



Asparagus racemosus: A Boon for Men's Health

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Abstract

Asparagus racemosus is commonly known as shatawari means who possesses an acceptable to many. *Asparagus racemosus* is known to process a wide range of phytochemical constituents. It is considered boon for women's health as a general tonic and in Ayurvedic rejuvenation tonic for men. The present investigation was carried out to study the benefits effects and phytochemical constituents. Shatawari which is widely available in Kurkheda district Gadchiroli region. shatawari enhance fertility and combats, common sexual health issue in men like erectile, dysfunction and premature emasculation by naturally boosting testosterone level and increasing sperm count. This study concluded that the *Asparagus racemosus* is well-known Ayurvedic herb in associated with men's health has been revealed many benefits that proven by various experimental studies and traditional practices.

Keywords: - *Asparagus racemosus*, Shatawari, Medicinal plant, Men's health, Ayurveda.

Introduction: - *Asparagus racemosus* is commonly known as shatawari means who possesses an acceptable to many. *Asparagus racemosus* is known to process a wide range of phytochemical constituents. It is considered boon for women's health as a general tonic and in Ayurvedic rejuvenation tonic for men. In Ayurveda this amazing herb known as the queen of herb because it promotes love and devotion. Shatawari is the main ayurvedic rejuvenative tonic for the women and men as like *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 Shatawari, Satmuli, 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. a). 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 provide shatavarikalp, Shatavari is a lesser-known star in traditional medicine that's not just for women but has fantastic benefits for men too.



Asparagus racemosus Whole Plant with Roots

Results and Discussion: - Medicinal plant *Asparagus racemosus* is a boon for men. Shatavari enhances fertility and combats common sexual health issues in men like erectile dysfunction and premature ejaculation by naturally boosting testosterone levels and increasing sperm count. Shatavari is also an immunity booster that helps reduce stress and provides additional benefits for digestion, immunity and respiratory health i.e. shatavari is nothing less than a boon. Their overall reproductive health is very important.

Chemical constituents of *Asparagus racemosus* (Shatavari):

In Ayurveda, Shatavari benefits for men, to understand the phytochemical composition:



- Shatavari plant extract are a rich source of vitamins A, B1, B2, C, E, Calcium, magnesium and folic acid.
- 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.

Shatavari has not one or two such but many health benefits. 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. Being a powerful apoptogenic herb that is full of antioxidants. Therefore, Shatavari for men is considered a health tonic for improving sleep, stress, health and overall hormonal balance.

Benefits of Asparagus racemosus:

Shatavari for men as an antioxidant:- Shatavari contains certain antioxidants such as racemofuran, racemosol, asparagamine A. antioxidants are important to fight the oxidative stress in your body. Oxidative stress or free radicals can increase risk of premature ageing, heart disease and certain types of cancer.

Shatavari for men as an anti-inflammatory compound:- Racemofuran, an active compound found in Shatavari, is responsible for its anti-inflammatory nature. The anti-inflammatory properties enhance the hair health and prevent hair loss. This property also helps reduce inflammation in the lungs, dilating air passages and improves breathing.

Shatavari uses for male reproductive health:- Shatavari is popular as a female reproductive health tonic. But few people know that it is just as potent for male reproductive health. It boosts the



production of testosterone, enhances sperm count, and volume of semen. Not only that it is also used in the treatment of teratozoospermia (abnormal sperm shape).

Shatavari for men as a treatment for premature ejaculation: - Stress, anxiety and hormonal imbalances are responsible for premature ejaculation. Therefore, shatavari is recommended as a treatment because it can help resolve the triggers that can cause premature ejaculation.

Shatavari for men as an anti-ageing treatment: - Saponins in shatavari make it an effective anti-ageing agent. It reduces free radical damage and slows down collagen breakdown which reduces risk of wrinkles, revives and soothes skin. Not only that it also helps improve scalp health and prevent hair loss.

Shatavari for men as a immunity booster: - Shatavari is an ayurvedic immunity booster. It is packed with phytochemicals. These compounds strengthen the immune system by increasing antibodies to promote overall well-being.

Shatavari for men to maintain blood sugar:- Shatavari helps maintain blood sugar levels. It apparently helps stimulate insulin production and reduces risk of diabetes related complications. However, it should not be used as a substitute for medication.

Shatavari uses as a remedy for Cough and Cold:- Shatavari is rich in anti-inflammatory and antibiotic properties. And therefore, is considered a natural remedy for cough, cold and flu. Not only that it also protects your lungs against inflammation.

Shatavari for men to boost digestion :- Shatavari is rich in antibiotic and anti-inflammatory properties. Not only that it also helps reduce pitta dosha which improves the ease of digestion. Shatavari is also believed to help treat gastric ulcers and prevent ulcer related complications.

Shatavari for Stress:- Shatavari is an adaptogenic herb that helps regulate the production of stress hormones. As shatavari is known to balance vata and pitta it is also a mood enhancer. Therefore, it has a calming effect on your nervous system. It is these properties that make shatavari effective as a mood enhancer, and to control anxiety. However, it should be used as a replacement to therapy or medication.



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 as well as men who are struggling with various health problem specially with the reproductive health. This Ayurvedic herb is associated with men 's health has been revealed many benefits.

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