

SHATAVARI: THE QUEEN OF HERBS

Shatavari is a nourishing tonic especially for women. In Ayurveda, it has been used to treat all major ailments of woman from menarche to menopause. Shatavari means 'one with hundred roots' or '**which can cure hundred ailments**'. Hence, it is known as Queen of Herbs.

Shatavari is scientifically termed as **Asparagus Racemosus** and belongs to Lily family. It is a thorny climbing herb with tuberous finger-like roots. It is commonly used in food. Its high fiber and folate content improves digestion by increasing the activity of digestive enzymes lipase and amylase.

It has naturally occurring **Folate** (also known as Vitamin B9) which is essential for Red Blood Cell formation and healthy metabolism. It is essential during pregnancy for healthy brain development of foetus and also prevents birth defects.

It is good for **post-partum** problems and **lactating mothers**. Its galactagogic activity (**स्तन्यवर्धन**) promotes lactation (flow of breast milk) and supports mammary glands. It is safe to take during pregnancy and breast feeding.

Shatavari has natural steroidal saponins that acts as an **Oestrogen regulator**. Hence, it is useful for female reproductive health. It helps to regulate menstrual cycles, manage PMS symptoms, alleviate menstrual cramps and control menorrhagia. It also helps with fluid retention and bloating often suffered before a period. It is also a potent aphrodisiac for women as well as men. Even though this herb is known to treat diseases related to female reproductive system but it can also be used in males. In males, it increases sperm count and mobility. It is a miracle herb for male & female infertility.

It **balances Vata-Pitta dosha** which helps in the regulation of hormones in the body. Research studies prove its **immunomodulatory activity** and helps boosts immune system of the body. It also reduces anxiety and calms the mind. It contains phytosterols, saponins, flavonoids, polyphenols and ascorbic acid that increase the excretion of bad cholesterol and improves good cholesterol.

Regular intake of dry shatavari extract (3-6gm) with one cup of cow's milk or one table spoon of cow's ghee is ideal for lactating mothers. Fresh shatavari juice can also used.

