



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

SHATAVARI



Latin name: *Asparagus racemosus*

Family: Liliaceae

Regional names: શતભવરી (Gujarati), शतावर (Hindi)

Morphology: A tall climbing undershrub. Spines are long recurved or rarely straight, cladode in tufts of 2-6 curved. Flowers are white and fragrant, in racemes. Fruit is a berry, red in color.

Synonyms: Durmara, Abhiru, Adharakantaka, Sukshmapatra, Phanijihvaparni, Pivari

Rasa Panchaka:

Rasa: Madhura, Tikta

Guna: Guru, Snigdha

Virya: Sheeta

Vipaka: Madhura

Karma: Shukrala, Balya, Hrudya, Medhya, Rasayana, Stanyakara

Useful parts: Root

Indications: Shotha, Kshaya, Parinamashoola, Gulma, Atisara, Raktapitta, Sutikaroga, stanya dosha, stanya kshaya

Dosage: 3-6gms

Formulations: Shatavari Guda, Brahma rasayana, Puga khanda, Saubagya shunti, Mahanarayana taila