
ASPARAGUS RACEMOSUS – SHATAVARI



Shatavari (*Asparagus racemosus*) is a subtropical plant found in Asia that has, for thousands of years, been revered as one of the most **diverse medicinal plants for women**. Shatavari is Sanskrit for “**she, who posses one hundred husbands**” and in **ayurvedic medicine** of ancient India it is considered **the most important rejuvenation plant for women**.

It is said that this wild asparagus is especially effective in preserving the **beauty** and **vitality** (ojas) of whoever consumes it, and thus has healing qualities for **both men and women**. However, Shatavari is mainly used due to its **rejuvenation effect on the female genitalia**. The plant contains **saponins**, which **harmonize and stimulate the body’s hormone balance**, which can be a vital support during **menopause**.

Consumption of Shatavari stimulates **milk production** and **nurtures the ovaries**. This wonderful root is prescribed to promote milk secretion **during and after pregnancy**, while fostering **healthy development of the breasts**, and having a **beneficial and strong effect on the embryo**. It also helps to **prepare the female genitalia for birth**.

Shatavari’s **adaptogenic effect** also bestows the strength to deal with times of extreme stress in one’s life. By **balancing pitta and vata**, shatavari nurtures **interpersonal love** and **awakens commitment**, so having a calming effect on both body and mind. This also enables one to overcome **fiery emotions** such as anger, jealousy and hate, and thus Shatavari is recommended for those in **romantic relationships** and those suffering from **uneasiness**.



Shatavari is known as a potent **aphrodisiac** for both genders, and is said to **increase fertility**. Additionally, this plant is known to **support digestion** and is often used to treat internal and external **ulcers** because of its anti-bacterial properties.

Also known for its preventative qualities and its effectiveness as an **overall support to the immune system**, shatavari is a true gift of nature. It can by all means used as a **tonic**. Shatavari is used in the ayurvedic treatment of feebleness, stomach ulcers, over acidity, herpes (especially genital herpes), coughs, dehydration, dysfunctional libido and chronic fever.

APPLICATION

Traditionally, juice pressed from the fresh root, or a tea brewed from dried roots is prescribed. For external use the powder is mixed with ghee and applied to the skin. The oil is also known to possess healing properties free of side effects when applied both internally and externally.

In preparation for birth, women in the ninth month are recommended to insert a cotton cloth soaked in the oil of asparagus racemosus. The oil functions as a lubricant, and strengthens the muscles of the genitalia as well as increasing their flexibility.

PRODUCTION

Since 2005 **Shatavari** (*Asparagus racemosus*) has been successfully cultivated on the “Land of the Medicine Buddha”, OneWorld’s own Demeter herb farm in Nepal. The noble shatavari roots have been cultivated using bio-dynamic farming methods monitored and certified by IMO Switzerland and Demeter International, and thusly carry the **Organic and Demeter logos**.

Carefully picked by hand, and gently dried in the shade the plant retains all of its healing properties. The best of the roots are selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorld is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**).

We are happy to be able to offer you Demeter Shatavari of the highest quality as a true **LOHAS** product.

OUR PRODUCTS CONTAINING SHATAVARI

Shatavari is can be found in our following herbal teas “**Spirit Of Yoga**” and “**Hormonic**”

Pure Shatavari can also be purchased upon request.