

**Name of Herbal Plant : Shatavari****Botanical Name** : *Asparagus Racemosus- Willd.***Kingdom** : Plantae**Synonyms** : Satavar, Wild Asparagus**Biological Source** : The roots of the plant *Asparagus Racemosus***Family** : Asparagaceae**Description** : Shatavari In Sanskrit Means “The Plant With Hundred Roots”

It Is Natural Herb That Are Enriched With Medicinal Properties And Are Regularly Used In The Preparation Of Various Ayurvedic Formulations. It Is Hormone Balancer .

**Geographical Source** : Shatavari Is Primarily Found In India, Particularly In The Tropical And Subtropical Regions. It Is Also Cultivated In Other Parts Of Asia, Including Nepal, Sri Lanka, And The Himalayas.

**Vernacular Name in English:** Buttermilk Root, Climbing Asparagus, Wild Asparagus.

**Vernacular Name in Hindi** : Shatavari

**Vernacular Name in Marathi:** Satavari.

**Vernacular Name in Kannada:** Majjige Gadde.

**Chem. Constituents:** It Contains Mainly Saponins (Such As Shatavarin), Flavonoids, Alkaloids, Sterols, Vitamins (Such As Ascorbic Acid), Minerals (Such As Zinc And Potassium), And Essential Oils.

**Uses:** Used For Centuries As A Hormone Balancer And A General Tonic To Uplift Female Health And Libido. It Is Powerful Adaptogenic Herb.

**Source:** <https://www.saraswatiayurveda.com/blog/2019/9/8/shatavari>

