

Shatavar: Blessing for Women

Prachi¹, Prof. (Dr.) Ashok Kumar Thakur²

¹Research Scholar, ²Professor,

^{1,2}Department of Zoology, Tilkamanjhi Bhagalpur University, Bhagalpur, Bihar, India

ABSTRACT

Based on the existing studies, we propose that "shatavari" may improve female reproductive health complications including hormonal imbalance, polycystic ovarian syndrome (PCOS), follicular growth and development, oocyte quality and infertility possibly by reducing OS level and increasing "antioxidants" level in the body.

KEYWORDS: Shatavari, Asparagus Racemosus, Fertility, Drugs, Medicines, Ayurveda etc

How to cite this paper: Prachi | Prof. (Dr.) Ashok Kumar Thakur "Shatavar: Blessing for Women" Published in International

Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470,

Volume-7 | Issue-1, February 2023, pp.969-972,

URL: www.ijtsrd.com/papers/ijtsrd52805.pdf



Copyright © 2023 by author (s) and International Journal of Trend in Scientific Research and Development

Journal. This is an Open Access article distributed under the

terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



INTRODUCTION

Ayurveda is popular throughout the world. It has a very rich tradition of herbal medicines. The Ayurveda is totally natural remedy and its major base is herbal medicines. Now days Ayurveda started to become a mainstream healthcare system. Modern medicine is giving relief to the patients but at the cost of heavy side effects. So people are attracted towards Ayurvedic drugs specially herbs and herbal preparations from Ayurveda system. In last decade over the counter sale of herbal medicines has drastically increased. There are several popular herbal drugs are mentioned in Ayurvedic texts and their demand is increased both among Ayurvedic doctors as well as in common man. Shatavari (Asparagus racemosus) is one of the most popular drug from Ayurveda stream. It is first described botanically in 1799. The genus Asparagus consisted of about 300 species around the world, out of which 22 species are recorded in India. Asparagus racemosus is widely distributed across the globe and its distribution ranges from tropical Africa, Australia, Java, Sri Lanka, Southern parts of China and India, but it is mainly cultivated in India. Shatavari is main "Rasayan" drug mentioned by Ayurvedic texts. It is also called as

Queen of herb in folklore medicine. The drug is having wide range of therapeutic activity. The plant is easily available all over the India. It is considered as a rejuvenative for female like Withania somnifera for male. The drug is useful in several female reproductive system disorders. Asparagus racemosus prevents aging, antitumor, useful in nervine disorders, and act as anti-inflammatory agent. Ancient Ayurvedic texts claimed special use of this drug as a galactagogue and in abortion cases. Charaka mentioned use of root of Asparagus racemosus as an aphrodisiac, in Somaroga as a uterine tonic as well as used in hepatopathy. Several Ayurvedic preparations of Asparagus racemosus is readily available in the market. Asparagus racemosus is one of the cost effective herbal drug. The major advantage of this drug is that it can be used both as a single drug as well as in polyherbal combination.

PLANT DESCRIPTION:

"Asparagus racemosus" is readily available throughout world specially Himalaya region and Sri Lanka. The plant grows high up to 3 to 4 meters tall. The leaves are like pine needles, small and uniform and flowers are white and have small spikes.



Fig. a Shatavari root **Fig. b Shatavari plant**

SCIENTIFIC CLASSIFICATION:

Kingdom: Plantae
Clade: Angiosperms
Clade: Monocots
Order: Asparagales
Family: Asparagaceae
Subfamily: Asparagoideae
Genus: Asparagus
Species: A. racemosus

HABITAT:

Its habitat is common at low altitudes in shade and in tropical climate throughout Asia, Australia and Africa. Out of several species of Asparagus grown in India A.racemosus is most useful in folk medicine.

BENEFITS OF SHATAVAR FOR WOMEN:

The terms woman and busy lifestyles have now become "synonymous". An unhealthy way of life could cause unnecessary hassles and bring the onset of numerous chronic diseases. Unhealthy lifestyles are a growing concern among women of all ages. Be it mental health or sexual health, Shatavari, when added to a woman's diet, proves to be a powerful ingredient. Let's list some of the many Shatavari benefits for women.

1. Shatavari benefits For Inflammation

Inflammation doesn't come invited. One day it could be menstrual cramps, another day, your knee could be bruised. The antioxidant properties in Shatavari have anti-inflammatory effects on your body. Moreover, "COX-2" in "Shatavari" has scientifically proven to have ovulation-regulating properties, excellent news for women affected by "PCOS or PCOD".

2. Shatavari for PCOS

"PCOS" is caused by an imbalance of hormones in a woman's body. Studies say that when women take 5 grams of "Shatavari", their hormones are balanced out. Shatavari naturally increases the antioxidants in a woman's body. It improves menstruation and reduces fertility.

3. Shatavari benefits For Female Fertility

Every woman likes a satisfying orgasm. But what comes before that? Your very desire to have sex is reflected in your sex drive. "Shatavari" is known to enhance the desire for sex among women, is a known trick to manage "infertility" among women, prevent miscarriages, and make sure of time ovulation.

4. Shatavari benefits for "Libido"

"Libido" is vital to engage in sex. A lack of "Libido" among women could mean absolute disinterest in sexual activities and its inability, even if you want to have sex. Shatavari is a known libido booster. It is also beneficial for women suffering from anxiety or depression. Research also shows Shatavari benefits for female fertility. Shatavari's soothing and relaxing effects make it such a popular adaptogenic herb.

5. Does Shatavari increase breast size?

"Shatavari" is exceedingly rich in phytoestrogens. "Phyto-estrogen" content, if taken as recommended, is a great way to increase a woman's breast size naturally. It is considered one of the best ayurvedic methods for breast enlargement.

"Shatavari" can help increase breast size. So how to use Shatavari for breast growth? When you consume it with ghee. Even Shatavari churna can increase breast size. Shatavari reduces water weight in one's body while healthily growing body weight. Since the breast is made of an adipose (fat tissues) body, "Shatavari" helps women increase breast size naturally by increasing the fat tissues in women's bodies. Hence, numerous women place their trust in Shatavari for breast enlargement.

6. Shatavari for breastfeeding

Many new mothers choose Shatavari for breast milk. Does Shatavari increase breast milk? As a popular galactagogue, Shatavari boosts the milk production among lactating mothers, aiding them through this process. Shatavari granules for lactation have the same effects.

Does "Shatavari" powder for breast milk really work? Yes. So how to take Shatavari powder to increase breast milk? It's simple- take 1/4 - 1/2 a teaspoon of Shatavari, powder, and consume with milk or honey, twice, daily. Repeat this often enough, or till the time your doctor has prescribed, and notice greater milk production.

7. Shatavari for pregnancy

Is "Shatavari" safe during pregnancy? Numerous women wish to know why to take Shatavari during pregnancy. The high Folic Acid content in Shatavari is an essential nutrient that aids the fetus' development. So of course Shatavari can be taken during pregnancy. During pregnancy, mothers tend to feel fatigued. This weariness, over time, can cause them to fall ill. Shatavari builds and stimulates the immune system, due to which you become resistant to infections and allergies.

Women also ask us how to take "Shatavari" to get pregnant? Does Shatavari really help to conceive? Yes! Shatavari for pregnancy keeps your hormones

balanced, nourishes female reproductive organs, and helps with "ovulation".

8. Does Shatavari increase breast size?

"Shatavari" is exceedingly rich in phytoestrogens. Phyto-estrogen content, if taken as recommended, is a great way to increase a woman's breast size naturally. It is considered one of the best ayurvedic methods for breast enlargement.

"Shatavari" can help increase breast size. So how to use Shatavari for breast growth? When you consume it with ghee. Even Shatavari churna can increase breast size. Shatavari reduces water weight in one's body while healthily growing body weight. Since the breast is made of an adipose (fat tissues) body, Shatavari helps women increase breast size naturally by increasing the fat tissues in women's bodies. Hence, numerous women place their trust in Shatavari for breast enlargement.

9. Shatavari for breastfeeding

Many new mothers choose Shatavari for breast milk. Does "Shatavari" increase breast milk? As a popular galactagogue, Shatavari boosts the milk production among lactating mothers, aiding them through this process. "Shatavari" granules for lactation have the same effects.

Does "Shatavari" powder for breast milk really work? Yes. So how to take Shatavari powder to increase breast milk? It's simple- take 1/4 - 1/2 a teaspoon of "Shatavari", powder, and consume with milk or honey, twice, daily. Repeat this often enough, or till the time your doctor has prescribed, and notice greater milk production.

10. Shatavari for pregnancy

Is Shatavari safe during pregnancy? Numerous women wish to know why to take "Shatavari" during "pregnancy". The high "Folic Acid" content in "Shatavari" is an essential nutrient that aids the fetus' development. So of course Shatavari can be taken during pregnancy. During pregnancy, mothers tend to feel fatigued. This weariness, over time, can cause them to fall ill. Shatavari builds and stimulates the immune system, due to which you become resistant to infections and allergies.

Women also ask us how to take "Shatavari" to get pregnant? Does Shatavari really help to conceive? Yes! "Shatavari" for pregnancy keeps your hormones balanced, nourishes female reproductive organs, and helps with ovulation. If that's the case then can you take "Shatavari" while pregnant? Of course! "Shatavari" is considered safe for breastfeeding and pregnant women too, according to Ayurvedic science.

So how to take "Shatavari" to get pregnant? It can be consumed in a liquid, tablet, powder or capsule form. However, the ideal dose of Shatavari to get pregnant is about 1/4 to 1/2 tablespoons, daily. Please consult your physician before starting a Shatavari dosage, though.

For how to take or consume Shatavari, please read on for its varied forms.

CONCLUSION:

Since time immemorial, "Shatavari", "the Queen Of Herbs" has been mentioned in several ayurvedic scriptures as an ultimate remedy owing to its enormous health benefits. This incredible medicinal herb is classified as an adaptogen and helps in normalising "stress and anxiety".

REFERENCES:

- [1] Asparagus racemosus information from NPGS/GRIN. Germplasm resources information network. United states: Department of Agriculture; 2009.
- [2] Kirtikar, Basu. Indian medicinal plants. Dehradun, India: Bishen Singh Mahendra Pal Singh 1985.
- [3] Sharma RK, Dash B. Charaksamhita text with English translation and critical exposition based on Chakrapani Datta's Ayurved Dipika: Chaukhamba Varanasi; 2003.
- [4] Simon D. The wisdom of healing, New York, Harmony Books; 1997, p.148.
- [5] Ahmad et al, Chemical composition of Shatavari Asparagus Racemosus, Bull-Medico-Ethano, Bot, Res1991, 12(3-4); 157-160.
- [6] Gaitonde et al, Antioxytotic action of saponin isolated from Asparagaus racemosus wild (Shatavari) on uterine muscle. Arch Int Pharmacodyn Ther 1969, 179:121-129.
- [7] Joshi JDS. Chemistry of Ayurvedic crude drugs; Part VIII; Shatavari. Structural elucidation of bioactive shatavarin I and other glycosides. Ind J Chem Section B Organ Chem 1988; 27(1); 12-16.
- [8] Nair AGR, et al, Occurance of diosgenin in Asparagus racemosus, Current Science, 1969, 17, p.414.
- [9] Patricia YH et al, Structural clarification with isolation of shatavarin V, Tetrahed Lett, 2006, 47, 8683-8687.
- [10] Wiboonpun et al, Identification of antioxidant compound from Asparagus racemosus, Phytotherapy Research, 2004;8(9):771-773.

- [11] Sharma SC, Constituents of fruits of *Asparagus racemosus*, Pharmazie, 1981, 36(10); 709.
- [12] Singh J et al, Chemical examination of roots of *Asparagus racemosus*, Journal of Indian Chem Society, 1991, 68(7): 427-428.
- [13] Kukawasa N, et al, Structure of asparagamine A, novel polycyclic alkaloid from *Asparagus racemosus*. Chem pharm Bull, 1994, 42; 1360-1362.
- [14] Sekin TN et al, 9,10dihydrophenanthrene from *Asparagus racemosus*. Phytochemistry 1997; 44(4): 763-764.
- [15] Choudhary BK, et al, Mineral contents of *Asparagus racemosus*. Indian drugs 1992; 29(13): 623.
- [16] Subramanian SS et al, Chemical components of *Asparagus racemosus*, Current science, 1968, 37(10):287-288.
- [17] Vd. V. M. Gogate, Dravyaguna Vidnyana, Manohar Pimplapure & Co. Publisher, Nagpur, 2nd Edition, 1997, P. 412.
- [18] Acharya Priyavat Sharma, Dravyaguna Vijnana, 1998, Chaukhamba Bharati Academy, Varanasi, P.562.
- [19] Acharya Priyavat Sharma, Dravyaguna Vijnana, 1998, Chaukhamba Bharati Academy, Varanasi, P.562.
- [20] Acharya Vidyadhar Shukla, Prof.Ravidatta Tripathi, Charak Samhita, 2004, Chaukhamba Sanskrit Pratistan, Delhi, P. 71-72.
- [21] Vaidyaraj Datto BallalBorkar, Sarth Sushrut Samhita, Rajesh Prakashan Pune, P. 158.
- [22] Dr. K. C. Chunekar, edited by G. S. Pandey, Bhavprakash Nighantu, 2006, Chaukhamba Bharati Academy, Varanasi, P. 392

