

ROLE OF SHATAVARI IN FEMALE REPRODUCTIVE HEALTH “QUEEN OF ALL HERBS”

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ABSTRACT

Shatavari is viewed as a revitalizing tonic for women, aiding in various fertility related areas such as menstrual regulation, pregnancy support, and recovery following childbirth. *Shatavari* has a long history of being used as a tonic for female reproductive health. Which has sparked modern scientific interest in its active phytochemical compounds and their possible therapeutic benefits. It is an adaptable plant as well. The underlying mechanisms through which *Shatavari* works such as hormonal regulation, antioxidant properties, and immune system support are also analysed. Some of the medicinal properties of *shatavari* are antispasmodic, anti-allergic, anti-neoplastic activities, anti-oxidant, anti-diabetic, anti-malarial, hepato-protective, enhance immune responses, anti-arthritis, anti-inflammatory, anti-periodic, Anti-ulcerogenic action, immune-modulatory, anti-stress, Anti-

diarrhoeal, Anti-depressant, anti-leprotic, anti-abortifacient activity, anti-bacterial, anti-pyretic and analgesic. Saponins are mainly present in its roots. Hence this article reveals that for females better health shatavari plays a vital role in ayurveda, as shatavari can be described as queen of all herbs so by using the shatavari females can live there life hustle free from many gynaecological disorders.

INTRODUCTION

Nirukti Shatavari-"*Shatainavaranti*" which means it has multiple roots. *Shatavari* has been used for centuries in Ayurveda to support the reproductive system, particularly for females, and as a support for the digestive system, especially in cases of excess *pitta*. In Sanskrit it means “**having one hundred roots**” and also referred to as meaning “**having one hundred husbands**”. *Shatavari*'s name gives reference to its traditional use as a rejuvenate tonic for the female reproductive system. *Shatavari* is relied on heavily for all stages of a woman's reproductive cycle, beginning with the menarche, supporting the female system through menses, ovulation and fertility, uterine strength during pregnancy, childbirth and ample lactation (flow and quantity of milk) and hot flashes, irritability, irregular memory and dryness during menopause. In ayurveda, *shatavari* is primary uterine tonic.

AIM AND OBJECTIVES

1. To study the Ayurvedic properties of *Shatavari*.
2. To study all benefits of *Shatavari* concerned with female health as mentioned in the Ayurvedic treatises.

SCIENTIFIC CLASSIFICATION^[1]

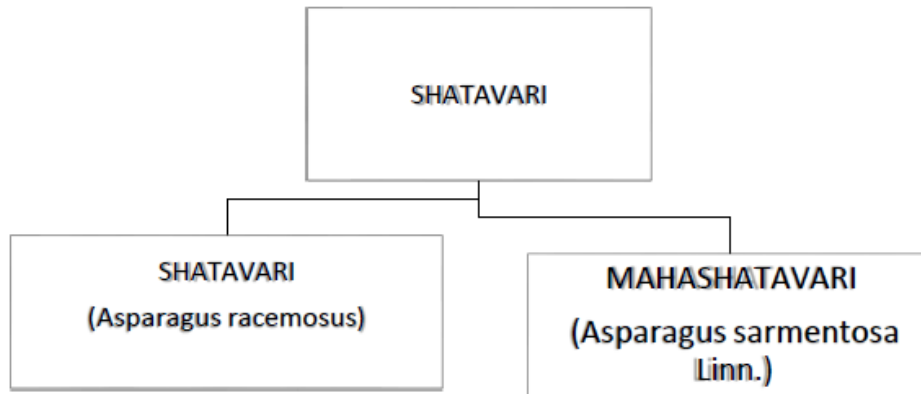
LATIN NAME	<i>Asparagus racemosus</i> .
KINGDOM	Plantae
CLADE	Angiosperms, Monocots, Tracheophytes.
ORDER	Asparagales
FAMILY	Asparagaceae
SUB-FAMILY	Asparagoideae
GENUS	<i>Asparagus</i>
SPECIES	<i>A. racemos</i>

PLANT DESCRIPTION^[2]

Shatavari is available throughout India especially Himalayan region up to 4000 feet. It is a woody climber which grows to a height of 1-2 meter. The leaves are like pine needles, small and uniform and have tiny white flowers. Flowers are arranged in the form of spikes. The roots are tuberous, succulent, finger shaped and form clusters. The fruits are a berry with a diameter of 0.4-0.6cm, pea like appearance and contains seeds.



TYPES OF SHATAVARI^[3]



RASA PANCHAK SHATAVARI^[4]

SANSKRIT	SANSKRIT
RASA	MADHUR, TIKTA.
GUNA	GURU, SNIGADH
VIPAK	MADHURA
VIPAK	MADHURA

SYNONYMOUS (According To Bhav Parkash Nigantu)^[5]

शतावरी बहुसुता भीरूररन्दीवरी वरी। नारायणी शतपदी शतवीया च पीवरी ॥१८४॥

शतावरी गुरुः शीता ततक्ता स्वाद्वी रसायनी । मेधाऽततपुततदा ततग्धा नेत्र्या गुल्माततसारततत् ॥१८६॥

Shatavari, Vara, Narayani, Shatvha, Keshika, Laghuparnika, Shatvirya, Madhura, Shatpatrika, Vrukshya, Dipya.

FORMULATION AND ITS INDICATION GIVEN IN SAMHITAS^[6-13]

FORMULATIONS	INDICATIONS
SHATAVARI KALPA	YONI ROGAS.
SHATAVARI GHRITA	ARTAVA VYAPAD
JIVANTYADI ANUVASAN YAMAKA	ARTAVA VYAPAD.
SHATAVARYADI GHRITA (ORAL, BASTI)	ASRIGDARA.
SHATAVARI NARAYAN TAILA	BANDHYATWA.
KAMDEV GHRITA	BANDHYATWA.
SHATVARYADI ANUVASAN BASTI	BANDHYATWA,
NARAYAN TAILA	BANDHYATWA, VATA ROGAS

EFFECT ON DOSHAS^[14] Shatavari have Snigdha (oily) and Guru (heavy) guna which leads to appeases the pitta (fire and air) doshas. It has Madhur (sweet) and tikta rasa (bitter). It has sheetavirya (cold potency) and Madhurvipaka (sweet metabolic taste) which often aggravates kapha (earth and water) doshas.

USES IN FEMALES**DISORDERS OF FEMALE GENITAL TRACT^[15]**

बृहच्छवायरीधृतम् ।

(C.C. 30/64-68)

Shatavari is the main drug in *Brihat Shatavari Ghrut* which is useful in disorders of female genital tract caused by *pitta*.

AS GALACTOGOGE^[16]

शतावरी क्षीर तपहापीता स्तन्यतववधानी ।

(Y.R. 427).

Shatavari ponded and taken with milk increases the flow of breast milk. During postpartum (after childbirth) stage, it improves the breast milk supply by increasing the level of prolactin hormone in lactating mothers. Also, it relieves various postpartum symptoms like depression, hot flashes, constipation, excessive bleeding and insomnia due to vatashamak properties.

GALACTOGOGE EFFECT^[17-19] Shatavari is termed as galactogogues i.e. in Ayurveda science. It has been investigated by a number of researchers and they found that its roots and root extracts can improve lactational inadequacy in lactating mothers. Ayurveda explains that shatavari can be used in increased milk secretion. In humans and other animals, the impact of Shatavari on milk production and secretion has been examined. Shatavari was found to raise plasma prolactin levels in buffaloes, resulting in enhanced milk output. The galactagogue

impact of two distinct preparations of Shatavari, namely milk and aqueous decoctions, was examined in rats. Both preparations resulted in a considerable increase in milk supply as well as a significant rise in pup weight growth. Shatavari has been shown to enhance plasma prolactin levels and mother and infant body weight in humans, indicating a galactagogue action.

IN MENSTRUAL DISORDERS^[20]

असृग्दर तथाध्मानं रक्ततपत्तं च नश्यतत। शतावरीतैलतमदं कृष्णात्रेयेण भातततम्।।

(Sha.Ma.Kh. 9/140)

Shatavari having the tendency to control menorrhagia, and shatavari pounded with oil increase the flow of blood which is difficultly flowed during menstruation. Kashyap mentioned the use of Shatavari in curing amenorrhoea, delayed menarche, excessive and heavy menstruation (menorrhagia, metrorrhagia, meno-metrorrhagia), hypomenorrhoea, having improper menstrual flow. Vata dosha is responsible for all types of yoni vyapad (gynecological disorders). The “guru” and “snigdha” guna of Shatavari works well against Vata. Charak, while describing about Shaka varga, have mentioned that the leaves of Shatavari is beneficial for vata-pitta disorders. Hence, these imply the utility of Shatavari in all sorts of gynecological disorders.

MENOPAUSE: Decrease in estrogen levels is certainly the most prominent reason for menopause related symptoms like hot flushes, insomnia, depression, irritability, dry vagina, urinary problems etc. Kashyap have described the benefits of Shatavari in menopause, dry vagina, polyuria. It also possess rasayana property which is effective in restoring health and act as a rejuvenative. Shatavari is a hormone balancing herb along with potent anti-stress activity. Due to its guru and snigdha nature, it nourishes the female reproductive system from inside to relieve menopause symptoms. Shatavari is a phyto-estrogen rich herb. Saponins (in the form of shatavarins) and flavonoids (in the form of isoflavonoids) are phytoestrogens.

INFERTILITY AND RECURRENT ABORTION^[21] Shatavari is known to play a good role in treating infertility (bandhyatwa) and recurrent abortion (garbhasrava and garbhapata). Kashyap mentioned that Shatavari is congenial and brings menstruation and progeny. Sushruta and Kashyap, both have mentioned that Shatavari has the quality of vrishya (aphrodisiac) which brings about vitality and hence helps in attaining conception.

EFFECT ON UTERUS^[22] Shatavari is regarded as a feminine tonic in Ayurveda. Despite

being a rejuvenating herb, it aids female infertility by raising libido, curing inflammation of the sexual organs and even moistening dry tissues of the sexual organs, enhancing folliculogenesis and ovulation, preparing the womb for conception, preventing miscarriages, and acting as a postpartum tonic by improving breastfeeding, regulating the uterus, and modifying hormones. It's also recommended for leucorrhoea and menorrhagia. Satavari was effective in stimulating follicular growth and ovulation, as it possesses the properties like ovulation inducing phytohormones steroidal saponins & glycosides.

OTHER FEMALE HEALTH ISSUES: Shatavari improves varna, oja and bala (strength). This aids to improve body immunity, vigor and vitality. Charaka have mentioned it under the vayasthapana mahakashaya thereby focusing on its rejuvenating and anti-ageing property.

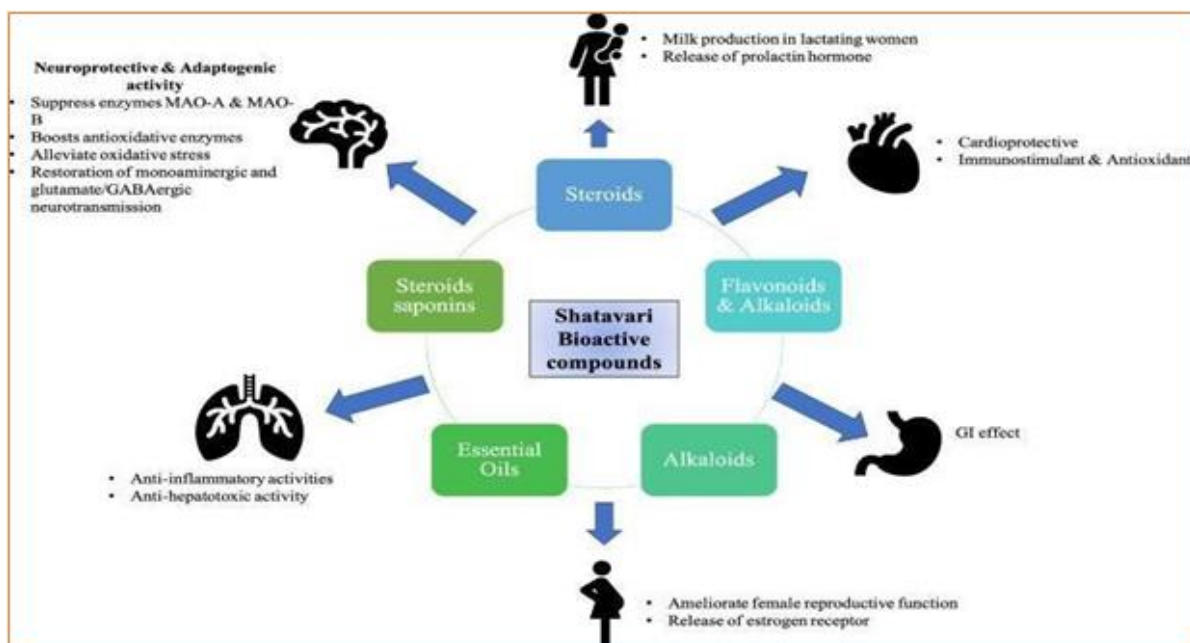
PHYTOCHEMICALS^[23-30]

Parts	Chemical constituents
Roots	Rutin, asparagan, Asparagamine A, 9,10- dihydro 1, 5 methoxy- Quercetin3 glucouronides, 8-methyl-2, 7- phenenthrenediol, Racemofuron, ncoumertans, Shatavarin V. Shatavarin I-(steroid glycosides), Immunoside, Sitosterol, Shatavari, Secoisolariciresinol, diosgenin, Racemosol, 4- trihydroisoflavine 7-0-beta-D glucopyranoside, Sterols, Alkaloid, Tannins, carbohydrates, Flavonoids, isoflavones, coumestans, prenylated. Lactones, Amino acids and rutin, Undecanylcellanoate, 4,6- dihydroxy-2-0 (2- hydroxyl isobutyl) benzaldehyde
Flowers	Rutin, Diosgenin, Quercetin, hyperoside
Fruits	Quercetin, rutin, Hyperoside, Racemoside A, B, & C
Leaves	5-hydroxy-3,6,4'-trimethoxy-7-O-β-D-glucopyranosyl-[1→4] -O-α-D-xylopyranoside, Quercetin-3-glucuronide
Shoot	Sarsasapogenin and kaempferol Thiophenes, thiazole, ketone, Undecanylcetamoate, aldehyde, Gamma linoleinic acids

MEDICINAL EFFECTS OF PLANTS PARTS

LEAVES	Cholinesterase, Antiparasitic
SHOOTS	Antiinflammatory, Antidiabetic and Diuretic
WHOLE PLANTS	Antimicrobial and Cytotoxic, Nephroprotective, Hepatoprotective
AERIAL PLANTS	Urolithiasis, Hypolipedimic, Antiasthmatic and Antifertility
Seeds	Antiparasitic

PHARMACOLOGICAL ACTION



IMMUNO MODULATORY ACTIVITIES^[31] Shatavari dried root powder has a positive effect on the immune system. As a result, the inflammatory reaction is reduced. It stimulates the immune system to combat infections, tumors, and immunological weaknesses (such as AIDS). It could aid in the production of more protective antibodies against certain vaccinations, as well as a more effective cell-mediated immune response for protection against bacterial, viral and other illnesses.

GASTROINTESTINAL EFFECTS^[32] The powdered dried root of shatavari is used in Ayurveda for dyspepsia. Its action is reported to be comparable with that of the synthetic dopamine antagonist metoclopramide. (50) In Ayurveda, shatavari has also been mentioned for the treatment of ulcerative disorders of stomach and Parinama Shool, a clinical entity akin to the duodenal ulcer diseases. The juice of fresh root of shatavari has been shown to have definite curative effect in patients of duodenal ulcers.

ANTI-DEPRESSANT ACTIVITY^[33] *A. racemosus* worked as adaptogenic agent means as a antidepressant agent. Adaptogenic drugs are those which are useful as anti-stress agents by promoting non-specific resistance of the body. *A. racemosus* evaluated as an antidepressant effect in rats where methanolic extract of roots of *A. racemosus* in various doses of 100, 200 and 400 mg/kg daily for 7 days and then subjected to tests like forced swim test (FST) and learned helplessness test (LH). The results indicated that immobility in FST and increased avoidance response in LH indicating antidepressant agent in behavioral experiments. So

Shatavari can work as significant antidepressant agent and its effect is mediated through serotonergic, noradrenergic systems.

ANTI-OXIDANT ACTIVITY^[34] The antioxidant effect of Shatavari crude extract and purified aqueous fraction has been proven. The extract protected against oxidative damage by preventing lipid peroxidation, protein oxidation, and depletion of thiols and the antioxidant enzyme superoxide dismutase. When compared to the crude extract, the purified aqueous fraction containing polysaccharides proved to be a powerful antioxidant. The antioxidant activity of the crude extract was more efficient in suppressing protein oxidation than the purified fraction against lipid peroxidation. Radiation-induced loss of protein thiols and inactivation of superoxide dismutase were both protected by the crude and purified extracts.

ANTI - NEOPLASTIC ACTIVITY^[35] In breast cell cancer, the root extract was found to have a protective effect. The apoptotic activity of steroidal components of Shatavari was researched, and it was concluded that they had the ability to kill tumour cells. The anticancer activities of shatavarins (including Shatavari IV) extracted from the roots of Shatavari were tested using the MTT assay with MCF-7 (human breast cancer), HT-29 (Human Colon Adenocarcinoma), and A 498 (human colon adenocarcinoma) (human kidney carcinoma).

The extract (including Shatavarin IV) appeared to have substantial anti-cancer action, according to the findings of the experiments

ANTI-ABORTIFACIENT^[36] This activity is due to Shatavarin-1, which blocks even oxytocin induced contractions in rat, guinea pig and rabbit uteri in vivo and in situ in a dose dependent manner. The researchers also confirmed that the in vivo effect of shatavarin IV i.e. Saponin A4 on the uterine muscles is just like the estrogen. Its rasayana as well as antioxidant activity helps in modulating various immune processes and also prevents lipid peroxides at the placental level. The polycyclic alkaloid asparagine A is also reported to have an antioxytocic action, showing an anti- abortifacient effect.

FORMULA CONTAINING SHATAVARI^[37-59]

DRUG	CONTENT OF SHATAVARI	MEDICINAL PROPERTY
Abana	Hypertension, hyperlipidemic, Platelet aggregation inhibition, angina Adjuvant in cardiac risk factor	Hypertension, hyperlipidemic, Platelet aggregation inhibition, angina Adjuvant in cardiac risk factor
Diabecon	Each tablet has 20 mg Shatavari root extract	Early retinopathy, Microalbuminuria, Monotherapy in non-insulin-dependent diabetes mellitus
Lukol	Each tablet has 40 mg Shatavari root extract	Leucorrhea, Malaise, Backache associated with leucorrhea and Pelvic inflammatory disease
Geriforte	Each tablet has 20 mg Shatavari root powder	Geriatric stress, anxiety disorders, Stress related anxiety, Prolonged illness, and convalescence
Renalka	5 mL syrup has 50 mg shatavari root extract	Burning micturition, Cystitis, Dysuria, Hematuria, UTI
Menosan	Each tablet has 110 mg Shatavari root extract	Natural menopause, Surgical menopause
EveCare	5 mL syrup has 32mg shatavari root extract	Dysmenorrhea, Menorrhagia, Oligomenorrhea, Metrorrhagia,

AYURVEDIC FORMULATION BY USING SHATAVARI:- SHATAVARI GUGGULU^[60]

Guggulu pacifies Vatadoshas, stimulates neuromuscular actions, muscles strengthening, nerve revitalization and treats condition like paralysis and hemiplegia. It has shatavari, giloy, ashwagandha, padmaka, pippali, saunf, ajwain, sonth, gandhaprasarni, gokshura, rasna, kachur, shuddhaguggulu, cow's ghee. Small Vatakam of all ingredients (fine powdered mixture with ghee) can be stored in a glass jar as medicine. 1-2 Vatakam with water/warm milk can be taken twice a day in empty stomach or 1 hour before a meal or 2 hours after a meal.

SHATAVARI KALPA^[61]

Shatavari kalpa is amalgamation of shatavari and elaichi to enhance breast milk production and reduce pain and fatigue. It balance the vatta and pitta dosha. It improve immunity and stamina in menstruation, during pregnancy and post-natal. 4g shatavar, 0.05g elaichi, 5.95g sugar in each 10 gm formulation. Sieve the sun dried grinding powder of sugar and elaichi and mix with melted sugar. Cooled solution can be rolled into small granules and stored in container. It is used as anti-inflammatory, antioxidant, carminative, estrogenic, galactagogue. Dose is 1-2 tsf two times a day with warm milk.

DOSAGES OF SHATAVARI FORMULATIONS^[62]

ARISHTA	1-2 tsf, twice a day
CHURNA	¼ to ½ tsp consumed twice a day, mixed with milk, juice, or warm water.
VATI	1-2 vatis, twice daily
KASHAYAM	2-3 tsf once a day
AVALEHA	¼ - ½ tsf

DISSCUSION

Shatavari having many medicinal properties but for females it is not just a herb but an magical herb. Play role in enhancing folliculogenesis and ovulation, preparing the womb for conception, preventing miscarriages, and acting as a postpartum tonic by improving breastfeeding, regulating the uterus, and modifying hormones and curing amenorrhoea, delayed menarche, excessive and heavy menstruation (menorrhagia, metrorrhagia, meno-metrorrhagia), hypomenorrhoea, having improper menstrual flow. Rather then this shatavari act as a galactagogue.

CONCLUSION

The extracts of shatavari has proved that it possess phytochemical and pharmacological potential. Sahatavari is an important ethno-medicinal plant and it is used in medicines, like Sidha, Unani, and Ayurveda. More considerable work has been done to explore medicinal applications and biological activity of the shatavari plant, is still there is countless pharmacological applications, which needs to be explored. This plant has various pharmacological applications such as antibacterial, antineoplastic, and antihepatotoxic, galactagogue, antidiabetic, antioxidant, Cardio - protective, antiprotozoal, antitussive, adoptogenic, anti-inflammatory activity. Since most drugs containing Shatavari that are available in the market are in the form of polyherbal formulations.

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6. (K.S/Ka/5/10- 13)
7. (K.S/Ka/5/23-26)
8. (Ch/Si/4/9- 11);(AS/Ka/5/30);(AH/Ka/4/59)
9. (Ha/Tri/10/51)
10. (YR/Vatavyadhi Chi.)
11. (Sha/Ma./9/27- 32,35,37)
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