that measure about 1 meter in length, tapering at both ends, and may, for each plant number roughly a hundred.^[3]

The roots are used in Ayurvedic medicine, following a regimen of processing and drying, with the name of Shatavari. It is used as an anodyne, aphrodisiac and galactagogue.

Shatavari is considered to be the main Ayurvedic rejuvenating female tonic for overall health and vitality. The reputed adaptogenic effects of Shatavari may be attributed to its concentrations of saponins, known as Shatavarins. In Sanskrit, Shatavari means "she who possesses a hundred husbands."

References

- [^] ^a ^b ^c ^d "Asparagus racemosus information from NPGS/GRIN" (<http://www.ars-grin.gov/cgi-bin/npgs/html/taxon.pl?5540>) . *Germplasm Resources Information Network*. USDA. August 6, 2002. <http://www.ars-grin.gov/cgi-bin/npgs/html/taxon.pl?5540>. Retrieved April 25, 2009.
- [^] Robert Freeman (February 26, 1998.). "LILIACEAE - Famine Foods" (http://www.hort.purdue.edu/newcrop/faminefoods/ff_families/liliaceae.html) . *Center for New Crops and Plant Products, Department of Horticulture & Landscape Architecture*. Purdue University. http://www.hort.purdue.edu/newcrop/faminefoods/ff_families/liliaceae.html. Retrieved April 25, 2009.

Satavar

Scientific classification

Kingdom: Plantae
 (unranked): Angiosperms
 (unranked): Monocots
 Order: Asparagales
 Family: Asparagaceae
 Genus: *Asparagus*
 Species: *A. racemosus*

Binomial name

Asparagus racemosus
 Willd.^[1]

Synonyms

- *Asparagus rigidulus* Nakai^[1]
- *Protasparagus racemosus* (Willd.) Oberm.^[1]

- ^a ^b ^c "Asparagus racemosa" (<http://www.herbalcureindia.com/herbs/asparagus-racemosus.htm>) .
<http://www.herbalcureindia.com/herbs/asparagus-racemosus.htm>. Retrieved April 25, 2009.

External links

- Nice picture of *A. racemosus* flowers from "Flowers of India" website (<http://www.flowersofindia.net/longshots/Satawari.jpg>)
- Ibiblio.org link (http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Asparagus+racemosus)
- USDA GRIN (<http://www.ars-grin.gov/cgi-bin/npgs/html/taxon.pl?5540>)

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