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CONTENTS

Sr. No.	Chapter and Author(s)	Page No.
1	A Compendious Review on Medicinal Value of Traditionally Used Foods K. Abarajitha and L. Uthira	1 – 9
2	Treatment of Inflammatory Bowel Disease using Nutritional Crops Vinod Kumari	10 – 22
3	Documentation on Ethnic Medicinal Plants and Their Consumption in India – A Review Naveena Reddy S and L. Uthira	23 – 30
4	Study of Ethnomedicinal Plants From Melghat Tribal Region, Amravati District U. R. Kokate	31 – 34
5	Medicinal Plant <i>Asparagus Racemosus</i>: a Boon for Women's Health A. N. Shende	35 – 40
6	Eleven Strong Ethnomedicinal Immunity Boosters: To Beat Covid-19 Among Tribals of East Nimar Shakun Mishra	41 – 44
7	Environmental Impact of Using Cellulosic Ethanol Enakshi Guru	45 – 55
8	Night Soil Waste Management Techniques and Case Studies Jayashree R, Kamini S. and Mahalakshmi M. R	56 – 60
9	Plant Disease Control and Management Maruti S. Darade	61 – 70

MEDICINAL PLANT *ASPARAGUS RACEMOSUS*: A BOON FOR WOMEN'S HEALTH

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Abstract:

Asparagus racemosus, traditionally known as Shatavari means “who possesses an acceptable to many”. In Ayurveda it is considered a versatile female tonic. In spite of being a rejuvenating herb it is beneficial in female infertility, as it increases libido, cures inflammation and even moistens dry tissue of the sexual organs, ovulation, prepare the womb for conception and enhances folliculogenesis, Shatavari acts as post-partum tonic by increasing lactation and normalizing the uterus and changing hormones. *A. racemosus* the main Ayurveda boon tonic for women's health as is *Withania* for the men's health.

Keywords: *Asparagus racemosus*, Shatavari, Medicinal plant, Women health, Ayurveda.

Introduction:

Asparagus racemosus is Shatavari means “who possesses an acceptable to many” it is considered boon for women's health as a general tonic and a female reproductive tonic. In Ayurveda this amazing herb known as the “Queen of Herb” because it promotes love and devotion. Shatavari is the main Ayurvedic rejuvenative tonic for the women, as is *Withania* for the male. *Asparagus racemosus* was previously included under the family Liliaceae, but now it has been shifted to a newly created family i.e. Asparagaceae. This medicinal plant is known in India by common name such as Shatavari, Satmul, Satavar etc. It is a woody climber which grows to a height of 1-2m. The leaves are of pine needle shape, small but uniform and have tiny white flowers arranged in the form of small spikes (Fig.1 a b & c). The roots are tuberous, succulent, finger shaped and clustered (1, 2, 3, 4) Shatavari is known to possess a wide range of phytochemical constituents (5).

Material and Methods:

Study Area:

Kurkheda is a village and tehsil in the Gadchiroli district in the Indian state of Maharashtra. It is located at average elevation of 240 meters (790 feet), has dense forest covered in and around kurkheda availability of medicinal plants also.

Medicinal Plant material collected from the kurkheda tehsil. Methods has been used for the collect this information by interviewing the traditional healers who have recommended and provideshatavarikalp, shatavri tonic to the women.(9) This information is documented for the women who are struggling with low libido or irregular period's etc. shatavari is nothing less than a boon. This Ayurvedic herb is associated with women's health which has many benefits.



Asparagus racemosus Whole Plant



Plant with Flower



Leaves



Root

Results and Discussion:

Medicinal plant *Asparagus racemosus* is a boon for women. Their overall reproductive health is very important. Reproductive health is essential to health, not only for giving birth to a baby, but also for keeping the menstrual cycle and bodily hormones in balance. But for women who have problems of irregular periods in addition to low libido or women who have troubled by weight gain, shatavari plant is a boon for them.

In Ayurveda it is called Rasayana or whole body tonic for women, Shatavari is an excellent treatment for many ailments, which include increasing milk production, reducing the symptoms of menopause. It has been used for centuries in ancient Ayurvedic medicine as a

healer to improve lifestyle. It is bitter and sweet in taste. Traditional healers often recommended taking it in the form of powder or powder with milk. The oil found in this herb makes it easy to digest and eat. This mountain her will breathe life into the veins.

Chemical constituents of *Asparagus racemosus* (Shatavari):

In Ayurveda, Shatavari has an ideal herb for all women's health problem:

- Shatavari plant extract are a rich source of vitamins A,B1,B2,C, E, Calcium, magnesium and folic acid. Too many women are diagnosed with a slight or chronic vitamin B deficiency. Vitamin B deficiency leads to fatigue and weakness among women's.
- Shatavari roots have alkaloids such as Asparagamine. Saponins, in particular, play an integral part in boosting female libido and rebuilding immune system.
- Chemical constituents in Shatavari leaves are Flavonoids and Rutin. Flavonoids help regulate cellular activity and fight off free radicals that are the primary causes of oxidative stress.
- Other chemical elements in Shatavari are essential oils, tyrosine, arginine, tannin, and resin. Menstruation-induced headaches can sometimes be unbearable. Tannin prompts your body to release serotonin to relieve your headache without consuming medicines.

Shatavari is an effective herb for female reproductive hormones. It is also known to cure their sexual problems. Apart from this, it is also helpful in managing many chronic diseases. Shatavari has not one or two such but many health benefits.

Benefits of *Asparagus racemosus*:

The terms woman and lifestyles have now become synonymous. An unhealthy way of life could cause unnecessary hassles and bring the onset of numerous chronic diseases. Unhealthy lifestyles are a growing concern among women of all ages. Be it mental health or sexual health, satavari, when added to women's diet, proves to be a powerful ingredients. Let's list some of the many benefits of shatavari for women.

- Cure Gastic Problems.
- Effective in Fertility
- Beneficial for low libido
- For PCOS
- Beneficial in Breastfeeding

Shatavari for Gastric Problems:

Ever had acidity issues when you are in the middle of your menstrual cycle. Shatavari help with that too! No one likes an upset stomach. Shatavari prevents gas formation in the alimentary canal that reduces abdominal pain. Moreover, it is a proven herb for curing ulcers and diarrhea. The recommended amount is 1-2grams a day, twice a day for most of women.

Shatavari for PCOS:

PCOS is caused by an imbalance of hormones in a woman's body, studies say that when women take 5grams of shatavari with milk, their hormones are balanced out. Shatavari naturally increases the antioxidants and it improves menstruation and reduces fertility.

Shatavari for Effective on Fertility:

Every woman likes a satisfying orgasm. Shatavari is known to enhance the desire or sex among woman, is a known trick to manage infertility among women, prevent miscarriages, and make sure of time ovulation.

Shatavari for Low Libido:

Libido is vital to engage in sex. A lack of Libido among women could mean absolute disinterest in sexual activities and its inability, even if you want to have sex. Shatavari is known libido booster. It is also beneficial for women suffering from anxiety or depression. Research also shows shatavari benefits for female fertility. Shatavari has soothing and relaxing effects make it such a popular adaptogenic herb.

Shatavari for Weight Gain:

Does shatavari increase weight? Bloating is synonymous with getting your periods. Shatavari is responsible for minimizing water weight from your body and removing toxins. However, for lean women, Shatavari Churna is a great way to gain weight due to its balya properties and maintain strength, eliminating weakness. However, be sure to take it in moderation.

Shatavari for Diuretic Effects:

Diuretics are also known as water pills. They augment waterproduction in your body and manage to flush it out, hence, detoxifying you. An excess of fluids may imbalance the heart. Shatavari is a popular diuretic, even in Ayurveda, where about 3,200 milligramof shatavari are consumed, minus the acute side effects.

Shatavari for Cough Relief:

Cough is a common condition of human health. If a cough is what you suffer from, drink shatavari juice with warm water and experience the curative effects.

Shatavari for Immune System:

If you want to boost your immune system, Shatavari can help you in many ways. It stimulates the immune cells in your body and boosts immunity in suppressed conditions. It enhances the ability to fight infections and viruses.

Shatavari for Anti- Aging:

Shatavari has caused significant ripples in the Skinceutical field as it is considered a replacement for retinol, a popular anti-aging remedy used by women globally. Shatavari actively boosts collagen production in your body, diminishing wrinkles and fine lines. Automatically and over time, you will notice firmer, healthier plumper, and fresher-looking skin.

Shatavari Beneficial for Breastfeeding:

Many new mothers choose Shatavari for breast milk. As a popular galactagogic, Shatavari boosts the milk production among lactating mother, aiding them through this process. Shatavari granules for lactation have the same effects. For increasing production of breast milk take the shatavari powder $\frac{1}{4}$ - $\frac{1}{2}$ a teaspoon consume with milk or honey, twice daily.

Conclusion:

Asparagus racemosus is an important medicinal plant having traditional importance as it is used in the indigenous system; traditional practices are proven by various experimental studies. This depicts the plant with tremendous potential in both healthcare and trade. Considerable work has been done to explore the biological activity and medicinal applications of the plant, still there are available countless possibilities of pharmacological applications which needs to be explored. The medicinal plant *A. racemosus* has a boon for women who are struggling with low libido or irregular periods. This Ayurvedic herb is associated with women's health has been revealed many benefits.

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