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## A Meta-Analytical Study of *Shatavari* (*Asparagus racemosus* Willd) References in Classical Ayurvedic Samhitas

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### ABSTRACT

An extensive meta-analysis was conducted to systematically compile and interpret references to Shatavari (*Asparagus racemosus* Willd) across the foundational Ayurvedic treatises—Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Kashyap Samhita, Bhela Samhita, Harita Samhita, and Sharangadhara Samhita. The objective was to elucidate the formulation, therapeutic roles, and route of administration attributed to this revered plant, traditionally known as the “Queen of Herbs.” The analysis integrates classical knowledge with interpretations from textual research, highlighting Shatavari’s continuity of use from antiquity to contemporary Ayurvedic practice in various forms.

**Keywords:** *Shatavari, Asparagus racemosus, Ayurveda, Charaka Samhita, Sushruta Samhita, Rasayana, Meta-analysis*

## 1. INTRODUCTION

*Asparagus racemosus* Willd., popularly known as Shatavari, is a premier Rasayana in Ayurvedic medicine, revered for its ability to prevent aging, increase Ayu (longevity), and enhance both Dhatu and Oja Vardhana (immunity). By improving mental function, vigor, and overall vitality, it serves as a foundational herb for systemic rejuvenation. Its therapeutic reach is remarkably broad, extending to the treatment of nervous disorders, neuropathy, dyspepsia, hepatopathy, inflammation, and tumors [1].

Modern pharmacological research supports these traditional uses, indicating that the Moola (root) extract possesses potent anti-ulcer, anti-oxidant, anti-diarrheal, anti-diabetic, and immunomodulatory activities. Because of this diverse clinical profile, Shatavari has seen a massive surge in global demand. In India alone, approximately 500 tonnes of Shatavari roots are utilized annually for medicinal production, cementing its status as a vital

botanical resource in the international healthcare landscape.

## 2. MATERIAL AND METHODS

An extensive meta analysis of *Charak Samhita*, *Sushrut Samhita*, *Ashtanga Hridaya*, *Kashyap Samhita*, *Bhel Samhita*, *Harit Samhita*, *Sharangdhar Samhita* was done and references of *Shatavari* were categorized.

## 3. OBSERVATION AND RESULT

The results have been enlisted and are tabulated below

### I. CHARAKA SAMHITA [2] (1000 BC–400 AD)

In *Charak Samhita*, *Shatavari* (*Asparagus racemosus* Willd.) has been classified under *Balya and Vaya-Sthapana Mahakashaya*. It is best galactagogue and pacifies *vata* and *pitta dosha*. It is considered as *Rasayana* and *Uttam Vajikar Aushadha*. Also used in the treatment of diseases of *Jwara*, *Raktapitta*, *Kasa*, *vatarakta*, *shoola*, etc. The formulations containing *Shatavari* (*Asparagus racemosus* Willd.) are listed in Table no.1.

**Table No.1: References of *Shatavari* (*Asparagus racemosus* Willd.) in *Charaka Samhita***

| Sr. No. | <i>Sthana</i> /Ch.N o./ <i>Shlok</i> No./Pg.No. | Terminology Used/Part Used | <i>Kalpana</i> /Formulations | <i>Karma</i> /Actions | <i>Marga</i> /Route of Administration Internal/External |
|---------|-------------------------------------------------|----------------------------|------------------------------|-----------------------|---------------------------------------------------------|
| 1.      | Su.4/7/77( <i>chakrapani</i> )                  | <i>Atirasa</i>             | <i>Balya Mahakashaya</i>     | <i>Balya</i>          | I                                                       |

|     |                   |                        |                                               |                                   |     |
|-----|-------------------|------------------------|-----------------------------------------------|-----------------------------------|-----|
| 2.  | Su.4/18/98        | <i>Atirasa</i>         | <i>Vaya Sthapana<br/>Mahakashaya</i>          | <i>Vaya Sthapana</i>              | I   |
| 3.  | Su.5/65/123       | <i>Shatavari</i>       | <i>Anu Taila</i>                              | <i>Sarveindriya<br/>Balyakara</i> | E   |
| 4.  | Vi.8/135/786      | <i>Shatavari</i>       | <i>Vamanaarth<br/>Dravya</i>                  | <i>Vamana Karaka</i>              | I   |
| 5.  | Vi.8/139/789      | <i>Shatavari</i>       | <i>Madhur<br/>Sakandha</i>                    | <i>Vataja-Pitaja<br/>Vikara</i>   | E   |
| 6.  | Sh.8/20/927       | <i>Shatavira</i>       | <i>Garbhasthapana<br/>Aushadhi</i>            | <i>Garbha<br/>Sthapana</i>        | I/E |
| 7.  | Chi.1-1/44/12     | <i>Shatavari</i>       | <i>Pathama Brahma<br/>Rasayana</i>            | <i>Rasayana</i>                   | I   |
| 8.  | Chi.1-1/58/14     | <i>Shatavari</i>       | <i>Dvitiya Brahma<br/>Rasayana</i>            | <i>Rasayana</i>                   | I   |
| 9.  | Chi.1-4/6/52      | <i>Shatavari</i>       | <i>Indrokta<br/>Rasayana</i>                  | <i>Rasayana</i>                   | I   |
| 10. | Chi.1-4/16/56     | <i>Shatavary<br/>a</i> | <i>Dvitiya Indrokta<br/>Rasayana</i>          | <i>Rasayana</i>                   | I   |
| 11. | Chi.2-1/25/70     | <i>Shatavari</i>       | <i>Brihani Gutika</i>                         | <i>Vajikarana</i>                 | I   |
| 12. | Chi.2-1/34/70     | <i>Veera</i>           | <i>Vajikarana Ghrita</i>                      | <i>Vajikarana</i>                 | I   |
| 13. | Chi.2-2/6/74      | <i>Shatavary<br/>a</i> | <i>Apatyakari<br/>Shashtikaadi<br/>Gutika</i> | <i>Vajikarana</i>                 | I   |
| 14. | Chi.2-2/14/75     | <i>Shatavari</i>       | <i>Apatyakara<br/>Swarasa</i>                 | <i>Vajikarana</i>                 | I   |
| 15. | Chi.2-2/18/76     | <i>Shatavari</i>       | <i>Vrishya Ksheera</i>                        | <i>Vajikarana</i>                 | I   |
| 16. | Chi.2-3/18/81     | <i>Shatavari</i>       | <i>Vrishya Shatavari<br/>Ghrita</i>           | <i>Vrishya</i>                    | I   |
| 17. | Chi.2-4/28/88     | <i>Shatavary<br/>a</i> | <i>Apatyakara<br/>Ghrita</i>                  | <i>Vajiakrana</i>                 | I   |
| 18. | Chi.3/250/15<br>6 | <i>Shatavari</i>       | <i>Jeevantyadi<br/>Anuvastna Basti</i>        | <i>Jwara Hara</i>                 | E   |

|     |                    |                        |                                       |                                                      |   |
|-----|--------------------|------------------------|---------------------------------------|------------------------------------------------------|---|
| 19. | Chi.3/258/15<br>7  | <i>Shatavari</i>       | <i>Chandanadi Taila</i>               | <i>Daahayukta<br/>Jwara</i>                          | E |
| 20. | Chi.4/85/192       | <i>Shatavari</i>       | <i>Shatavari<br/>Ksheera</i>          | <i>Mootramargi<br/>Raktapitta</i>                    | I |
| 21. | Chi.4/95/193       | <i>Shatavari</i>       | <i>Shatavaryadi<br/>Ghrita</i>        | <i>Kaasa, Jwara,<br/>Aanaha,<br/>Raktapitta Hara</i> | I |
| 22. | Chi.5/123/21<br>7  | <i>Shatavari</i>       | <i>Drakshadya<br/>Ghrita</i>          | <i>Pittaja Gulma</i>                                 | I |
| 23. | Chi.8/79/289       | <i>Shatavari</i>       | <i>Pradeha</i>                        | <i>Shirshoola, Pars<br/>havshoola Hara</i>           | E |
| 24. | Chi.8/105/29<br>3  | <i>Shatavary<br/>a</i> | <i>Shatavari Ghrita</i>               | <i>Yakshma Roga<br/>Janya Daaha</i>                  | E |
| 25. | Chi.10/64<br>/338  | <i>Shatavari</i>       | <i>Kalka</i>                          | <i>Atatvaabhinives<br/>ha</i>                        | I |
| 26. | Chi.11/36/34<br>4  | <i>Shatavari</i>       | <i>Amritprash<br/>Ghrita</i>          | <i>Kshataksheena</i>                                 | I |
| 27. | Chi.11/46/34<br>6  | <i>Shatavary<br/>a</i> | <i>Shvadanshtradi<br/>Ghrita</i>      | <i>Vata-Pittaja<br/>Hridshoola</i>                   | I |
| 28. | Chi.11/66/34<br>9  | <i>Shatavari</i>       | <i>Chaturtha<br/>Sarpiguda</i>        | <i>Dhaatu<br/>Vardhaka</i>                           | I |
| 29. | Chi.14/123/4<br>35 | <i>Veera</i>           | <i>Shaka</i>                          | <i>Shushaka Arsha</i>                                | I |
| 30. | Chi.14/236/4<br>47 | <i>Veera</i>           | <i>Saushneeka<br/>Changeri Ghrita</i> | <i>Gudaagata<br/>Shotha-Shoola</i>                   | I |
| 31. | Chi.18/40/53<br>7  | <i>Shatavari</i>       | <i>Traushnadi<br/>Ghrita</i>          | <i>Jvara, Gulma, Ka<br/>asa Hara</i>                 | I |
| 32. | Chi.18/43/53<br>7  | <i>Shatavari</i>       | <i>Rasna Ghrita</i>                   | <i>Vataja Kaasa</i>                                  | I |
| 33. | Chi.19/50/56<br>7  | <i>Shatavari</i>       | <i>Yavagu, Manda</i>                  | <i>Pittaja Atisaara</i>                              | I |
| 34. | Chi.19/62/56<br>9  | <i>Varee</i>           | <i>Anuvasana Basti</i>                | <i>Udara Shola</i>                                   | E |

|     |                    |                  |                               |                                           |     |
|-----|--------------------|------------------|-------------------------------|-------------------------------------------|-----|
| 35. | Chi.19/78/57<br>1  | <i>Shatavari</i> | <i>Ghrita</i>                 | <i>Rakta Atisaara</i>                     | I   |
| 36. | Chi.21/78/60<br>3  | <i>Veera</i>     | <i>Yavaka Pradeha</i>         | <i>Visarpa Hara</i>                       | E   |
| 37. | Chi.21/79/60<br>3  | <i>Veera</i>     | <i>Baladi Alepa</i>           | <i>Visarpa Hara</i>                       | E   |
| 38. | Chi.21/84/60<br>3  | <i>Shatavari</i> | <i>Nyogradi Pralepa</i>       | <i>Visarpa Hara</i>                       | E   |
| 39. | Chi.23/244/6<br>66 | <i>Shatavari</i> | <i>Amrit Ghrita</i>           | <i>Vishahara</i>                          | I   |
| 40. | Chi.25/47/70<br>5  | <i>Shatavari</i> | <i>Vijyadi Pradeha</i>        | <i>Vrana Shotha</i>                       | I   |
| 41. | Chi.25/75/70<br>9  | <i>Shatavari</i> | <i>Sneha Sharkara</i>         | <i>Vranaja Shoola</i>                     | E   |
| 42. | Chi.26/50/72<br>7  | <i>Shatavari</i> | <i>Shatavrayadi<br/>Kwath</i> | <i>Pittaja<br/>Mootrakrichha</i>          | I   |
| 43. | Chi.26/88/73<br>3  | <i>Shatavari</i> | <i>Traushnaadi<br/>Ghrita</i> | <i>Shawaasa,<br/>Kaasa,<br/>Hridaroga</i> | I   |
| 44. | Chi.26/93/73<br>4  | <i>Veer</i>      | <i>Drakshadi Ghrita</i>       | <i>Hridaroga</i>                          | I   |
| 45. | Chi.26/169/7<br>49 | <i>Shatavari</i> | <i>Mahamayur<br/>Ghrita</i>   | <i>Shiroroga</i>                          | I/E |
| 46. | Chi.28/160/8<br>04 | <i>Shatavari</i> | <i>Amritadya Taila</i>        | <i>Vatavyadhi</i>                         | I   |
| 47. | Chi.29/52/82<br>7  | <i>Shatavari</i> | <i>Shaka</i>                  | <i>Vatarakta</i>                          | I   |
| 48. | Chi.29/56/82<br>7  | <i>Shatavari</i> | <i>Bala Ghrita</i>            | <i>Vatarakta</i>                          | I   |
| 49. | Chi.29/58/82<br>7  | <i>Shatavari</i> | <i>Parushaka Ghrita</i>       | <i>Vatarakta</i>                          | I/E |
| 50. | Chi.29/61/82<br>8  | <i>Shatavari</i> | <i>Jeevniya Ghrita</i>        | <i>Vatashonita,<br/>Vatavyadhi</i>        | I   |

|     |                      |                                            |                                          |                                                                  |     |
|-----|----------------------|--------------------------------------------|------------------------------------------|------------------------------------------------------------------|-----|
| 51. | Chi.29/72/82<br>9    | <i>Shatavari</i>                           | <i>Jeevakadi<br/>Mahasneha</i>           | <i>Vatarakta,<br/>Vatavyadhi</i>                                 | I   |
| 52. | Chi.29/76/82<br>9    | <i>Shatavari</i>                           | <i>Sthiradi Ghrita</i>                   | <i>Tridoshaja<br/>Vatarakta</i>                                  | I   |
| 53. | Chi.29/81/83<br>0    | <i>Shatavari</i>                           | <i>Balaadi Yoga</i>                      | <i>Vatajavedana<br/>Hara</i>                                     | I   |
| 54. | Chi.29/92/83<br>1    | <i>Varee</i>                               | <i>Madhuparnyadi<br/>Taila</i>           | <i>Sarvanga<br/>Vatarakta Hara</i>                               | I/E |
| 55. | Chi.30/53/84<br>8    | <i>Shatvarya</i>                           | <i>Kashmaryadi<br/>Ghrita</i>            | <i>Vataja Yoniroga</i>                                           | I   |
| 56. | Chi.30/64-<br>65/850 | <i>Shatavari,<br/>Shatvarya/<br/>Moola</i> | <i>Brihat Shatavari<br/>Ghrita</i>       | <i>Vrishya,<br/>Yoniroga</i>                                     | I   |
| 57. | K.2/12/904           | <i>Shatavary<br/>a</i>                     | <i>Jeemootaka<br/>Kalpa</i>              | <i>Pitta-<br/>Kaphaja/Vata-<br/>Pittaja Jwara</i>                | I   |
| 58. | K.4/13/911           | <i>Shatavari</i>                           | <i>Dhaamaargava<br/>Kalpa</i>            | <i>Pitta-Kaphaja<br/>Jangha, Uru,<br/>Paada, Trika<br/>Shola</i> | I   |
| 59. | Si.3/49/1001         | <i>Shatavari</i>                           | <i>Chandanadi<br/>Niruha Basti</i>       | <i>Daaha,Atisara<br/>Hara</i>                                    | E   |
| 60. | Si.4/5/1006          | <i>Shatavari<br/>/Moola</i>                | <i>Dashmooladi<br/>Anuvasana Taila</i>   | <i>Vata Vikaara</i>                                              | E   |
| 61. | Si.10/28/108<br>0    | <i>Shatavari</i>                           | <i>Basti</i>                             | <i>Shukra-Mamsa<br/>Varadhaka</i>                                | E   |
| 62. | Si.10/38/108<br>1    | <i>Shatavari</i>                           | <i>Basti</i>                             | <i>Jeevaadaana<br/>Naashaka</i>                                  | E   |
| 63. | Si.12/15-<br>4/1097  | <i>Shatavari</i>                           | <i>Brihatyadi<br/>Yapana Basti</i>       | <i>Bala Vardhaka</i>                                             | E   |
| 64. | Si.12/18-<br>1/1104  | <i>Shatavari</i>                           | <i>Chatura Sneha<br/>Anuvasana Basti</i> | <i>Nashta retasa,<br/>bandhya</i>                                | E   |

Data in Table No.1 shows that *Shatavari* (*Asparagus racemosus* Willd.) was widely used in *Acharya Charaka* period and the main form of dosage used were *Ghrita* (22), *Basti* (7). In *Charaka Chikitsa Sthana* and *Sidhi Sthana* first time specific part used i.e *Moola* (Root) has been used by *Acharya* separately. More number of times *Shatavari* (*Asparagus racemosus* Willd.) is repeated in *Vatarakta chikitsa* followed by *Vajikarana adhyaya* than in *Rasayana*, *Kshatkheena*, *Atisara* and *Visarpa chikitsa*. *Shatavari* (*Asparagus racemosus* Willd.) is given internally in most of the indication where some indications like *Ghrita*, *Kalpa*, *Shaka*. *Shatavari* (*Asparagus racemosus* Willd.) is indicated externally. In *kalpasthana* mainly

*basti* containing *Shatavari* (*Asparagus racemosus* Willd.) are indicated for *Shukra-maansa varadhaka*, *Bala Vardhaka*, *Nashta Retasa*, *Bandhya* etc.

## II. *SUSHRUTA SAMHITA* [3] (1000-1500 B.C. – 2<sup>nd</sup> A.D)

In *Sushruta Samhita*, *Shatavari* (*Asparagus racemosus* Willd.) has been enumerated under *Vidaarigandhadi*, *kantaka-Panchamoola*, *Pitta-Sanshamana Gana*. *Shatavari* (*Asparagus racemosus* Willd.) is used to treat many diseases *Vatarakta*, *Gulma*, *Ashmari*, *Timira roga* etc and its formulations are listed in Table No. 2.

**Table No. 2: References of *Shatavari* (*Asparagus racemosus* Willd.) in *Sushruta Samhita***

| Sr. No. | <i>Sthana</i> /Ch.No<br>./shlok No./<br>Page No. | Terminology<br>Used/ Part<br>Used | <i>Kalpana</i> /<br>Formulations                             | <i>Karma</i> /<br>Actions             | <i>Marga</i> /<br>Route of<br>administration |
|---------|--------------------------------------------------|-----------------------------------|--------------------------------------------------------------|---------------------------------------|----------------------------------------------|
| 1.      | Su.15/40/82                                      | <i>Shatavari</i>                  | <i>Dosha Dhatu<br/>Mala Kshaya-<br/>Vridhi<br/>Vigyaniya</i> | <i>Karshya Roghara</i>                | I                                            |
| 2.      | Su.16/24/88                                      | <i>Shatavarya</i>                 | <i>Taila</i>                                                 | <i>Karanapaali<br/>Vardhaka Taila</i> | E                                            |
| 3.      | Su.38/4/182                                      | <i>Shatavari</i>                  | <i>Vidarigandhad<br/>i Gana</i>                              | <i>Pitta-Vata Dosha<br/>Hara</i>      | I                                            |
| 4.      | Su.38/8/183                                      | <i>Shatavari</i>                  | <i>Varunaadi<br/>Gana</i>                                    | <i>Kapha-Medahara</i>                 | I                                            |

|     |                      |                  |                                                   |                                                                       |   |
|-----|----------------------|------------------|---------------------------------------------------|-----------------------------------------------------------------------|---|
| 5.  | Su.38/74/189         | <i>Shatavari</i> | <i>Kantaka</i><br><i>Panchmoola</i>               | <i>Raktapitta,</i><br><i>Shothahara</i>                               | I |
| 6.  | Su.39/7/191          | <i>Shatavari</i> | <i>Vata</i><br><i>Sanshamana</i><br><i>Varga</i>  | <i>Vata Shamana</i>                                                   | I |
| 7.  | Su.39/8/191          | <i>Shatavari</i> | <i>Pitta</i><br><i>Sanshamana</i><br><i>Varga</i> | <i>Pitta Shamana</i>                                                  | I |
| 8.  | Su.46/302/268        | <i>Shatavari</i> | <i>Annapaana</i><br><i>Vidhi</i>                  | <i>Vata-Pitta</i><br><i>Shaamak, Vrishya</i>                          | I |
| 10. | Sha.10/34/106        | <i>Shatavari</i> | <i>Garbhini</i><br><i>Vyaakarana</i>              | <i>Ksheer janana</i>                                                  | I |
| 11. | Sha.10/50/108        | <i>Shatavari</i> | <i>Ghrita</i>                                     | <i>Garbhini</i><br><i>Shoolahara,</i><br><i>Garbhavidhikara</i>       | I |
| 12. | Sha.10/6.(6)/11<br>1 | <i>Shatavari</i> | <i>Kshirapana</i>                                 | <i>Adrishatashonita</i><br><i>&amp; Vedana Garbha</i><br><i>Dosha</i> | I |
| 13. | Sha.10/63/112        | <i>Shatavari</i> | -                                                 | <i>2<sup>nd</sup> Maasa</i><br><i>Garbhini</i><br><i>Paricharya</i>   | I |
| 14. | Chi.5/7/38           | <i>Shatavari</i> | <i>Taila</i>                                      | <i>Vata Pradhaana</i><br><i>Vatarakta</i>                             | E |
| 15. | Chi.5/8/39           | <i>Shatavari</i> | <i>Ghrita</i>                                     | <i>Pitta Pradhaana</i><br><i>Vatarakta</i>                            | I |
| 16. | Chi.5/13/41          | <i>Shatavari</i> | <i>Kwatha</i>                                     | <i>Vatarakta Janya</i><br><i>Vedanaa</i>                              | I |
| 17. | Chi.6/13/49          | <i>Shatavari</i> | <i>Kalka/Sidhu</i>                                | <i>Arsha Roga</i>                                                     | I |
| 18. | Chi.7/5/52           | <i>Shatavari</i> | <i>Ghrita</i>                                     | <i>Vataja Ashamari</i>                                                | I |
| 19. | Chi.7/10/52          | <i>Shatavari</i> | <i>Ghrita</i>                                     | <i>Pittaja Ashamari</i>                                               | I |
| 20. | Chi.9/8/63           | <i>Shatavari</i> | <i>Maha tiktaka</i><br><i>Ghrita</i>              | <i>Pittaja Kushatha</i>                                               | I |
| 21. | Chi.15/33/94         | <i>Shatavari</i> | <i>Bala Taila</i>                                 | <i>Sootikaa Roga</i>                                                  | I |

|     |               |                   |                                                        |                                                                                         |   |
|-----|---------------|-------------------|--------------------------------------------------------|-----------------------------------------------------------------------------------------|---|
| 22. | Chi.15/44/94  | <i>Shatavarya</i> | <i>Taila</i>                                           | <i>Vata Roga,</i><br><i>Nashta Shukra,</i><br><i>Sootika Roga</i>                       | I |
| 23. | Chi.27/10/152 | <i>Shatavari</i>  | <i>Balamoola</i><br><i>Rasayana</i>                    | <i>Shosha,</i><br><i>Raktapitta Hara</i>                                                | I |
| 24. | Chi.37/20/198 | <i>Shatavari</i>  | <i>Basti</i>                                           | <i>Vataja Roga</i>                                                                      | E |
| 25. | Chi.37/24/199 | <i>Shatavari</i>  | <i>Anuvaasana</i><br><i>Basti</i>                      | <i>Brihaniya</i>                                                                        | E |
| 26. | Chi.38/57/213 | <i>Shatavari</i>  | <i>Asthapana</i><br><i>Basti</i>                       | <i>Gulma, Rakta</i><br><i>Pradara, Pittaja</i><br><i>Vyaadhi</i>                        | E |
| 27. | K.1/68/12     | <i>Shatavari</i>  | <i>Swarasa</i>                                         | <i>Karanapoorana</i>                                                                    | I |
| 28. | Ut.17/34/79   | <i>Vari</i>       | <i>Nasya</i>                                           | <i>Vataja Timira</i>                                                                    | I |
| 29. | Ut.17/48/81   | <i>Shatavari</i>  | <i>Drushtigat</i><br><i>Roga</i><br><i>Pratishedha</i> | <i>Timira Roga</i>                                                                      | I |
| 30. | Ut.17/93/86   | <i>Shatavari</i>  | <i>Ghrita</i>                                          | <i>Timirajanya</i><br><i>Daaha, Shoola</i>                                              | E |
| 31. | Ut.26/39/181  | <i>Shatavari</i>  | <i>Lepa</i>                                            | <i>Shiroroga</i>                                                                        | E |
| 32. | Ut.30/8/191   | <i>Shatavari</i>  | <i>Dharniya</i><br><i>Dravya</i>                       | <i>Shakuni Graha</i><br><i>Pratishedha</i>                                              | E |
| 33. | Ut.39/174/251 | <i>Shatvarya</i>  | <i>Swarasa</i>                                         | <i>Vataja Jwara</i>                                                                     | E |
| 34. | Ut.39/228/257 | <i>Abheeru</i>    | <i>Ghrita</i>                                          | <i>Jwara, Kushtha,</i><br><i>Netra-Mukha-</i><br><i>Karna-Naasagata</i><br><i>Vrana</i> | I |
| 35. | Ut.40/59/248  | <i>Shatavarya</i> | <i>Yavagu</i>                                          | <i>Pitta-Atisaara</i>                                                                   | I |
| 36. | Ut.42/71/345  | <i>Abheeru</i>    | <i>Churana</i>                                         | <i>Pittaja Shola</i>                                                                    | I |
| 37. | Ut.53/15/504  | <i>Shatavari</i>  | <i>Churana</i>                                         | <i>Pittaja</i><br><i>Swarabheda</i>                                                     | I |

|     |              |                  |                                                                  |                                 |     |
|-----|--------------|------------------|------------------------------------------------------------------|---------------------------------|-----|
| 38. | Ut.58/58/548 | <i>Shatavari</i> | <i>Mootradoshah<br/>ara Bala<br/>Ghrita</i>                      | <i>Mootra Dosha<br/>Hara</i>    | I   |
| 39. | Ut.59/17/553 | <i>Shatavari</i> | <i>Vataja<br/>Mootrakrichha<br/>Traivritta<br/>Tailam Ghrita</i> | <i>Vataja<br/>Mootrakrichha</i> | I/E |

Data of Table No. 2 on shows that *Shatavari* (*Asparagus racemosus* Willd.) is used more frequently in the management of *Gharbhini paricharya* than in *Vatarakta* than *Timira roga*, *Ashamari* etc. *Shatavari* (*Asparagus racemosus* Willd.) is administered mainly in Ghrita (9) *Taila* (4) and *Basti* (3) forms. *Shatavari* (*Asparagus racemosus* Willd.) is used externally in *Vata pradhaana vatarakta*, *Vataja roga*, *Brihaniya*.

### III. ASHTANGA HRIDAYA [4] (5<sup>th</sup> - 7<sup>th</sup> Century)

In *Ashtanga Hridaya*, *Shatavari* (*Asparagus racemosus* Willd.) is mentioned under *Vidaarigandhadi Gana*. The different preparations and uses of *Shatavari* (*Asparagus racemosus* Willd.) quoted in this text are as listed in Table No. 2.A.3.

**Table No. 3: References of *Shatavari* (*Asparagus racemosus* Willd.) in *Ashtanga Hridaya***

| Sr. No. | <i>Sthana</i> /Ch.N o./shlok No./ Page.no. | Terminology Used/ Part Used | <i>Kalpna</i> / Formulations | <i>Karma</i> / Actions            | <i>Marga</i> / Route of administration |
|---------|--------------------------------------------|-----------------------------|------------------------------|-----------------------------------|----------------------------------------|
| 1.      | Su.6/99/78                                 | <i>Shatavarya</i>           | <i>Ankura</i>                | <i>Vrishya</i>                    | I                                      |
| 2.      | Su.10/23/111                               | <i>Abheeru</i>              | <i>Madhura Gana</i>          | <i>Madhura Skandhas</i>           | I                                      |
| 3.      | Su.15/6/140                                | <i>Abheeru</i>              | <i>Pitta Nashaka Gana</i>    | <i>Pitta-Naashaka</i>             | I                                      |
| 4.      | Su.15/21/142                               | <i>Shatavari</i>            | <i>Varunaadi Gana</i>        | <i>Kapha-Medaghana</i>            | I                                      |
| 5.      | Sha.2/50/248                               | <i>varee</i>                | <i>Bala Taila</i>            | <i>Prasooti Roga, Kshaya Roga</i> | E                                      |
| 6.      | Sha.2/54/248                               | <i>Shatavari</i>            | <i>Garbhastrava</i>          | <i>Garbharakshaka</i>             | I                                      |

|     |                   |                   |                                   |                                           |     |
|-----|-------------------|-------------------|-----------------------------------|-------------------------------------------|-----|
| 7.  | Chi.1/123/40<br>1 | <i>Shatavari</i>  | <i>Jwara Anuvasana</i>            | <i>Jwara Naashaka</i>                     | E   |
| 8.  | Chi.2/28/411      | <i>Shatavari</i>  | <i>Kwatha</i>                     | <i>Raktapittahara</i>                     | I   |
| 9.  | Chi.2/38/412      | <i>Abheeru</i>    | <i>Ksheera</i>                    | <i>Mootramaarga<br/>mi Raktapitta</i>     | I   |
| 10. | Chi.3/6/415       | <i>Shatavari</i>  | <i>Ghrita</i>                     | <i>Kaasa Hara</i>                         | I/E |
| 11. | Chi.3/94/423      | <i>Varee</i>      | <i>Amritprash<br/>Ghrita</i>      | <i>Shukra Kshaya,<br/>Urakshata</i>       | I   |
| 12. | Chi.3/104/42<br>4 | <i>Shatavarya</i> | <i>Shvadanshtradi<br/>Ghrita</i>  | <i>Vata-Pittaja<br/>Roga</i>              | I   |
| 13. | Chi.3/135/42<br>6 | <i>Shatavari</i>  | <i>Vasishtha<br/>Haritaki</i>     | <i>Rasayana,,<br/>Kaasa-<br/>Shawaasa</i> | I   |
| 14. | Chi.5/68/443      | <i>Veera</i>      | <i>Lepa</i>                       | <i>Rajyakshmaa-<br/>Peenasa</i>           | E   |
| 15. | Chi.5/78/444      | <i>Shatavarya</i> | <i>Pushtikarka<br/>Udavartana</i> | <i>Pushti, Varna, Ba<br/>la</i>           | I   |
| 16. | Chi.9/71/487      | <i>Varee</i>      | <i>Anuvasana Ghrita</i>           | <i>Atisaara</i>                           | E   |
| 17. | Chi..9/89/488     | <i>Shatavari</i>  | <i>Kalka</i>                      | <i>Raktatisaara</i>                       | I   |
| 18. | Chi.9/99/489      | <i>Shatavari</i>  | <i>Avleha</i>                     | <i>Raktatisaara</i>                       | I   |
| 19. | Chi.10/44/49<br>6 | <i>Veera</i>      | <i>Shoola Nashaka<br/>Taila</i>   | <i>Pittaja Grahani</i>                    |     |
| 20. | Chi.11/2/501      | <i>Abheeru</i>    | <i>Shoola Nashaka<br/>Taila</i>   | <i>Shoola Nashaka</i>                     | I   |
| 21. | Chi.11/6/502      | <i>Varee</i>      | <i>Kwatha</i>                     | <i>Mootraaghaata</i>                      | I   |
| 22. | Chi.11/18/50<br>3 | <i>Varee</i>      | <i>Ghrita</i>                     | <i>Vataja Ashamari</i>                    | I   |
| 23. | Chi.13/15/51<br>2 | <i>Veera</i>      | <i>Ghrita</i>                     | <i>Vidradhi</i>                           | I   |
| 24. | Chi.13/16/51<br>2 | <i>Shatavari</i>  | <i>Ghrita</i>                     | <i>Vidradhi</i>                           | I   |

|     |                   |                             |                                        |                                                                |     |
|-----|-------------------|-----------------------------|----------------------------------------|----------------------------------------------------------------|-----|
| 25. | Chi.13/41/51<br>4 | <i>Shatavari</i>            | <i>Sukumar Taila</i>                   | <i>Vajikarana,<br/>Vridddhiroga,<br/>Vata Vyaadhi</i>          | I   |
| 26. | Chi.19/9/553      | <i>Shatavari</i>            | <i>Mahatiktaka<br/>Ghrita</i>          | <i>Pittaja Kushtha</i>                                         | I   |
| 27. | Chi.22/8/575      | <i>Shatavari</i>            | <i>Ksheera</i>                         | <i>Vataja-<br/>Vatarakta</i>                                   | I   |
| 28. | Chi.22/10/57<br>5 | <i>varee</i>                | <i>Kwatha</i>                          | <i>Pittajaa-<br/>Vatarakta</i>                                 | I   |
| 29. | Chi.22/42/57<br>8 | <i>Abheeru</i>              | <i>Madhuyashtyadi<br/>Taila</i>        | <i>Vatarakta,<br/>Pittaja Daaha,<br/>Jwara</i>                 | I/E |
| 30. | K.1/36/586        | <i>Veera</i>                | <i>Avleha</i>                          | <i>Kaasa,<br/>Hridadaaha</i>                                   | I   |
| 31. | K.4/14/598        | <i>Varee</i>                | <i>Basti</i>                           | <i>Pittaja Vikaara</i>                                         | E   |
| 32. | K.4/55/602        | <i>Shatavari</i>            | <i>Basti</i>                           | <i>Sarva-Vata<br/>Vikaara</i>                                  | E   |
| 33. | K.4/60/602        | <i>Shatavari</i>            | <i>Basti</i>                           | <i>Brihana, Vata-<br/>Pittaghana,<br/>Raja-<br/>Shukraamya</i> | E   |
| 34. | Ut.1/43/619       | <i>Shatavari</i>            | <i>Ashtanga Ghrita</i>                 | <i>Vaani, Medhaa,<br/>Smriti, Budhi<br/>Vardhaka</i>           | I   |
| 35. | Ut.2/13/621       | <i>Abheeru</i>              | <i>Kwatha</i>                          | <i>Pitta Dusta<br/>Stanya</i>                                  | I   |
| 36. | Ut.6/33/644       | <i>Veera</i>                | <i>Maha Kalyanaka<br/>Ghrita</i>       | <i>Brihana,<br/>Unmaadahara</i>                                | I   |
| 37. | Ut.6/36/644       | <i>Mahapurush<br/>danta</i> | <i>Maha<br/>Paishachika<br/>Ghrita</i> | <i>Buddhi, Medha,<br/>Smriti Vardhaka</i>                      | I   |
| 38. | Ut.13/5 /670      | <i>Shatavari</i>            | <i>Drakshaadi<br/>Ghrita</i>           | <i>Kaacha, Timira<br/>Roga</i>                                 | I   |

|     |                   |            |                                         |                                             |   |
|-----|-------------------|------------|-----------------------------------------|---------------------------------------------|---|
| 39. | Ut.13/52/675      | Varee      | Jeevantyadi Taila                       | Urdhawa-<br>Jatrugata Vata-<br>Pittaja Roga | I |
| 40. | Ut.13/90/678      | Abheeru    | Ghrita                                  | Nishaandhya<br>Nashaka                      | I |
| 41. | Ut.18/40/698      | Shatavari  | Taila                                   | Karanapaali<br>Pushti                       | E |
| 42. | Ut.24/46/733      | Varee      | Taila                                   | Sarva-Urdhawa<br>Jatru Roga                 | E |
| 43. | Ut.24/52/733      | Shatavari  | Maha Mayuraka<br>Ghrita                 | Indriya<br>Bhransha,<br>Shawaasa-<br>Kaasa  | I |
| 44. | Ut.34/28/781      | Abheeru    | Kashmaryadi<br>Ghrita                   | Vataja Yoniroga                             | I |
| 45. | Ut.34/36/782      | Shatavari  | Shatavaryadi<br>Ghrita Leha             | Yoniroga,<br>Rajodosh,<br>Shukra Dushti     | I |
| 47. | Ut.34/64/784      | Shatavari  | Phala Ghrita                            | Punsavana                                   | I |
| 48. | Ut.39/61/817      | Shatavari  | Vidarikandadi<br>Rasayana Yoga          | Medha,<br>Balaprada                         | I |
| 49. | Ut.39/156/82<br>5 | Shatavari  | Ghrita                                  | Rasayana                                    | I |
| 50. | Ut.40/13/829      | Shatavari  | Vrishya Yoga                            | Vajikarana                                  | I |
| 51. | Ut.40/32/831      | Shatavarya | Churana                                 | Veerya Vridhi                               | I |
| 52. | Ut.40/34/831      | Shatavari  | Kaam Vardhaka<br>Gokshuraadi<br>Churana | Vajikarana                                  | I |

Data in Table No.3 on shows that *Shatavari* (*Asparagus racemosus* Willd.) is used maximally in *Ghrita* (16) form and other forms used are *Taila*, *ksheer*, *Basti*, *kalka* etc.

*Shatavari* (*Asparagus racemosus* Willd.) is repeatedly indicated in *Vajikarana*, *Rasayana*, *Vatarakta Urdhava-jatrugata roga* etc.

**IV. KASHYAP SAMHITA [5] (6<sup>th</sup> A.D)**

*racemosus* Willd.) indicate in different diseases in Table No.4.

This *Samhita* was written by *Acharya Vriddha Jivaka* in 6<sup>th</sup> Century. Several formulations *Shatavari* (*Asparagus*

**Table No.4: References of *Shatavari* (*Asparagus racemosus* Willd.) in *Kashyap Samhita*.**

| Sr. No. | Sthana/Ch.No<br>./Shlok No./<br>Page.No.        | Terminology<br>Used/ Part<br>Used | Kalpana/<br>Formulations | Karma/Ac<br>tions                                 | Marga/Route<br>of<br>Administrati<br>on |
|---------|-------------------------------------------------|-----------------------------------|--------------------------|---------------------------------------------------|-----------------------------------------|
| 1.      | Su.1/Lehadhya<br>ya/5                           | <i>Shatavarya</i>                 | <i>Leha</i>              | <i>Medha</i><br><i>Vardhaka</i>                   | I                                       |
| 2.      | Su.1/Lehadyay<br>a/6                            | <i>Shatavari</i>                  | <i>Brahmi Swarasa</i>    | <i>Medha</i><br><i>Vardhaka</i>                   | I                                       |
| 3.      | Chi./Mutrakric<br>ha Chikita<br>Adhyaya/121     | <i>Shatavari</i>                  | <i>Avleha</i>            | <i>Mutragreha</i><br><i>Nashaka</i>               | I                                       |
| 4.      | Chi./Dhatri<br>Chikitsa<br>Adhyaya/143          | <i>Shatavari</i>                  | <i>Bala Taila</i>        | <i>20 Yoni</i><br><i>Dosha</i><br><i>Nashaka</i>  | I                                       |
| 5.      | Si.8/169                                        | <i>Shatavari</i>                  | <i>Niruha</i>            | <i>Sarva</i><br><i>Dosha</i><br><i>Hara</i>       | I                                       |
| 6.      | Kalpa/186/Shat<br>apushpa<br>Shatavari<br>Kalpa | <i>Shatavari</i>                  | <i>Ghruta</i>            | <i>Rasayana,</i><br><i>Ojovardha</i><br><i>ka</i> | I                                       |
| 7.      | Khi/10/144/30<br>1                              | <i>Shatavar</i>                   | <i>Kalka, Kwatha</i>     | <i>Mutra</i><br><i>Greh Roga</i>                  | I                                       |
| 8.      | Khi/11/179/30<br>4                              | <i>Shatavari</i>                  | <i>Lepa</i>              | <i>Shotha</i>                                     | E                                       |

|     |               |                   |                  |                                                |     |
|-----|---------------|-------------------|------------------|------------------------------------------------|-----|
| 9.  | Khi/11/93/311 | <i>Shatavari</i>  | <i>Taila</i>     | <i>Vata-Jwar</i><br><i>Nashaka</i>             | E   |
| 10. | Khi/14/329    | <i>Shatavari</i>  | <i>Parisheka</i> | <i>Visarpa</i><br><i>Hara</i>                  | E   |
| 11. | Khi/15/16/334 | <i>Shatavari</i>  | <i>Churana</i>   | <i>Pittaja</i><br><i>Charmada</i><br><i>la</i> | E   |
| 12. | Khi/17/48/342 | <i>Shatavirya</i> | <i>Taila</i>     | <i>Vataja</i><br><i>Shotha</i><br><i>Hara</i>  | I/E |
| 13. | Khi/17/61/343 | <i>Shatavari</i>  | <i>Lepa</i>      | <i>Shotha</i>                                  | E   |
| 14. | Khi/17/63/343 | <i>Shatavari</i>  | <i>Taila</i>     | <i>Vata-Jwar</i><br><i>Nashaka</i>             | E   |
| 15. | Khi/19/350    | <i>Shatavari</i>  | <i>Dharana</i>   | <i>Garbhini</i><br><i>Prakarana</i>            | E   |

Table No.4 shows that *Shatavari* (*Asparagus racemosus* Willd.) is used number of times in the management of *Shotha* and also for the management of other diseases like *Jwara*, *Visarpa*, *Mutra greh* and *Rasayana* etc.

#### 5. *BHELA SAMHITA* [6] (7<sup>th</sup>A.D.)

This *Samhita* was written by *Acharya Bhela* in 7<sup>th</sup> Century. Several formulations *Shatavari* (*Asparagus racemosus* Willd.) indicate in different diseases in Table No.5.

**Table No. 5: References of *Shatavari* (*Asparagus racemosus* Willd.) in *Bhela Samhita*.**

| Sr. No. | Sthana/Ch. No./Shlok No./ Page.No | Terminology Used/ Part Used | <i>Kalpana</i> / Formulations           | <i>Karma</i> / Actions                          | <i>Marga</i> /Route of Administration |
|---------|-----------------------------------|-----------------------------|-----------------------------------------|-------------------------------------------------|---------------------------------------|
| 1.      | Chi/4/139                         | <i>Shatavari</i>            | <i>Ashwathmoola</i><br><i>di Modaka</i> | <i>Yakshma</i><br><i>Roga</i><br><i>Nashaka</i> | I                                     |
| 2.      | Chi/5/27/14<br>6                  | <i>Shatavirya</i>           | <i>Dadhik Ghrita</i>                    | <i>Gulma</i><br><i>Nashaka</i>                  | I                                     |

|     |                   |                                  |                                                        |                                     |   |
|-----|-------------------|----------------------------------|--------------------------------------------------------|-------------------------------------|---|
| 3.  | Chi/7/155         | <i>Shatavari</i><br><i>Moola</i> | <i>Swarasa</i>                                         | <i>Prameha</i><br><i>Hara</i>       | I |
| 4.  | Chi./12/168       | <i>Shatavari</i>                 | <i>Taila</i>                                           | <i>Ardita</i><br><i>Chikitsa</i>    | I |
| 5.  | Chi/17/180        | <i>Shatavari</i>                 | <i>Dwipanchmool</i><br><i>adi Taila</i>                | <i>Urustambh</i>                    | E |
| 6.  | Chi/17/21/1<br>83 | <i>Shatavari</i>                 | <i>Kshaya</i>                                          | <i>Pitta Visarpa</i><br><i>Hara</i> | I |
| 7.  | Chi/19/37/1<br>96 | <i>Shatavari</i>                 | <i>Ayorajiya</i><br><i>Rasayana</i>                    | <i>Rasayana</i>                     | I |
| 8.  | Chi/26/217        | <i>Shatavari</i>                 | <i>Rasna taila</i>                                     | <i>Vata Vyadhi</i>                  | E |
| 9.  | Chi/29/226        | <i>Shatavari</i>                 | <i>Udumbaradi</i><br><i>Lepa</i>                       | <i>Vrana Hara</i>                   | E |
| 10. | Chi/29/226        | <i>Shatavari</i>                 | <i>Triphalaadi</i><br><i>Taila</i>                     | <i>Vrana</i>                        | E |
| 11. | Si/7/10/274       | <i>Shatavari</i>                 | <i>Niruha</i>                                          | <i>Pitta</i><br><i>Nashaka</i>      | I |
| 12. | Si/7/17/275       | <i>Shatavari</i>                 | <i>Niruha</i>                                          | <i>Prashasta</i>                    | I |
| 13. | Si/8/26/280       | <i>Shatavari</i>                 | <i>Shatavaryadi</i><br><i>Rasayana</i><br><i>Basti</i> | <i>Rasayana</i>                     | I |
| 14. | Si/8/39/281       | <i>Shatavari</i>                 | <i>Rasayanika</i><br><i>Basti</i>                      | <i>Rasayana</i>                     | I |

Contents of Table No.5 revealed that *Shatavari* (*Asparagus racemosus* Willd.) is used for the management of *Urustambha*, *Gulma*, *Prameha*, *Ardita* etc. *Shatavari*

(*Asparagus racemosus* Willd.) is used in many different dosage forms like *Lepa*, *Taila*, *Basti* etc.

6. **HARITA SAMHITA** [7] (10<sup>th</sup> -12<sup>th</sup> A.D.)

This *Samhita* had been written by *Acharya Harita* in 10<sup>th</sup> -12<sup>th</sup> century. *Shatavari*

(*Asparagus racemosus* Willd.) has been mentioned in various preparations listed in Table No.6.

**Table No. 6: References of *Shatavari* (*Asparagus racemosus* Willd.) in *Harita Samhita***

| Sr. No. | Sthana/Ch.N<br>o./Shlok No./<br>Page.No | Terminology<br>Used/ Part<br>Used | Kalpana/<br>Formulations              | Karma/<br>Actions                                     | Marga/<br>Route of<br>Administration |
|---------|-----------------------------------------|-----------------------------------|---------------------------------------|-------------------------------------------------------|--------------------------------------|
| 1.      | 3/2/128/194                             | <i>Shatam<br/>Aushadhinam</i>     | <i>Laghu<br/>Raasnadi<br/>Kwath</i>   | <i>Sannipataja<br/>Jwar</i>                           | I                                    |
| 2.      | 3/4/22/232                              | <i>Abheeru</i>                    | <i>Kalka</i>                          | <i>Yakrita Roga</i>                                   | I                                    |
| 3.      | 3/4/36/234                              | <i>Shataha</i>                    | <i>Rasnaadi<br/>Bhakshana</i>         | <i>Khalli Roga</i>                                    | I                                    |
| 4.      | 3/9/119/281                             | <i>Shatamooli</i>                 | <i>Amrit Prash<br/>Ghrita</i>         | <i>Rajyakshama</i>                                    | I                                    |
| 5.      | 3/10/51/291                             | <i>Shatavari</i>                  | <i>Shatavari<br/>Ghrita</i>           | <i>Yoni,<br/>Medhraguda<br/>pravritta<br/>Rudhira</i> | I/E                                  |
| 6.      | 3/10/69/293                             | <i>Shatavari</i>                  | <i>Khandakaadya<br/>Rasayana</i>      | <i>Raktatisara,<br/>Rudhirameh<br/>a</i>              | I                                    |
| 7.      | 3/11/67/307                             | <i>Shataha</i>                    | <i>Pipplyadi Taila</i>                | <i>Vata Vyadi</i>                                     | E                                    |
| 8.      | 3/18/14/342                             | <i>Shatavari</i>                  | <i>Ghrita</i>                         | <i>Apasmara<br/>Unmada</i>                            | I                                    |
| 9.      | 3/18/17/342                             | <i>Shatavarya</i>                 | <i>Taila</i>                          | <i>Unmada</i>                                         | I/E                                  |
| 10.     | 3/18/23/343                             | <i>Abheeru</i>                    | <i>Leha</i>                           | <i>Unmada</i>                                         | I                                    |
| 11.     | 3/20/73/356                             | <i>Shatavari</i>                  | <i>Kalka/Kwath</i>                    | <i>Vata Hara</i>                                      | I                                    |
| 12.     | 3/20/81/357                             | <i>Shatavari</i>                  | <i>Baladi<br/>Aushadha<br/>Niruha</i> | <i>Bhagnavata/<br/>Bhinnavata</i>                     | E                                    |

|     |              |                   |                                  |                            |   |
|-----|--------------|-------------------|----------------------------------|----------------------------|---|
| 13. | 3/20/114/360 | <i>Shatavari</i>  | <i>Narayana<br/>Namaka Taila</i> | <i>Vata Vikara</i>         | I |
| 14. | 3/29/7/391   | <i>Shatavarya</i> | <i>Kwath</i>                     | <i>Prameha</i>             | I |
| 15. | 3/32/9/398   | <i>Shatavari</i>  | <i>Kwath</i>                     | <i>Andavridhi<br/>Roga</i> | I |
| 16. | 3/47/14/442  | <i>Shatamooli</i> | <i>Churana</i>                   | <i>Shukravridhi</i>        | I |
| 17. | 3/47/16/443  | <i>Bheeru</i>     | <i>Vidaryadi<br/>Aushadha</i>    | <i>Bala<br/>Vardhaka</i>   | I |
| 18. | 3/54/23/460  | <i>Shatavari</i>  | <i>Churana</i>                   | <i>Balaka<br/>Vridhi</i>   | I |

*Shatavari* (*Asparagus racemosus* Willd.) is repeatedly mentioned in the management of *Vataj Vikara* and *Unmada Chikitsa* and also indicated in the management of *Yakrit Roga*, *Apasmara*, *Rajyakshama*, *Prameha* etc. As per the Table No. 6 *Kwatha* form is found profusely over other given dosage forms like *Churna* (3), *Ghruta* (3), *Taila* (3) *Kalka* (2) etc.

#### 7. **SHARANGDHAR SAMHITA** [8] (13<sup>th</sup> CENTURY)

This *Samhita* had been written by *Acharya Sharangdhar* in 13<sup>th</sup> century. *Shatavari* (*Asparagus racemosus* Willd.) has been mentioned in various preparations with different indications are listed in Table No.7.

**Table No. 7: References of *Shatavari* (*Aparagus racemosus* Willd.) in *Sharangdhara Samhita*:**

| Sr. No. | Sthana/ Ch.No./S hlok No./ Page.No | Terminology Used/ Part Used | <i>Kalpana/ Formulations</i>   | Karma/ Action                 | Marga/Route of Administration |
|---------|------------------------------------|-----------------------------|--------------------------------|-------------------------------|-------------------------------|
| 1.      | Sha.M.K .1/15/140                  | <i>Shatavari</i>            | <i>Shatavari<br/>Swarasa</i>   | <i>Pittaja<br/>Shoolahara</i> | I                             |
| 2.      | Sha.M.K .2/18/148                  | <i>Shatavari</i>            | <i>Bhoonimbaadi<br/>Kwatha</i> | <i>Kaphaja<br/>Jwara</i>      | I                             |

|     |                           |                  |                                            |                                                 |   |
|-----|---------------------------|------------------|--------------------------------------------|-------------------------------------------------|---|
| 3.  | Sha.M.K<br>.2/90/156      | <i>Shatavari</i> | <i>Mahaaraasnaadi<br/>Kwatha</i>           | <i>Sarvavata<br/>Roga</i>                       | I |
| 4.  | Sha.M.K<br>.2/134/16<br>1 | <i>Shatavari</i> | <i>Patolaadi Kwatha</i>                    | <i>Daahayukta<br/>Vatarakta</i>                 | I |
| 5.  | Sha.M.K<br>.2/139/16<br>2 | <i>Shatavari</i> | <i>Brihat<br/>Manjishthaadi<br/>Kwatha</i> | <i>Sarva-<br/>Kushthahara</i>                   | I |
| 6.  | Sha.M.K<br>.6/99/190      | <i>Shatavari</i> | <i>Lavanatritayaadi<br/>Churna</i>         | <i>Yakrita Vikara</i>                           | I |
| 7.  | Sha.M.K<br>.6/154/19<br>5 | <i>Shatavari</i> | <i>Shatavariadi<br/>Churna</i>             | <i>Vajikarana</i>                               | I |
| 8.  | Sha.M.K<br>.9/27/216      | <i>Shatavari</i> | <i>Kaamadeva<br/>Ghrita</i>                | <i>Raktapitta,<br/>Urakshata,<br/>Haleemaka</i> | I |
| 9.  | Sha.M.K<br>.9/47/218      | <i>Shatavari</i> | <i>Mahaatikta<br/>Ghrita</i>               | <i>Vatarakta,<br/>Kushtha</i>                   | I |
| 10. | Sha.M.K<br>.9/87/222      | <i>Shatavari</i> | <i>Laghuphala<br/>Ghrita</i>               | <i>Yonishoola</i>                               | I |
| 11. | Sha.M.K<br>.9/99/223      | <i>Shatavari</i> | <i>Angaara Taila</i>                       | <i>Sarva-Jwara</i>                              | I |
| 12. | Sha.M.K<br>.9/103/22<br>3 | <i>Shatavari</i> | <i>Naaraayana Taila</i>                    | <i>Vata Roga</i>                                | I |
| 13. | Sha.M.K<br>.9/224         | <i>Shatavari</i> | <i>Balaadya Taila</i>                      | <i>Vata Vyadhi</i>                              | E |
| 14. | Sha.M.K<br>.9/226         | <i>Shatavari</i> | <i>Shatavari Taila</i>                     | <i>Vata-Pittaja<br/>Roga</i>                    | E |
| 15. | Sha.M.K<br>.12/282        | <i>Shatavari</i> | <i>Madana<br/>Kaamdeva Rasa</i>            | <i>Shukra<br/>Kshaya</i>                        | I |

|     |                            |                  |                                  |                          |   |
|-----|----------------------------|------------------|----------------------------------|--------------------------|---|
| 16. | Sha.M.K<br>.12/270/2<br>82 | <i>Varee</i>     | <i>Kandarpa<br/>Sundara Rasa</i> | <i>Shukra<br/>Kshaya</i> | I |
| 17. | Sha.M.K<br>.12/283/2<br>83 | <i>Shatavari</i> | <i>Lauha Rasayana</i>            | <i>Rasayana</i>          | I |

Data in Table No.7 shows that *Kwatha* preparation of *Shatavari* (*Asparagus racemosus* Willd.) is given number of times in *Sharangdhar Samhita* and other dosage form like *Ghrita*, *Taila*, *swarasa*, *churana* are also mentioned. *Shatavari* (*Asparagus racemosus* Willd.) is indicated in the management of *Shukra Kshaya*, *Vata Vyadhi*, *Yonishoola*, *Raktapitta*, *Urakshata*, *Haleemaka* etc.

#### 4. DISCUSSION

The compiled data from various classical texts and tables highlight the extensive and multifaceted use of *Shatavari* (*Asparagus racemosus* Willd.) in traditional Ayurvedic medicine. During the Acharya Charaka period, *Shatavari* was predominantly administered in the form of *Ghrita* (ghee-based preparations) and *Basti* (medicated enemas), with the root (*Moola*) identified as the specific part utilized. Its prominent mention in *Vatarakta chikitsa* and *Vajikarana* underscores its significant role in managing *Vata*-related disorders and enhancing reproductive health.

The frequent internal administration of *Shatavari* across different indications—ranging from *Gharbhini paricharya* (antenatal care) to *Vatarakta* and *Rasayana* therapies—demonstrates its versatility. The external use of *Shatavari* in forms such as *Ghrita* and *Kalpa* suggests an adjunctive role in topical applications for conditions like *Vata pradhana Vatarakta*, *Vataja Roga*, and *Brihaniya*. The emphasis on *Basti* formulations containing *Shatavari* in *Kalpasthanas* further indicates its importance in promoting reproductive and general health, especially in cases like *Shukra-maansa vridhhi* (sperm tissue enhancement) and other *Vata*-related conditions.

Data from subsequent periods reveal a consistent preference for *Shatavari* in *Ghrita* and *Kwatha* (decoction) forms, with the latter being particularly prominent in classical texts like *Sharangdhar Samhita*. The diverse dosage forms—*Lepa* (paste), *Taila*, *Basti*, and *Kwatha*—reflect its broad therapeutic spectrum. Its recurrent mention in the management of diseases such as *Shotha* (inflammation), *Jwara* (fever), *Mutra*

Greh (urinary disorders), and conditions like Urustambha (lumbar stiffness), Gulma (abdominal tumors), and Prameha (diabetes) underscores its role in addressing both systemic and localized ailments.

Furthermore, Shatavari's application in Vataj Vikara (Vata disorders) and Unmada (psychological disorders) indicates its adaptogenic and balancing properties. The frequent use of Kwatha preparations in various classical texts suggests that decoctions are a preferred method for extracting and utilizing its medicinal properties effectively.

*Shatavari (Asparagus racemosus)* holds a unique position as a unifying herb across classical Ayurvedic treatises, symbolizing the continuity of Ayurvedic wisdom from the Vedic era to modern scientific validation. The convergence of textual evidence from *Charaka* to *Sharangadhara* highlights its multifaceted role in enhancing vitality, fertility, and longevity. Integrating classical understanding with ongoing pharmacological research affirms *Shatavari* as not only a women's tonic but a comprehensive adaptogenic herb of profound therapeutic value in holistic health care.

## 5. CONCLUSION

*Shatavari (Asparagus racemosus* Willd.) holds a prominent position in Ayurvedic

therapeutics, evidenced by its extensive historical usage across multiple formulations and indications. Its applications span internal and external therapies, targeting a wide range of conditions including reproductive health, Vata disorders, inflammatory states, and systemic diseases like Prameha and Jwara. The preference for Ghrita, Kwatha, and Basti formulations reflects its versatility and importance in traditional medicine. This comprehensive utilization underscores the need for further scientific validation to explore its potential in modern pharmacology and integrative medicine. Overall, *Shatavari* remains a vital herbal remedy with a broad therapeutic spectrum, justifying its continued relevance and study in contemporary herbal research.

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