

Shatavari

Botanical name: *Asparagus racemosus*

Energetics/Actions: Bitter, sweet, cool, moistening, adaptogen, hormonal modulator, antioxidant, anti inflammatory, diuretic, galactagogue, demulcent

Description

Shatavari is a renowned Ayurvedic herb that works as a nourishing and balancing tonic. It is considered to be the Queen of Ayurvedic herbs, and its name comes from a Sanskrit word that means 'one hundred roots' (but 'vari' can also mean husbands). Shatavari is native to India, the Himalayas and Sri Lanka. The roots are used as medicine for many different conditions including stomach ulcers, diarrhea and cough. A new antioxidant, Racemofuran, was identified in Shatavari.



Uses

Hormonal balance: Used for PCOS, PMS and menopausal symptoms. Contains phytoestrogens

Menstrual problems: Useful for regulating cycles and decreasing menstrual pain.

Fertility: Used to promote fertility and improve libido in men and women.

Anxiety and depression: Improves mood.

Skin care: Used topically, Shatavari's antioxidant reduces free radical skin damage that causes wrinkles and reduces collagen breakdown.

Milk production: Has been shown to increase milk production for breastfeeding mothers.

Gastrointestinal: Soothing to the GI tract.

Dose

Powdered herb: 500 mg up to 2 times a day. Traditionally: ¼-½ teaspoon taken in a glass of warm milk (coconut or cow) with honey if desired.

Tincture: ½ teaspoon up to 3 times a day.

Safety information

Not for use in pregnancy. Increases breast milk production but no safety studies done yet. May cause allergic reaction in some people, do not use if you have an asparagus allergy. Avoid use in people with estrogen sensitive cancers.