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***Shatavari* (Asparagus racemosus Willd) and its Formulations - A Critical Review through Brihatrayi**

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ABSTRACT

Shatavari (*Asparagus racemosus* Willd and Liliaceae family) is very well recognized as “Who possesses a hundred husbands”. It has identical use in the treatment of female reproductive system as well as the rejuvenative therapy known as *Rasayana* by using the different dosage forms of *Shatavari* such as *Swarasa*, *Kalka*, *Kwatha*, *Kshira*, *Ghrita* and *Taila* and many more. In view of this, the present review is aimed to gather all the information apropos the used pattern of *Shatavari* and its formulations from *Brihatrayi*. *Brihatrayi* has been screened comprehensively to collect this information. Screening revealed that, *Shatavari* is extravagantly used in the form of *Kalka* and *Kwatha* in maximum formulations mentioned in *Brihatrayi*. Among 179 different dosage forms of *Shatavari*, 101 *Taila* and *Ghrita Yoga* have been mentioned in *Brihatrayi* that shows lipid solubility of the active ingredients of *Shatavari*. Hence this review would provide a new vision to understanding possible modification in drug development of *Shatavari*.

KEYWORDS

Shatavari, *Asparagus racemosus*, formulations, *Brihatrayi*



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INTRODUCTION

Shatavari (*Asparagus racemosus* Willd) is a climbing plant with tuberous, short rootstock bearing numerous succulent tuberous roots. The name "*Shatavari*" reflect to "one who possesses 100 husbands". It is an all-round tonic and rejuvenative which can give to a person with any type, constitution, males or females. Indeed, *Shatavari* is the "Universal *Rasayana*"¹. It is extensively used in female fertility, overall health and vitality, to promote lactation, and as an aphrodisiac. Various proven pharmacological activities of *Shatavari* are antidiarrhetic², antispasmodic³, aphrodisiac⁴, diuretic⁵, galactagogue⁶, and works as a tonic for human beings. It is used as a main ingredient in various formulations mentioned in *Brihatrayi* and other Ayurvedic texts. In *Brihatrayi*, various formulations like *Swarasa*, *Kwatha*, *Churna*, *Ghrita*, *Taila* etc of *Shatavari* are found. Out of all these formulations, in predominance the used part of *Shatavari* is root. During screening of *Brihatrayi*, the other parts such as *Shaka*, *Ankura* and whole plant are also used in the preparation of formulations.

While making any formulations, the used pattern of its ingredients plays a major role. By keeping in view of above facts, the

present review is aimed to gather all the information apropos the used pattern of *Shatavari* and its formulations from *Brihatrayi*. *Brihatrayi* has been screened comprehensively to collect this information.

MATERIALS AND METHODS

A review of *Brihatrayi* i.e. *Charaka Samhita*, *Sushruta Samhita*, *Astanga Sangraha* and *Astanga Hridaya* has been made. The commentaries like *Chakrapanidatta*, *Dalhana*, *Indu* have been also referred to clarify the controversies. The gathered information is presented in tabular form.

Characteristics and Types

Shatavari has a *Swadu-Tikta Rasa*, *Guru-Singdha Guna*, *Shita Virya* and *Madhura Vipaka*. It has an effect of *Rasayana*, *Vrushya*, *Medha-Agni-Bala Vardhana*, *Vata-Pittahara*, *Grahani*, and *Arsha*⁷. *Sushruta* mentioned two types of *Shatavari* i.e. *Shatavari* and *Brihat Shatavari*⁸.

Synonyms

Different Ayurvedic texts have mentioned numerous synonyms of *Shatavari*⁹. The synonym such as *Rushyaprokta*, *Vira*, *Vari*, *Abhibru*, *Bahupatri*, *Bahuputra*, *Shataviryra* are used for *Shatavari* in *Brihatrayi*. *Bahupatri*, *Bahuputra*, *Vira*, *Vari*, *Sahastraviryra* are the term used in *Charaka*



Samhita, *Sushruta Samhita* and *Astanga Hridaya*¹⁰⁻¹². The term *Abhiru* is used in *Astanga Hridaya*.

The categorisation of *Shatavari* in different *Gana*, *Varga* and *Skandha* are depicted in Table 1.

Categorisation

Table 1 Categorisation of *Shatavari* in *Brihatrayi*

Text	Gana/ Varga/Skandha	Reference
<i>Charaka Samhita</i>	<i>Balya gana</i>	Cha. Su. 4/7
	<i>Vayasthapana gana</i>	Cha. Su. 4/23
	<i>Mulasava yoni</i>	Cha. Su. 25/54
	<i>Vamanakshay varga</i>	Cha. Vi. 8/153
	<i>Madhura skandha</i>	Cha. Vi. 8/158
<i>Sushruta Samhita</i>	<i>Varunadi gana</i>	Su. Su. 38/4
	<i>Vidarigandhadi gana</i>	Su. Su. 38/4
	<i>Kantakpanch mula</i>	Su. Su. 38/74
	<i>Samsamnavagra</i>	Su. Su. 39/7
	<i>Pittasamasamn varga</i>	Su. Su. 39/8
	<i>Kanda varga</i>	Su. Su. 46/299
	<i>Stanyajanan</i>	Su. Sha.10/34
<i>Astanga Sangraha</i>	<i>Pittasamsaman Dravya</i>	A.S. su. 15/11
	<i>Varunadi gana</i>	A.S. Su. 16/11
	<i>Madhura skandha</i>	A.S. Su. 18/11
<i>Astanga Hridaya</i>	<i>Madhura skandha</i>	A.H. Su. 10/23
	<i>Pittanashak Dravya</i>	A.H. Su.15/6
	<i>Varunadi varga</i>	A.H. Su.15/21

Shatavari using in different *Yoga*

The screening revealed that *Shatavari* is most frequently used medicinal plant for different therapeutic indication in *Brihatrayi*. *Shatavari* is used as an ingredient in various Ayurvedic formulations i.e. *Swarasa* (juice), *Kwatha* (decoction), *Gutika* (tablet/pill), *Churna* (powder), *Avaleha* (confections), *Ghrita* (medicated Ghee), *Taila* (Medicated oil)

etc. The list of formulations and their indication are shown below¹³⁻¹⁶.

Swarasa Yoga

Only 2 *Yoga* of *Shatavari Swarasa* are found in *Brihatrayi* and indicated as internal administration. Among them one is found in *Charaka Samhita* for the purpose of *Vajikarana* and the second one is found in *Sushruta Samhita* for *Vataja Jwara Chikitsa*. [Table 2]

Table 2 *Shatavari* in *Swarasa Yoga*

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Apatyakara Swarasa</i>	Ingredient	<i>Vajikarana</i>	Cha. Chi. 2,2/14
2	<i>Shatavari Swarasa</i>	<i>Swarasa</i>	<i>Vataja jwara</i>	Su. Ut. 39/174

Kwatha Yoga Total 7 *Kwatha Yoga* indicated in *Pitta Pradhana Vyadhi* are found in *Brihatrayi*. [Table 3]

Kshira Yoga

Total 10 *Kshira Yoga* are found in *Brihatrayi* which have *Shatavari* as



ingredient in the form of *Kwatha Dravya*, *Kalka Dravya*, *Churna* and most of are indicated for the *Vrushya Karma*. [Table 4]

Gutika Yoga

The references of 4 *Gutika Yoga* of *Shatavari* used in the form of *Kwatha Dravya* are found in *Charaka Samhita* and *Astanga Sangraha* [Table 5].

Table 3 Shatavari in Kwatha Yoga

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Shatavari Kwatha</i>	<i>Kwatha Dravya</i>	<i>Pittaja Mutrakrichha</i>	Cha. Chi. 26/50
		<i>Kwatha Dravya</i>	<i>Pittaprabala Vatarakta</i>	Su. Chi. 5/8
		<i>Kwatha Dravya</i>	<i>Vatarakta</i>	A.S. Chi. 24/10
		<i>Kwatha Dravya</i>	<i>Pittaatisara</i>	A.H. Chi. 9/56
2	<i>Raktapittahara Kwatha</i>	<i>Kwatha Dravya</i>	<i>Raktapitta</i>	A.S. Chi. 3/18
3	<i>Amrutadi Kwatha</i>	<i>Kwatha Dravya</i>	<i>Pittadustastnya Chikitsa</i>	A.S. Ut. 2/9
4	<i>Patoladi Kwatha</i>	<i>Kwatha Dravya</i>	<i>Raktapitta</i>	A.H. Chi. 2/28

Table 4 Shatavari in Kshira Yoga

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Vrushya Kshira</i>	<i>Kwatha Dravya</i>	<i>Vrushya</i>	Cha. Chi. 2,2/18
2	<i>Shatavarisiddha Kshira</i>	<i>Kwatha Dravya</i>	<i>Mutramaragashrita</i>	Cha. Chi. 4/85
		Ingredient	<i>Garbhadosha chikitsa</i>	Su. Sha. 10/62
		Ingredient	<i>Garbhadosha chikitsa</i>	Su. Sha. 10/62
		<i>Kalka Dravya</i>	<i>Arsha chikitsa</i>	Su. Chi. 6/13
		<i>Churna</i>	<i>Balarthe</i>	Su. Chi. 26/34
3	<i>Ardhataila siddha Kshira</i>	Ingredient	<i>Vataprabala Vatarakta</i>	Su. Chi. 5/7
4	<i>Aatmaguptadi Kshirapaka</i>	Ingredient	<i>Vrushya</i>	A.S. Ut. 50/49
5	<i>Aatmaguptadi Kshirapaka</i>	Ingredient	<i>Vrushya</i>	A.S. Ut. 50/49
6	<i>Swadrantasiddha Kshira</i>	<i>Churna</i>	<i>Vrushya</i>	A.H. Ut. 40/34

Table 5 Shatavari in Gutika Yoga

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Bruhani Gutika</i>	<i>Kalka Dravya</i>	<i>Balya, Bruhana</i>	Cha. Chi. 2,1/25
2	<i>Apatyakari Shastikadi Gutika</i>	<i>Kwatha Dravya</i>	<i>Vajikarana</i>	Cha. Chi. 2,2/6
3	<i>Sarpi Guda</i>	<i>Churna</i>	<i>Rasayana</i>	Cha. Chi. 11/66
4	<i>Shivagulika</i>	<i>Kwatha Dravya</i>	<i>Vatarakta, Urusthmbha, Jwara</i>	A.S. Ut. 49/169

Churna Yoga

Total 4 *Churna Yoga* of *Shatavari* are found in *Brihatrayi* and used as *Churna* form in 3 formulations while in one yoga found in *Charaka Samhita Kalpasthapna*, *Shatavari* is used in a form of *Swarasa* and *Kwatha* form as *Bhavna Dravya*. [Table 6]

Ghritha Yoga

Total 73 *Ghritha Yoga* of *Shatavari* found in *Brihatrayi*, *Shatavari* is mostly used in the form of *Kalka* form and the rest comprised *Kwatha*, *Swarasa* and *Churna* form. All these formulations are advocated only for internal administration. [Table 7]



Table 6 Shatavari in Churna Yoga

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Jimutaka Churna</i>	<i>Swarasa, Kwatha</i>	<i>Pittasleshma Jwara, Vatapitta Jwara</i>	Cha. K. 2/12
2	<i>Shatavari Churna</i>	<i>Churna</i>	<i>Paittika Swarabheda</i>	Su. Ut. 53/15
3	<i>Jivantadi Churna</i>	<i>Churna</i>	<i>Rajyakshama,</i>	A.S. Chi. 7/52
4	<i>Swaymguptekshurak adi Churna</i>	<i>Churna</i>	<i>Vajikarana</i>	A.S. Ut. 50/25

Table 7 Shatavari in Ghrita Yoga

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Amalaka Ghrita</i>	<i>Kalka Dravya</i>	<i>Rasayana</i>	Cha. Chi. 1,2/4
2	<i>Vajikarana Ghrita</i>	<i>Kwatha Dravya</i>	<i>Vajikarana</i>	Cha. Chi. 2,1/34
3	<i>Shatavari Ghrita</i>	Ingredient	<i>Vrushya</i>	Cha. Chi. 2,3/18
		<i>Kalka Dravya</i>	<i>Kasa, Jwara, Aanaha, Raktapitta</i>	Cha. Chi. 4/95
			<i>Dahashamana</i>	Cha. Chi. 8/105
			<i>Raktatisara</i>	Cha. Chi. 19/78
		<i>Kalka Dravya</i>	<i>Atisara</i>	Cha. Chi. 19/98
		<i>Swarara, Kalka Dravya</i>	<i>Yoniroga, Vatarakta, Visharpa</i>	Cha. Chi. 30/64
		Ingredient	<i>For Kshiraha</i>	Su. Sha. 10/50
		Ingredient	<i>Alakshimighna, Ayushya</i>	Su. Chi. 28/21
		<i>Kalka/Kwatha Dravya</i>	<i>Vataja timira</i>	Su. Ut. 17/34
		<i>Kwatha Dravya</i>	<i>Kashanashak</i>	Su. Ut. 52/49
			<i>Doshaghna</i>	A.S. Chi. 7/19
		Ingredient	<i>Rakataatisara</i>	A.S. Chi. 11/21
		<i>Swarasa</i>	<i>Pittasleshma Jwara</i>	A.S. K. 1/22
		<i>Kwatha Dravya</i>	<i>Vataj Jwara</i>	A.S. Ut. 2/23
		Ingredient	<i>Vataj Yoniroga</i>	A.S. Ut. 39/23
		<i>Swarasa</i>	<i>Pittaj Yoniroga</i>	A.S. Ut. 39/37
		Ingredient	<i>Chirajivan</i>	A.S. Ut. 49/33
		<i>Kalka, Kawtha Dravya</i>	<i>Dighaayukara</i>	A.S. Ut. 49/211
		<i>Kalka, Swarasa</i>	<i>Vrushya</i>	A.S. Ut. 50/30
		<i>Swarasa</i>	<i>Vrushya, kshatashya</i>	A.S. Ut. 50/30
	<i>Kalka Dravya</i>	<i>Raktatisara</i>	A.H. Chi. 9/99	
	<i>Kalka Dravya, Swarasa</i>	<i>Rasayana</i>	A.H. Ut. 39/61	
4	<i>Apatyakar Ghrita</i>	<i>Kwatha Dravya</i>	<i>Vajikarana</i>	Cha. Chi. 2,4/28
5	<i>Drakshadhya Ghrita</i>	<i>Kwatha Dravya</i>	<i>Pittaja Gulma, Sarvapiitavikara</i>	Cha. Chi. 5/123
		<i>Kalka Dravya</i>	<i>Timira, Raktaraji, Shiroruja</i>	A.S. Ut. 16/4
		<i>Kwatha Dravya</i>	<i>Vidhradhi</i>	A.H. Chi. 13/16
	<i>Kalka Dravya</i>	<i>Timir, Raktaraji, Shiroruja</i>	A.H. Ut. 13/5	
6	<i>Mahatikta Ghrita</i>	<i>Kalka Dravya</i>	<i>Kushtha, Raktapitta, Visharpa, Amlapitta</i>	Cha. Chi. 7/144
		<i>Kalka Dravya</i>	<i>Kushtha, Vishama Jwara, Unnamada, Apasmara</i>	Su. Chi. 9/8
		<i>Kwatha Dravya</i>	<i>Kushtha, Visharpa, Vishphota</i>	A.S. Chi. 21/6
		<i>Kalka Dravya</i>	<i>Kushtha</i>	A.H. Chi. 19/9



7	<i>Panchpanchmoola Ghrita</i>	<i>Swarasa Dravya</i>	<i>Kasa, Swasa, Swarbheda, Hikka</i>	Cha. Chi. 8/99
8	<i>Amrutaprsha Ghrita</i>	<i>Kalka Dravya</i>	<i>Nastaksukra, Kshatkshina, Durbala Vyadhikarshita</i>	Cha. Chi. 11/36
		<i>Kalka Dravya</i>	<i>Nastashukra, Kshatkshina, Durbala, Kasa, Hikka,</i>	A.H. Chi. 3/95
9	<i>Swadrastadi Ghrita</i>	<i>Kalka Dravya</i>	<i>Vatapittahara, Hridashoola, Mutrakrichha</i>	Cha. Chi. 11/46
10	<i>Trayasunyadi Ghrita</i>	<i>Kalka Dravya</i>	<i>Kasa, Jwara, Gulma, Aruchi</i>	Cha. Chi. 18/40
		<i>Kalka Dravya</i>	<i>Swasa, Kasa, Pandu</i>	Cha. Chi. 26/88
		Ingredient	<i>Hridaroga, Pandu, Grhanidosha, Kasa, Swasa</i>	A.S. Chi. 8/30
11	<i>Rasna Ghrita</i>	<i>Kwatha Dravya</i>	<i>Kasa, Shirahkampa, Shoola</i>	Cha. Chi. 18/43
		<i>Kwatha Dravya</i>	<i>Vataroga, Kasa, Shirahkampa</i>	A.S. Chi. 4/6
		<i>Kalka Dravya</i>	<i>Vataroga, Kasa</i>	A.H. Chi. 3/6
12	<i>Shatapuspadi Ghrita Anuvasana</i>	Ingredient	<i>Atisara</i>	Cha. Chi. 19/62
13	<i>Amruta Ghrita</i>	<i>Kalka Dravya</i>	<i>Vishahara, Apasamara, Kshya, Unnamada</i>	Cha. Chi. 23/244
14	<i>Mishraka Sneha</i>	<i>Kwatha Dravya</i>	<i>Vataj Mutkrichha</i>	Cha. Chi. 26/46
15	<i>Mahamayura Ghrita</i>	<i>Kalka Dravya</i>	<i>Shiroroga, Swasa, Kasa</i>	Cha. Chi. 26/169
		<i>Kalka Dravya</i>	<i>Swarbhramsa, Swasa, Kasa, Ardita</i>	A.H. Ut. 24/52
16	<i>Baladi Ghrita</i>	<i>Kalka Dravya</i>	<i>Vatarakta, Hridaroga, Pandu</i>	Cha. Chi. 29/56
		<i>Kwatha Dravya</i>	<i>Shukradoshahara, Vajikara, Mutradoshahara</i>	Su. Ut. 58/58
		<i>Kalka Dravya</i>	<i>Vatarakta</i>	A.H. Chi. 22/8
17	<i>Parushakadi Ghrita</i>	<i>Kwatha, Kalka Dravya</i>	<i>Vatarakta, Urahkshat, Visharpa</i>	Cha. Chi. 29/58
18	<i>Jivaniya Ghrita</i>	<i>Kwatha Dravya</i>	<i>Pandu, Jwara, Hikka, Swarbheda</i>	Cha. Chi. 29/61
19	<i>Shhiradi Ghrita</i>	<i>Kwatha, Kalka Dravya</i>	<i>Vatarakta</i>	Cha. Chi. 29/76
20	<i>Kashmaryadi Ghrita</i>	<i>Kalka Dravya</i>	<i>Vataj Yonivyapada</i>	Cha. Chi. 30/53
21	<i>Pasanabhedadi Ghrita</i>	<i>Kwatha Dravya</i>	<i>Vataj Ashmari</i>	Su. Chi. 7/5
		<i>Kwatha Dravya</i>	<i>Vataj Ashmari</i>	A.S. Chi. 13/7
		<i>Kwatha Dravya</i>	<i>Vataj Ashmari</i>	A.H. Chi. 11/18
22	<i>Triphaladi Ghrita</i>	<i>Kalka Dravya</i>	<i>Jwara, Vishrapa, Swasa, Gulma</i>	Su. Ut. 39/245
23	<i>Kashmaryadi Ghrita</i>	<i>Kwatha Dravya</i>	<i>Jwara, Kasa, Halimaka</i>	A.S. Chi. 4/5
24	<i>Swadransta Ghrita</i>	<i>Kalka Dravya</i>	<i>Vatapitta Hridarogashoola, Mutrakrichha</i>	A.S. Chi. 5/20
		<i>Kalka Dravya</i>	<i>Vatapitta, Hridarogashoola, Mutrakichha, Prameha</i>	A.H. Chi. 3/104
25	<i>Sukumar Ghrita</i>	<i>Kwatha Dravya</i>	<i>Kshinaretas, Alaxmighna, Kantikarak, Balya, Brihana</i>	A.S. Chi. 15/24
26	<i>Jivaniya Ghrita Taila</i>	<i>Kwatha Dravya</i>	<i>Jwara, Vapatapittavikara, Panduroga</i>	A.S. Chi. 24/6
27	<i>Shatavari + Ghrita</i>	Ingredient	<i>Kumarashosha Chikitsa</i>	A.S. Ut. 2/35
28	<i>Padmakoshiradi Ghrita</i>	<i>Kwatha Dravya</i>	<i>Pittaj Pratishtya</i>	A.S. Ut. 24/12
29	<i>Devadaradi Ghrita</i>	<i>Kwatha Dravya</i>	<i>Vataja Vynga,</i>	A.S. Ut. 37/20
30	<i>Shirishwagadi Ghrita</i>	<i>Kalka Dravya</i>	<i>Unnamada, Vishapaha, Apasmara, Kshaya</i>	A.S. Ut. 40/75
31	<i>Sharekshvadi Ghrita</i>	<i>Churna</i>	<i>Vajikaranarthe</i>	A.S. Ut. 50/11
32	<i>Anushavan Ghrita</i>	<i>Kalka Dravya</i>	<i>Atisara</i>	A.H. Chi. 9/71
33	<i>Chandanadi Ghrita</i>	<i>Kalka Dravya</i>	<i>Pitajagrahani, Kushtha</i>	A.H. Chi. 10/44



34	<i>Astanga Ghrita</i>	<i>Kalka Dravya</i>	<i>Ayushya, Medha, Smriti, Buddhikrita</i>	A.H. Ut. 1/43
35	<i>Phalaghrita</i>	<i>Kalka Dravya</i>	<i>Medhya, Yonishukrapradoshhara, Ayushya</i>	A.H. Ut. 34/64

Taila Yoga

Total 28 *Taila Yoga* of *Shatavari* in *Brihatrayi*, mostly *Shatavari* is used in the form of *Kwatha*. Only *Shatavari Siddha Taila* which is mentioned internally in *Vataprabala Vatarakta* in *Sushruta Samhita*, *Kwatha* form is used for the preparation. All *Taila Yoga* is advocated as an external application in various disorders. [Table 8]

Avaleha Yoga

A few *Avaleha Yoga* of *Shatavari* are found in *Brihatrayi*. For the preparation of *Avaleha*, *Shatavari* is mostly used in *Churna* form as *Prakshepa Dravya* except *Shatavari Avaleha* described in *Astanga Hridaya*, *Swarasa* and *Kalka* form are used. [Table 9]

Lepa Yoga

In *Lepa Yoga*, *Shatavari* is used in *Churna* form as topical application for treatment of *Shiroroga*, *Visha chikitsa*, *Rajyakshma*. [Table 10]

Table 8 *Shatavari* in *Taila Yoga*

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Anutaila</i>	<i>Kwatha Dravya</i>	<i>Nasya Karma</i> <i>Indiyadradhikara, Keshya, Tavchya, Kanthya</i>	Cha. Su. 5/63 A.S. Su. 29/11
2	<i>Chandanadi taila</i>	<i>Kwatha Dravya</i>	<i>Nasya</i>	A.H. Su. 20/37
3	<i>Mishraka Sneha</i>	<i>Kwatha Dravya</i>	<i>Sadyadahara, Jawar</i>	Cha. Chi. 3/258
4	<i>Amrutadhya Taila</i>	<i>Kalka Dravya</i>	<i>Vataj Mutrkriccha</i> <i>Vatavyadhi, Unnamada, Apasamara</i>	Cha. Chi. 26/46 Cha. Chi. 28/160
5	<i>Jivakadi Mahasneha</i>	<i>Kwatha, Kalka Dravya</i>	<i>Unnamada, Apasmara</i> <i>Vatarakta</i>	A.S. Chi. 23/43 Cha. Chi. 29/72
6	<i>Madhupanryadi Taila</i>	<i>Kalka Dravya</i>	<i>Vatarakta, Vatavyadhi</i>	Cha. Chi. 29/92
7	<i>Dashmooladi Taila</i>	<i>Kwatha Dravya</i>	<i>Sarvavata Vikara</i>	Cha. Si. 4/5
8	<i>Shatavardhya Taila</i>	<i>Kwatha Dravya</i>	<i>Bastimarmaghata</i>	Cha. Si. 9/8
9	<i>Shatavari siddha taila pana</i>	<i>Kwatha Dravya</i>	<i>Vataprabala Vatarakta</i>	Su. Chi. 5/7
10	<i>Bala taila</i>	<i>Kalka Dravya</i>	<i>Sarvavatavyadhi chikitsa</i> <i>Krishashishu chikitsa</i> <i>Sarvavata Vikara</i>	Su. Chi. 15/33 A.S. Sha. 4/42 A.H. Sha. 2/47
11	<i>Shatavari Taila</i>	<i>Kalka Dravya</i> Ingredient	<i>Vatavyadhi</i> <i>Palishosha Chikitsa</i>	Su. Chi. 15/44 A.S. Ut. 22/21
12	<i>Bhutakadi Taila</i>	<i>Kwatha Dravya</i>	<i>Sarva Vatavikara</i>	Su. Chi. 37/20
13	<i>Trivrutam Taila Ghrita</i>	<i>Kwatha Dravya</i>	<i>Vataj Mutrakrichha</i>	Su. Ut. 59/17
14	<i>Dashmoola Taila</i>	<i>Kwatha Dravya</i>	<i>Vataj Mutrakrichha</i>	A.S. Chi. 13/2



15	<i>Uttabasti Dravya siddh Taila</i>	<i>Kwatha Dravya</i>	<i>Sukrashya Shodhanarthe, Sukraashmri</i>	A.S. Chi. 13/16
16	<i>Jivaniya Ghrita Taila</i>	<i>Kwatha Dravya</i>	<i>Jwara, Vapatapittavikara, Panduroga</i>	A.S. Chi. 24/6
17	<i>Madhuyasti Taila</i>	<i>Kalka Dravya</i>	<i>Vatarakta, Daha, Jwara</i>	A.S. Chi. 24/15
18	<i>Vyasthadi Taila</i>	<i>Kalka Dravya</i>	<i>Swagraha Chikitsa</i>	A.S. Ut. 6/5
19	<i>Shirisha Taila</i>	<i>Kwatha Dravya</i>	<i>Shosha, Vishamajwara, Apasmara, Unnamada</i>	A.S. Ut. 10/12
20	<i>Madhukadisiddha Taila</i>	Ingredient	<i>Karnapoorna</i>	A.S. Ut. 22/4
21	<i>Yaman Sneha</i>	<i>Kalka Dravya</i>	<i>Brihana, Vatapittahara</i>	A.H. K. 4/60
22	<i>Jvanti Taila</i>	<i>Kalka Dravya</i>	<i>Vatapittahara, Keshya</i>	A.H. Ut. 13/52

Table 9 *Shatavari* in *Avaleha Yoga*

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Dhamargava Avaleha</i>	<i>Churna</i>	<i>Hridadaha, Kasa</i>	Cha. K. 4/13
2	<i>Medhajanaka prasha</i>	<i>Churna</i>	<i>Medha Ayu Bala Janna</i>	A.S. Ut. 1/8
3	<i>Jivakadhya Avaleha</i>	<i>Churna</i>	<i>Kasa, Hridroga</i>	A.H. K. 1/36
4	<i>Shatavari Avaleha</i>	<i>Swarasa, Kalka</i>	<i>Vrushya, Kshya, Kshta</i>	A.H. Ut. 34/36

Table 10 *Shatavari* in *Lepa Yoga*

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Shoolanashaka Lepa</i>	Ingredient	<i>Rajyakshma</i>	Cha. Chi. 8/79
2	<i>Shatavaradhya Pralepa</i>	<i>Kalka Dravya</i>	<i>Visarpa</i>	Cha. Chi. 21/84
		<i>Churna</i>	<i>Shiroroga</i>	Su. Ut. 26/39
3	<i>Kshirapista pradeha</i>	Ingredient	<i>Vatarakta</i>	Su. Chi. 5/12
5	<i>Bimbayadi Lepa</i>	Ingredient	<i>Vataja lootavisha</i>	A.S. Ut. 44/27

Yavagu/ Manda Yoga

Shatavari is also stated in the preparation of *Baladi Yavagu/Manda* indicated in *Pittaatisara*. [Table 11]

Basti Yoga

Total 11 *Basti Yoga* of *Shatavari* is found in *Brihatrayi*. There is no reference found in *Sushruta*, *Shatavari* using as an ingredient in *Basti Yoga*. All these formulations are indicated for the treatment

of *Jwara*, *Pitta Pradhana Vikriti*, *Rasayana*, *Vajikarana* etc. [Table 12]

Rasayana Yoga

A few *Rasayana Yoga* are mentioned by *Charaka Samhita* and *Astanga Samhita* except *Sushruta Samhita*. *Shatavari* is mostly used as *Kwatha Dravya* in those formulations. Out of them, few references are also found regarding *Shatavari* used as *Swarasa* and *Churna Dravya*. [Table 13]

Table 11 *Shatavari* in *Yavagu/ Manda Yoga*

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Baladi Manda/Yavagu</i>	<i>Kwatha dravya</i>	<i>Pittatisara</i>	Cha. Chi. 19/50
2		<i>Churna</i>		Su. Ut. 40/59

Table 12 *Shatavari* in *Basti Yoga*



Sr. No.	Formulation	Used as	Indication	Reference	
1	<i>Jivantyadi Basti</i>	<i>Anuvasana</i>	<i>Kalka Dravya</i>	<i>Jwara</i>	Cha. Chi. 3/250
			<i>Kalka Dravya</i>	<i>Jwara</i>	A.S. Chi. 2/28
			<i>Kalka Dravya</i>	<i>Jwara</i>	A.H. Chi. 1/124
2	<i>Chandanadi Niruhabasti</i>	<i>Kalka Dravya</i>	<i>Daha, Atisara, Pradara, Raktapitta</i>	Cha. Si. 3/49	
3	<i>Kakolayadi Basti</i>	Ingredient	<i>Mamsavardhaka Basti</i>	Cha. Si. 10/28	
4	<i>Brutadi Basti</i>	Ingredient	<i>Jivadana</i>	Cha. Si. 10/38	
		Ingredient	<i>Rasayana, Sadhyabalajanana</i>	Cha. Si. 12/4	
6	<i>Chatuah Sneha Anuvasana Basti</i>	<i>Swarasa</i>	<i>Vrushya, Kshatkshina, Vishamajwar, Raktagulma</i>	Cha. Si. 12/19	
7	<i>Baladi Yamaka Anuvasana Basti</i>	<i>Kwatha Dravya</i>	<i>Vrushya, Balya, Brihana</i>	Cha. Si. 12/19	
9	<i>Vataghna Sneha Basti</i>	<i>Kwatha Dravya</i>	<i>Sarvavatavikara</i>	A.S. K. 5/17	
10	<i>Bruhana Basti</i>	<i>Kalka Dravya</i>	<i>Brihana, BalasukraAgni vardhana, Vatapittaghna</i>	A.S. K. 5/18	

Table 13 *Shatavari* in *Rasayana Yoga*

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>1st Bramarasayana</i>	<i>Kwatha Dravya</i>	<i>Rasayana</i>	Cha. Chi. 1,1/41
2	<i>2nd Bramarasayana</i>	<i>Churna</i>	<i>Rasayana</i>	Cha. Chi. 1,1/58
3	<i>Panch Haritiki Yoga</i>	<i>Kalka Dravya</i>	<i>Rasayana</i>	Cha. Chi. 1,1/76
4	<i>Indrokta Rasayana</i>	<i>Swarasa</i>	<i>Rasayana</i>	Cha. Chi. 1,4/16
5	<i>Shatavari Rasayana</i>	<i>Kwatha Dravya</i>	<i>Rasayana</i>	Su. Chi. 27/10
		<i>Kalka, Kwatha Dravya</i>	<i>Rasayana</i>	A.H. Ut. 39/156
6	<i>Vashishta Rasayana</i>	<i>Kwatha Dravya</i>	<i>Rasayana</i>	A.S. Chi. 5/36
		<i>Kwatha Dravya</i>	<i>Rasayana</i>	A.H. Chi. 3/135
7	<i>Baladi Rasayana</i>	Ingredient	<i>Rasayana</i>	A.S. Ut. 49/41
8	<i>Sukumar Rasayana</i>	<i>Kwatha Dravya</i>	<i>Rasayana</i>	A.H. Chi. 13/41

Others Yoga

Out of all *Swarasa*, *Kwatha*, *Ghritha*, *Taila* and to name a few, some other dosage forms such as *Paya*, *Malhara*, *Shaka*,

Yamaka, *Payasa*, *Asachyotan*, *Agada*, *Udavartana*, and *Nasya Karma* are also found in *Brihatrayi*. [Table 14]

Table 14 *Shatavari* in other *Yoga*

Sr. No.	Formulation	Used as	Indication	Reference
1	<i>Attavabhiniveshhara yoga</i>	<i>Kalka Dravya</i>	<i>Attavabhiniveshhara</i>	Cha. Chi. 10/64
2	<i>Baladhya Malhara</i>	<i>Churna</i>	<i>Vrana Shoolahara</i>	Cha. Chi. 25/75
3	<i>Aanopamamsadi Swedana</i>	Ingredient	<i>Vatavyadhi</i>	Cha. Chi. 28/110
4	<i>Shatavari Shaka</i>	<i>Shaka</i>	<i>Vatarakta Pathya</i>	Cha. Chi. 29/52
5	<i>Jivantyadi Yamaka</i>	<i>Kalka Dravya</i>	<i>Brihana, Vataraktahara, Balashukraagnivadharak</i>	Cha. K. 4/9
6	<i>Shatavari payasa</i>	<i>Kwatha Dravya/ Swarasa</i>	<i>Timira Chikitsa</i>	Su. Ut. 17/49
7	<i>Shatavari paya</i>	Ingredient	<i>Adrasthanita</i>	A.S. Sha. 4/5
8	<i>Garbhasthapathayoga</i>	Ingredient	<i>2nd month Masanumasik Chikitsa</i>	A.S. Sha. 4/44



9	<i>Shatavari+Guda</i>	Ingredient	<i>Vataj Jwara</i>	A.S. Chi. 1/31
10	<i>Yogaraja</i>	<i>Kwatha Dravya</i>	<i>Kushtha</i>	A.S. Chi. 21/14
11	<i>VarunadiDravya Pariseka</i>	<i>Parishekarthe</i>	<i>Andhaputana chikitsa</i>	A.S. Ut. 6/10
12	<i>Prapoundikadhya Aashchyotan</i>	<i>Kwatha Dravya</i>	<i>Pittaja Abhishyanda, Adhimantha</i>	A.S. Ut. 19/19
13	<i>Phalasarpi</i>	<i>Churna</i>	<i>Yonishukraprodhaja vikara</i>	A.S. Ut. 39/59
14	<i>Haridrayigaladrigada</i>	Ingredient	<i>Lootavisha Chikitsa</i>	A.S. Ut. 44/40
15	<i>Shatayukar Yoga</i>	<i>Swarasa</i>	<i>Rasayana</i>	A.S. Ut. 49/185
16	<i>Shilajatunn Prayoga</i>	Ingredient	<i>Chiraayusha</i>	A.S. Ut. 49/215
17	<i>Garbharakshakayoga</i>	Ingredient	2 nd <i>Masanumashika Garbharakshak Yoga</i>	A.H. Sha. 2/54
18	<i>Jivantyadi Udavartan</i>	<i>Kalka Dravya</i>	<i>Rajyakshma</i>	A.H. Chi. 5/78
19	<i>Yamak Nasya</i>	<i>Kwatha, Rasa</i>	<i>Sarvaurdhvajatrugata Roga</i>	A.H. Ut. 24/46

Table 15 Total number of *Shatavari Yoga* mentioned in *Brihatrayi*.

Sr. no.	Yoga name	Charaka Samhita	Sushruta Samhita	Astanga Sangraha	Astanga Hridaya	Total
1	<i>Swarasa</i>	01	01	-	-	02
2	<i>Kwatha</i>	01	01	03	02	07
3	<i>Kshirapaka</i>	02	05	02	01	10
4	<i>Gutika</i>	03	-	01	-	04
5	<i>Churna</i>	01	01	02	-	04
6	<i>Ghrita</i>	26	08	24	15	73
7	<i>Taila</i>	08	05	11	04	28
8	<i>Avaleha</i>	01	-	01	02	04
9	<i>Lepa</i>	02	02	01	-	05
10	<i>Manda/Yavagu</i>	01	01	-	-	02
11	<i>Rasayana</i>	04	01	02	03	10
12	<i>Basti</i>	07	-	03	01	11
13	Other	05	01	10	03	19
Total						179

DISCUSSION

Shatavari (*Asparagus racemosus* Willd) is an important medicinal plant having traditional importance. *Shatavari* word self-reflect that it cures 100 diseases (*Shat* means hundred and *Vari* means curer). The drug contains about 300 species around the world and out of these 22 species are found in India. *Shatavari* has countless pharmacological activities viz. antioxidant¹⁷, diuretic¹⁸, antidepressant¹⁹, antitussive²⁰, anti-HIV²¹, immunostimulant²², hepato-protective²³,

cardio-protective²⁴, antibacterial²⁵, neurodegenerative²⁶. *Acharya Charaka* has categorised *Shatavari* under *Balya Mahakashaya*, *Vayasthapana Mahakashaya*, *Mulaashava Yoni* and *Madhura Skandha*. *Acharya Sushruta* has categorised in *Shukradoshavinashana*, *Kantakpanchmoola*, *Pittashamaka Dravya* while *Acharya Vagbhatta* has categorised *Shatavari* under *Madhura Skandha* (Table 1). Such kind of categorisation of drugs that has been done by our ancient *Acharya* may have been done to display their



different biological activities such as *Rasayana*, *Vajikarana*, *Pittapradhana Vikaranashaka* and many more. In *Brihatrayi*, only *Acharya Sushruta* has described two types of *Shatavari*. In this review, an attempt has been made through *Brihatrayi* to screen the different *Yoga* of *Shatavari* used as an ingredient in different formulations. On screening, it was revealed that the different dosage forms of *Shatavari* mentioned in *Brihatrayi* are *Swarasa* (2), *Kwatha* (7), *Kshirapaka* (10), *Gutika* (4), *Churna* (4), *Avaleha* (4), *Ghrita* (73), *Taila* (28), *Lepa* (5), *Manda/Yavagu* (2), *Rasayana* (10), *Basti Yoga* (11) and other *Yoga* (19). [Table 15] *Shatavari* is extravagantly used in the form of *Kalka* and *Kwatha* in maximum formulations mentioned in *Brihatrayi*. Among these 179 different dosage forms of *Shatavari*, total 101 *Taila* (28) and *Ghrita* (73) *Yoga* have been mentioned in *Brihatrayi*. These numbers indicate that *Acharya* have mentioned the maximum number of *Ghrita* (73) and *Taila* (28) *Yoga* for *Shatavari*. In context to that the reason behind this is due to the presence of a *lipid soluble aglycone and water-soluble sugar chain in their steroidal saponins structure*²⁷ that are responsible for various pharmacological and medicinal properties. Most of *Ghrita* formulations are advocated for internal administration only. Most of *Ghrita*

formulations prepared by using *Kalka* or *Kwatha* of *Shatavari* are advocated for internal administration only. The other forms of *Shatavari* such as *Kwatha*, *Swarasa*, *Churna*, *Shaka*, and *Ankura* are also used for making preparation. The maximum references are found in *Brihatrayi* for *Shatavari Ghrita* which is advocated for the treatment of *Vatarakta*, *Pittapradhana Vikara*, *Rasayana*, *Vrushya*, *Raktapitta* etc. The common part used for making formulations of *Shatavari* is *Moola* (root) beside that the other references are also found in *Brihatrayi* viz. *Ankura* and *Shaka*.

CONCLUSION

The review presents the information regarding the different dosage forms of *Shatavari* available in *Brihatrayi*. As per this review, the most frequently used dosage form for making formulations of *Shatavari* is *Kalka* (paste). *Ghrita* (73) and *Taila* (28) *yoga* of *Shatavari* are found in maximum numbers. Further clinical evaluation needed in order to explore the most suitable dosage forms for *Shatavari* and its uses scientifically. Hence this review would provide a new vision to understanding possible modification in drug development of *Shatavari*.



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