

# *Shatavari / Asparagus racemosus*

## **Part consumed -**

Tuberous roots

## **Form consumed -**

Juice, Dried powder,  
Decoction

## **Maximum daily**

## **consumption by adults -**

Juice - 10-20 ml

Powder - 6 g

Decoction - 50 - 100 ml

## **Composition**

- Sarsapogenin
- Sitosterol
- Diosgenin
- Flavonoids



## **Indications as per Ayurveda**

- Energiser
- Galactagogue
- Anti-diabetes
- Digestive
- Appetizer
- Laxative
- Neuroprotective

## **Modern clinical studies**

- Diuretic
- Respiratory protective
- Anti tuberculosis
- Radio-protective
- Anti-anxiety
- Anti diabetes