

Botanic name : *Asparagus racemosus* Willd.

Family: Asparagaceae

Common name: Satawari

Habitat: Terrestrial

Distribution: Native of India including the Andamans; and ascending in the Himalayas

Description: woody climber, with leaves like pine needles, small and uniform and the flowers white, in small spikes; contains adventitious root system with tuberous roots. Branches contain spines on them. Inflorescences develops after cladodes, axillary, each a many-flowered raceme or panicle 1-4 cm; stamens equal.

Phytochemicals: steroidal glycosides (asparagosides), Shatvarin I to VI, bitter glycosides, flavonoids (Glycosides of quercitin, rutin and hyperoside in flower and fruits), furan compound (racemofuran), isoflavones, asparagin, flavonoids, trace elements (Zn, Mn, Cu, Co, Se), are present as active constituents

Medicinal/Economic uses: A high-value medicinal crop. In Ayurvedic medicine, the root of Satavari is used in the form of juice, paste, decoction and powder to treat intrinsic haemorrhage, diarrhoea, piles, hoarseness of voice, cough, arthritis, poisoning, diseases of female genital tract, erysipelas, fever, as aphrodisiac and as rejuvenative. Considered both a general tonic and a female reproductive tonic, often translated as “100 spouses”, implying its ability to increase fertility and vitality.