



# PPPL Standards

## Herbarium sheet

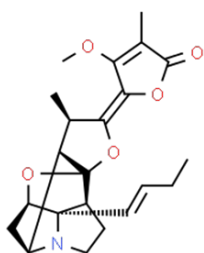
### Shatavari (*Asparagus racemosus*)

**Common name:** Satawari, **English:** Indian Asparagus, **Marathi:** shatavari, **Sanskrit:** shatavari

**Gujarati:** shatavari, **Hindi:** shatamuli

**Part used:** Root - The air dried roots are brown in color, tuberous, elongated, and tapering at both the ends, up to 30-100 cm long. The fresh roots are fleshy and white in color; while on drying it become shrinked, longitudinal ridges appeared and the color turned light brown.

**Active Chemical constituents:** Asparagamine A



Asparagamine A

#### Organoleptic characters:

**Colour-** brownish colour

**Odour-** characteristic **Taste-** sweetish with slight bitter

**Pharmacological applications:** Boosts Immunity, Female Reproductive System- Shatavari's main components are saponins that help regulate estrogen. This modulation helps to control menstrual cycles, manage PMS symptoms, ease menstrual cramps and control the amount of blood loss. nutritive tonic, enhance lactation in nursing mothers

#### Granthokta Ayurvedic application:

*Stanyajanan, Balya, Agnivaradhak, Napusakata, Shukrameha, Shukrajanan, Atisar, grahani, Raktaatisar*  
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