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## Role of *Shatavri* (*Asperagus racemosus* Wild) in Healthy Progeny and Infertility: A Short Review Paradkar S.

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### Abstract:

**Introduction** – In modern era cases of male and female infertility are increasing due to sedentary lifestyle, poor nutrition, increased BMI, smoking and excessive alcohol intake. Infertility means not being able to get pregnant (conceive) after one year or longer of unprotected sex. *Shatavari* has been used in Ayurveda for hundreds of years to support female reproductive and maternal health. **Objectives:** To find out function and mode of action of *Shatavari* in female infertility and to study the disease infertility. **Observations:** Plant description- *Shatavari* drug is described in our classic *Charak Samhita* as *Prajasthapan*, *Shukrajanan* and *Balya Gana*. *Prajasthapan* means a drug which help in healthy conception. Botanical name of *Shatavari* is *Asperagus racemosus* and belong to Liliaceae family. It is a thorny climber and roots (Rhizome) are used for preparing medicine. It contains steroidal saponin, Isoflavones, vit A, essential fatty acids. **Discussion:** As *Shatavari* possess the properties like *Madhur*, *tikta Rasa*, *Vipak* – *Madhur* *Veerya* – *Sheet* and aphrodisiac, *Shukrajanan*, *Garbhashaya balya*, *poshak*, *galactogauge* in karma (action) hence useful in recurrent abortion, because of saponin which blocks the oxytocin induced contraction. Al so it builds up the endometrium lining of uterus as *Garbhashaya balya* effect by balancing women's hormone estrogens, FSH, LH level in blood. Isoflavone induced normal ovulation so it normalizes the menstrual cycle. **Conclusion:** *Shatavari* is beneficial in female infertility by enhancing folliculogenesis and ovulation, preparing womb for conception, preventing abortions and postpartum recovery. Also useful in male infertility by correcting azoospermia.

**KEY-WORDS:** *Shatavari*, infertility, *Prajasthapan*, ovulation, hormones

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**INTRODUCTION:**

Now a day stress is noticed at each level in society due to pressure, demand, limited resources and lifestyle behaviors. Girls and women in their reproductive age are more frequently exposed to psychological, physical and physiological stress that increase reproductive health problem. Infertility means not being able to get pregnant (conceive) after one year or longer of unprotected sex. *Shatavari* has been used in Ayurveda for hundreds of years to support female reproductive and maternal health. *Shatavari* drug is described in our classic *Charak Samhita* as *Prajasthapan*, *Shukrajanan* and *Balya Gana*. *Prajasthapan* means a drug which help in healthy conception of foetus. *Shukrajanan* means a drug which promote spermatogenesis in male and Oogenesis in female. Hence the drug *shatavari* balances hormone level in both and promote ovulation in female and increase sperm count in male. Some references regarding *Shatavari* as uterine tonic, galactogauge, aphrodisiac are as follows-

“*Shatavari bhusuta bheerurindivari varee, Narayanee shatpadi shatveerya cha peevari / Shukrastanyakaree balya vatapittastrashothjit, Mahashatavree medhya hrudya vrusya Rasayani / B.N.*”

**Causes of infertility:** It is very difficult to determine but may include inadequate levels of certain hormones in both men and women and trouble with ovulation in women, uterine or cervical abnormalities, fallopian tube blockage, endometriosis, early menopause, tumour, pelvic adhesions. Male causes of infertility are low sperm count, congenital defect in male reproductive system, gonorrhoea, tuberculosis, etc. *Shatavari* works in infertility in only stress induced and ovulation disorder, PCOD induced infertility. Botanical name of *Shatavari* is *Asperagus racemosus*. It is useful in conception to postpartum recovery.

**Need of study-** In modern era cases of male and female infertility are increasing due to sedentary lifestyle, poor nutrition, increased BMI, smoking and excessive alcohol. To find out function and mode of action of *Shatavari* in female infertility and to study the disease infertility.

**Methodology:** What is *Shatavari*?



**Plant description-** *Shatavari* is commonly known as *Shatmul*, *Shatveerya*, its botanical name is ***Asperagus racemosus***, belong to

**Liliaceae, Asparagaceae** family. It is a thorny climber having stems up to 4 m long, roots are fibrous and tuberous, leaves-pine needle like shape, uniform and shiny green. There are three types of *Shatavari* 1. *A. racemosus* - *Shatavari* 2. *A. sarmentosa*-*Mahashatavari*. 3. *A. filicinus* -*Himalayin kantakrahit*

**Active chemical constituents:** It contains steroidal saponin-shatavaroside A, shatavaroside B, shatavarins, alkaloid-asparagine A, sterols, Isoflavones, vit A, essential fatty acids, gammalinoleic acid, mucilage.

#### **Pharmacological action**

Cooling, nervine tonic, galactogauge, aphrodisiac, diuretic, rejuvenating, carminative, uterine tonic, antioxidant, immunomodulator,

**Ayurvedic properties:** *Rasa- Madhur, Tikta, Virya-Sheet, Vipak-Madhur, Guna - Guru, Snigdha. Karma - balya, Shukrajanan, Rasayan, Garbhaposhak, Pittashamak, Stanyjanan.*

**Infertility Symptoms:** The main symptoms of infertility is not getting pregnant. Women with infertility may have irregular menstrual cycle, or absent cycle. In male abnormal sperm production or function due to undescended testicles, genetic defects, health problem such as diabetes, HIV, hypertension,

use of pesticide, smoking, alcohol, tobacco, hot tub bath etc.

#### **Mode of action of Shatavari in fertility and conception:**

*Shatavari* has been commonly used in Ayurveda for promoting female fertility and maintaining healthy reproductive system. It improves ovarian physiology as it contains Isoflavons by increasing, regulating oestrogen level and support the level of luteinizing hormone which is responsible to trigger the ovulation. This helpful in regulating menstrual cycle which is important for conceiving. Being an effective adaptogen it may also helpful for stress induced fertility. It is also considered as aphrodisiac for men and women and can improve chances of conception. The herb contains mucilage which support health of mucus membrane of cervix and boost healthy cervical mucus production that also assist in conception. It is also useful in postpartum period in female for galactogauge effect. *Shatavari* works in infertility in only stress induced and ovulation disorder, PCOD induced infertility.

**Formulations and doses-** *Shatavari kalpa, Shatavari powder, Shatavari ghrut, Shatavari ghan vati.* Doses- powder 3 to 6gm *Shatavari ghrut* -10 ml -20ml,

**Discussion:**

As *Shatavari* possess the properties like *Madhur, Tikta Rasa, Vipak –Madhur Veerya – Sheet, Pittashamak* and aphrodisiac, *Shukrajanan, Garbhashaya balya, poshak,* galactogauge in karma (action) hence useful in recurrent abortion because of saponin which blocks the oxytocin induced contraction. Also it builds up the endometrium lining of uterus as *Garbhashaya balya* effect by balancing women's hormone oestrogens, FSH, LH level in blood. Isoflavone induced normal ovulation so it normalizes the menstrual cycle.

**Conclusion:**

*Shatavari* is beneficial in female infertility by enhancing folliculogenesis and ovulation, preparing womb for conception, preventing abortions and postpartum recovery. Also useful in male infertility by correcting azoospermia. *Shatavari* works in infertility in only stress induced and ovulation disorder, PCOD induced infertility.

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