



Review Article

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A COMPREHENSIVE STUDY OF SHATAVARI (*ASPARAGUS RACEMOSUS* WILLD.) IN BRIHATTRAYI: A REVIEW

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ABSTRACT

Brihatrayi (Greater triad) is one of the highly reputed and widely used referral sources of Ayurvedic knowledge. Charaka Samhita, Sushruta Samhita and Astang Hridaya together are known as Brihatrayi. Reference for Shatavari also available in Vedas in which it is described as potent remedy for Arsha and Sangrahani and even eye disorders. In Samhitas it is used in many diseases Jwar, Mutraghat, Kshatsheen, Rajaykshama, Raktapitta, Kasa, Arsha, Timi, Pitaj atisaar, Vaatarakt etc. Mostly roots of the Shatavari is used by Ayurvedic practitioners but in Brihatrayi other parts of this plant are also used such as Shaak (Stem) and Ankur (bud), along with its preparations like Kalka, lepa, Kwaath, avleh, taila and Yavagu. Its much formulation is act as Rasyana and Vaajikarana and in Brihatrayi it has been included in different groups of drug which are immuno-modulator (Rasayana). This article reviews the various formulations, prime therapeutic indication and the diverse mention of Shatavari in Brihatrayi.

Keywords: Brihatrayi, Shatavari, *Asparagus racemosus*, Rasayana, Ayurveda**INTRODUCTION**

Asparagus racemosus Willd, is the original source for the Shatavari, belongs to the Liliaceae Family. It is extensively scandent, much branched, spinous, under-shrubs, with tuberous, short rootstock bearing numerous fusiform, succulent tuberous roots 30-100 cm long and 1-2 cm thick, found growing wild in tropical and sub-tropical parts of India including the Andaman and ascending in the Himalayas up to an altitude of 1,500 m. Stem woody, Whitish grey or brown armed with strong, straight or curved spines 5-13 mm long; cladodes more or less acicular, falcate, finely acuminate; leaves reduced to sub-erect or sub-erect curved spines; flowers white, fragrant, small, profuse in simple or branched racemes up to 7 cm long; berries globose, scarlet, trilobed, 4-6 mm in diam¹.

It is an important Rasayana and most of the pharmaceutical companies are abundantly using this drug for various preparations

like Brahma Rasayna, Puga Khanda, Asvagandharistha, Shatavarighrita, Shatavarikalpa etc. It is also used to cure many diseases like Dyspepsia, Ulcer, Diarrhoea, Piles, Epistaxis, Gout etc.²

Shatavari (*Asparagus racemosus*) in Brihatrayi**Charaka Samhita (1000 B.C. to 4th Century A.D.)**

Charaka Samhita is the first important treatise of Ayurveda and the combination of three is known as Brihatrayi. Acharya charaka has given the indication of Shatavarishaak, Which is used in Vaatarakta Vyadhi. According to him Shatavari has properties of Rasayana and Vaajikarna and it is also Tridoshnashak. In Charaka Saamhita Shatavari has been as an ingredient in many formulations to cure diseases like Jwar, Mutraghat, Kshatsheen, Rajaykshama, Raktapitta, Kasah etc.³

Table 1: Shatavari as an ingredient in many formulations in Charaka Samhita

S. No.	Name	Part used/Preparation/ Formulation	Indication	Reference
1.	Shatavari	Anu taila	Tridoshnasak	C.S.Su.5/65
2.	Shatavari	Mulasva		C.S.Su.26/49
3.	Shatavari	Shaak	Vaatapitta nashak	C.S.Su.27/109
4.	Shatavari	Pratham brahma Rasayna	Rasayna	C.S.Su.1/1/44
5.	Shatavari	Amlak ghrita	Rasayna	C.S.Chi.1/2/4
6.	Shatavari	Indrokta Rasayna	Rasayna	C.S.Chi.1/4/5
7.	Shatavarya	Dviditya indrokta Rasayna	Rasayna	C.S.Chi.1/4/14
8.	Shatavari	Vrahngini gutika	Vaajikarak	C.S.Chi.2/1/25
9.	Shatavarya	Apatyakari sastika gutika	Vaajikarak	C.S.Chi.2/2/6
10.	Shatavari	Apatyakar swaras	Vaajikarak	C.S.Chi.2/2/13
11.	Shatavari	Vrishya Shatavari ghrita	Vrishya	C.S.Chi.2/3/18
12.	Shatavarya	Apatyakar ghrita	Vaajikarak	C.S.Chi.2/4/29
13.	Shatavari	Jivantyadh Anuvaasana basti	Jwar	C.S.Chi.3/250
14.	Shatavari	Chandanadi taila	Jwar	C.S.Chi.3/258

15.	Shatavari	Shatavari ksheer	Mutrghat Raktapitta	C.S.Chi.4/85
16.	Shatavari	Shtavaryadi ghrita	Raktapitta	C.S.Chi.4/95
17.	Shatavari	Drakshad ghrita	Pitta j gulma	C.S.Chi.5/123
18.	Shatavari	Mahatikta ghrita	Kustha	C.S.Chi.7/145
19.	Shatavari	Pradeh	Rajaykshama	C.S.Chi.8/79
20.	Shatavari	Shatavari ghrita	Rajaykshama	C.S.Chi.8/105
21.	Shatavari	Kalka	Atatvabhiniवेश	C.S.Chi.10/64
22.	Shatavari	Amrtiprashan	Kshatsheen	C.S.Chi.11/36
23.	Shatavari	Shwadanstradi ghrita	Kshatsheen	C.S.Chi.11/46
24.	Shatavari	Chaturth sarpigura	Kshatsheen	C.S.Chi.11/66
25.	Shatavari	Triyushanadh ghrita	Kasah	C.S.Chi.18/40
26.	Shatavari	Rashna ghrita	Kasah	C.S.Chi.18/43
27.	Shatavari	Shatpushadi anuwashan basti	Atisaar	C.S.Chi.19/62
28.	Shatavari	Shatavari ghrita	Raktaatisaar	C.S.Chi.19/97
29.	Shatavari	Nyagrodh patradi Pralep	Visharpa	C.S.Chi.21/84
30.	Shatavari	Amrit ghrita	Vish	C.S.Chi.23/244
31.	Shatavari	Vijayadi pradeh	Vrana Sth	C.S.Chi.25/47
32.	Shatavari	SnehSrakara	Shoola	C.S.Chi.25/75
33.	Shatavari	Mishrak sneh	Vaatajmutrakricha	C.S.Chi.26/46
34.	Shatavari	Shatavaryadi ghrita	Pitta jmutrakricha	C.S.Chi.26/50
35.	Shatavari	Kaarpasmutradi yog	Mutakricha	C.S.Chi.26/69
36.	Shatavari	Mahamayur ghrita	Shiro rog	C.S.Chi.26/169
37.	Shatavari	Nadi sweda	Vaatavyadhi	C.S.Chi.28/110
38.	Shatavari	Amritadh taila	Vaatavyadhi	C.S.Chi.28/160
39.	Shatavari	Shaak	Vaatarakt	C.S.Chi.29/52
40.	Shatavari	Bala ghrita	Vaatarakt	C.S.Chi.29/56
41.	Shatavari	Parushak ghrita	Vaatarakt	C.S.Chi.29/58
42.	Shatavari	Jivaniya ghrita	Vaatarakt	C.S.Chi.29/61
43.	Shatavari	Jivakadi mahasneh	Vaatarakt	C.S.Chi.29/72
44.	Shatavari	Sthiradi ghrita	Vaatarakt	C.S.Chi.29/77
45.	Shatavari	Baladi yog	Vaatarakt	C.S.Chi.29/81
46.	Shatavari	Kasahmaryadi ghrita	Vaatay yoni	C.S.Chi.30/53
47.	Shatavari	Brihit Shatavari ghrita	Yoni rog	C.S.Chi.30/65
48.	Shatavari	Ras	Jwar	C.S.Ka.2/12
49.	Shatavari	Dharmargav avaleh	Kasah	C.S.Ka.4/13
50.	Shatavari	Chandanadi niruh basti	Basti rog	C.S.Si.3/49
51.	Shatavari	Dashmuladi anuwasan taila	Vaatajanya vyadhi	C.S.Si.4/5
52.	Shatavari	Shatahadi anuwasan taila	Vaatajanya vyadhi	C.S.Si.4/8
53.	Shatavari	Basti	Shukra vardhak	C.S.Si.10/28
54.	Shatavari	Jivadan nashak bastiya	Jivarakta	C.S.Si.10/38

Sushruta Samhita (1000 B.C. to 5th century A.D.)

It is second most important treatises of Ayurveda and part of Brihatrayi. Sushruta is known as Father of surgery and Shatavari comes in many preparations in this Samhita for many diseases. Acharya Sushruta has indicated the Shatavari Kalka in Paali vridhi, Arsha, Kustha and Netra dah. Kwaath is also used for many diseases. He used Shatavari as an ingredient in many formulations in which some preparations are used in Sutika rog, Shiro rog and Netra rog i.e. Timir (AAB-43).⁴

Table 2: Shatavari as an ingredient in many formulations in Sushruta Samhita

S. No.	Name	Part used/Preparation/ Formulation	Indication	Reference
1.	Shatavari		Karshya rog	S.S.Su.15/40
2.	Shatavari	Kalka	Paali vridhi	S.S.Su.16/24
3.	Shatavari	Vidharigandadi gana	Pitta Vaata nashak	S.S.Su.38/4
4.	Shatavari	Varunadi gana	Kafa- meda nashak	S.S.Su.38/8
5.	Shatavari	Kantakpanchamula	Raktapitta	S.S.Su.38/74
6.	Shatavari	Vaatasanshaman varga	Vaatashamak	S.S.Su.39/7
7.	Shatavari	Pitta sanshaman varga	Pitta shamak	S.S.Su.39/8
8.	Shatavari	Kanda varga	Raktapitta	S.S.Su.46/299
9.	Shatavari	Ankur	Kafapitta nashak	S.S.Su.46/302
10.	Shatavari		Vaatapradhan Vaatarakta	S.S.Chi.5/7
11.	Shatavari	Kwaath	Pitta pradhan Vaatarakt	S.S.Chi.5/8
12.	Shatavari	Pralep	Vaatarakta	S.S.Chi.5/12
13.	Shatavari	Kalka	Arsha	S.S.Chi.6/13
14.	Shatavari	Kwaatha	Vaata Ashamari	S.S.Chi.7/5
15.	Shatavari	Kalka	Kustha	S.S.Chi.9/8
16.	Shatavari	Bala taila	Sutika rog	S.S.Chi.15/33
17.	Shatavari	Guduchiadi tail	Sutika rog	S.S.Chi.15/44
18.	Shatavari	Vaajikarankatipay yog	Vaajikarak	S.S.Chi.26/34
19.	Shatavari	Balamul rasayn yog	Shsh rogi, Raktapitta	S.S.Chi.27/10
20.	Shatavari	Vashikaran Shatavari ghrita	Medha vardhak	S.S.Chi.28/21

21.	Shatavari		Stanyavardhak	S.S.Sa.10/34
22.	Shatavari		Bashti shool	S.S.Sa.10/61
23.	Shatavari		Garbha shrava	S.S.Sa.10/63
24.	Shatavari		Timir	S.S.U.17/48
25.	Shatavari	Kwaath	Timir	S.S.U.17/49
26.	Shatavari	Kalka/ Kwaath	Netra dah	S.S.U.17/93
27.	Shatavari	Lepa	Shiroroga	S.S.U.26/39
28.	Shatavari	Dharan	Shakuni pratished	S.S.U.30/8
29.	Shatavarya	Guduchyadi swaras	Vaatjwar	S.S.U.39/174
30.	Shatavari	Trifladi ghrita	Visharpa ,Jwar etc	S.S.U.39/245
31.	Shatavari	Yawagu	Pitta jatisar	S.S.U.40/59
32.	Shatavari	Shatavari ghritaa	Kash	S.S.U.52/49
33.	Shatavari	Madurkadi yog	Pittaj Swarbhed	S.S.U.53/15
34.	Shatavari	Bala ghritaa	Mutradosh har	S.S.U.58/58
35.	Shatavari	Trivrit taila/ghrita	Vaatamutrakricha	S.S.U.59/17

Ashtang Hridaya (700AD)

The author of Ashtang Hridaya is Vagabhatta and it is the third most important treatises of Ayurveda. According to him Shatavari ankur is Vrishya and Tridosh nashak. He used Shatavari in the form of Kalka, Kwaath, Ghrita, Avleh and Basti.⁵

Table 3: Shatavari as an ingredient in many formulations in Astang Hridaya

S. No.	Name	Part used/Preparation/ Formulation	Indication	Reference
1.	Shatavari	Ankur	Vrishya, Tridoshnashak	A.H.Su.6/99
2.	Shatavari	Varunadi gana	Agnimandh, AdhyaVaata	A.H.Su.15/21
3.	Shatavari		Garbhasrava	A.H.Sa.2/54
4.	Shatavari	Anuvashana basti	Jwar	A.H.Chi.1/123
5.	Shatavari	Kwaath	Raktapitta	A.H.Chi.2/28
6.	Shatavari	Kwaath	Kasah, Yonishul	A.H.Chi.3/6
7.	Shatavari	Kalka	Hridiya rog, Shool	A.H.Chi.3/104
8.	Shatavari	Vashishta haritaki	Rasayna	A.H.Chi.3/135
9.	Shatavari	Kalka	Raktaatisar	A.H.Chi.9/89
10.	Shatavari	Shatavari ghrita	Raktasahit Maltiyag	A.H.Chi.9/99
11.	Shatavari	Kwaath	Vridradi gulma	A.H.Chi.13/16
12.	Shatavari	Kwaath	Vadhrma, Vidhradi	A.H.Chi.13/41
13.	Shatavari	Kalka	Kustha	A.H.Chi.19/9
14.	Shatavari	Asthang ghrita	Ayushya	A.H.U.1/43
15.	Shatavari		Apasmar	A.H.U.7/34
16.	Shatavari	Drakshadi ghrita	Kaanch, Timir	A.H.U.13/5
17.	Shatavari	Taila	Paali shosha	A.H.U.18/40
18.	Shatavari	Mahamayur ghrita	Yoni dosh	A.H.U.24/52
19.	Shatavari	Shatavaryadi ghrita	Yoni rog	A.H.U.34/36
20.	Shatavari	Fal ghrita	Yoni dosh	A.H.U.34/64
21.	Shatavari	Vidarikandadi Rasayna	Meda, Budhivardhak	A.H.U.39/61
22.	Shatavari	Kalka/ Kwaath	Jara nashak	A.H.U.39/156
23.	Shatavari	Vrishya yog	Vaajikaran	A.H.U.40/13
24.	Shatavari	Vrishya yog	Vaajikaran	A.H.U.40/18
25.	Shatavari	Vaajikar yog	Vaajikarak	A.H.U.40/32
26.	Shatavari	Kamvardhak, gokhsuradi churna	Vaajikarak	A.H.U.40/34
27.	Shatavari	Avleh	Kasah	A.H.Ka.1/36
28.	Shatavari	Anuvaasan basti	Vaata rog	A.H.Ka.4/55
29.	Shatavari	Anuvaasan basti	Rajodosh,Sukra dosh	A.H.Ka.4/60

DISCUSSION

Asparagus racemosus Willd. is the original source for Shatavari. In Vedas Shatavari is known to be recognized by its 100 roots or thorn or by its ability to cure a number of diseases. It is known to be effective in curing diseases like kustha and other skin disorders. It is Budhivardhaka, Balvardhaka Arshanashaka, Viryavardhaka and Rasayana which increase milk production in lactating females.⁶ In Samhitas it is known to be used to treat many disorders like Jwar, Raktapitta (ABB-34), Timir, Swaas (EA-4), kasahspecially Pitta pradhan vyadi. Also many formulations which included Shatavari are known for its action as Rasayana and Vaajikarana. In Charaka Samhitait is included in Balya and Vayahsthapana Mahakasaya and in Madhura skandha, in SushrutaSamhita in Vidarigandhadi, Katak panchmoola and in Pitta prashamana gana. In Ashtang Hridaya Shatavari is mentioned in Varunadi gana. Shatavari belongs to the family of

Liliaceae. The genus *Asparagus* includes around 300 species around the world. The genus is said to be medicinally important because it contain of steroidal saponins and sapogenins in various parts of the plant especially in the roots. Out of the 22 species of *Asparagus* recorded in India and is widely distributed across the globe and its distribution ranges from tropical Africa, Java, Australia, Sri Lanka, Southern parts of China and India, but it is mainly cultivated in India.⁷ In the market of India apart from *Asparagus racemosus*, the roots of *Asparagus sarmentosus* Linn, *Asparagus curillus* Ham, *Asparagus filicinus* Ham and *Asparagus sprengeri* RE gel are also being probably sold in the name of Shatavari.⁸

CONCLUSION

The present review of Shatavari in Brihatrayi can be useful because it gives knowledge about all the preparations and

formulations. This helps us to know about all the uses of Shatavari, which can help to treat many diseases. In Brihatrayi preparation of Shatavari mostly used in Jwar (Fever), Vaatarakt (Gout), Raktapitta (Bleeding disorder), and in female disorder. In many diseases it is used as single drugs preparation. It is mainly used as a female tonic as everywhere it is mentioned as a source of Rasayana and Vaajikarana. Regarding this, further studies should be done explore more therapeutic effect of Shatavari for the prevention and treatment of diseases. As we all knows Ayurveda is best in use because of no side effect of its drugs if taken in proper way.

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