

Plant Species

Accepted Name: *Asparagus racemosus* WILLD.
Family: LILIACEAE
Used in: Ayurveda, Siddha, Unani, Folk, Sowa Rigpa
Habit: Climber
Distribution: This species is globally distributed in the Paleotropics. Within India, it is found growing wild in tropical and sub-tropical parts of India including the Andamans; and ascending in the Himalayas up to an altitude of 1500 m.

**Common Uses**

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. As rejuvenative/ Rasayana: Ghee cooked with paste and decoction of satavari and added with sugar is used as a rejuvenative (AH.U.39.157). As galactagogue / increases breast milk: Satavari pounded and taken with milk increases the flow of breast-milk (10-20 gms) (YR.P.427)

Herbarium**Geographical Distribution Map****Conservation Concern Details**

State	Threat States With Assessment year	Trade
Chhatisgarh	NT ²⁰⁰³	High
Madhya Pradesh	NT ²⁰⁰³	High
West Bengal	EN ²⁰⁰⁷	High

Languages (No. of Names) :	Vernacular Names
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Arabic (2) : satawar, shaqaqul

Hindi (25) : adharvela, bojhidan, jhirna, musli, narkanto, sadabori, safed-musali, safed-musli, sansarmul, sansbai, satamuli, sataron, satavar,

satavari, satawar, satawari, satmnl, satmul, satmuli, satrawai, satrawal, shaka-kul, shakakul, shaqaqul, shatavir

Kannada (40) : aashaadi baeru, aashaadi balli, aheruballi, ajjegadde, ashadhi, ashadi, ashadiya, ashadiyaballi, baeru bakkadi, chikka aashaadi, halarru-makkal, halavu makkala balli, halavu makkala thaayi baeru, halavumakkala thayi gida, halavumakkalaballi, halavumakkalataui, halavumakkalatayi, halunakkalatayiballi, jaththige baeru, jayi baeru, jayibem, majjigagadda, majjige gedde, majjige-gadde, majjigeballi, majjigegadde, naaraayani, satamuli, satamulike, satavari, satmuli, shahavaliballi, shathaavari, shibariberuballi, sibili, simbrumulla, sipariberuballi, siparimuli, taudangi, viduriburu

Malayalam (12) : cadavelikilanu, catavali, chatavali, sadavarti, satavali, satavari, sathavalli, sathaveri, schada-veli-kelangu, shadavali, shatavali, shatavari

Marathi (11) : asvel, sahasarmoli, salvari, sasar-muli, satavari-mull, satavarimool, satavarimul, shatavar, shatmooli, shatmuli, zatar

Persian (1) : shaqaqul

Sanskrit (65) : abhiru, abhiruh, aheru, aisva, amoda, ardhakantaka, atirasa, atmagupta, atmasalya, bahumula, bahuputra, bahuputrika, bahu-suta, bhaya, bhirupatri, darakantika, divya, durmana, durmara, durnamacatana, dvipashatru, dvipika, dvipishatru, hiranyasringi, indivari, iru, jata, kanchanakarini, karambha, karshni, keshika, laghuparnika, madabhanjini, madhura, mahapurushadanta, mahashita, mula, narayani, pivari, rangini, rishagata, rishyaprokta, rsyaprokta, satamuli, satapadi, satavari, satavirya, shatamuli, shatapadi, shatavari, shatavhaya, shatavirya, shvetamuli, sukshmapatra, suksmapatra, supatra, supatrika, svadurasa, tailavalli, vaishnavi, vari, vasudevapriyankari, vishvasya, visva, vrishya

Tamil (165) : aikkuncu, akerukam, alatakkilanku, amam1, ammai-kodi, ammaikodi, ampu1, apiru, attumacalliyai, ayaru, calakuntalam, calliver, catamulai, catamulakkilanku, catamulam, catamulam#, catamulam@, catamuli@, catamullacam, catavari, cataveli, cataveli#, cataveli@, catavelikkilanku, cataveri, cataveri#, cataveri@, cattiraveri, cattiraverikkilanku, catturu, cikkuvai, cikkuvai#, cikkuvai@, cirumal, citacintu, citacintukkilanku, citumalar, citumalarkkilanku, cuntarakeci, cutcumanarayani, cutcumapattiram, cuttakeci, intivari, intuvaci, intuviri, ittiyapi, kadamulam, kadumulla, kancanakarini, kankaimittan, ketaram, kilavari, kilavarikkilanku, kizhangu, kulimittan1, kulimittan1@, kumilmittan, matacaranai, mekam, migundavanam, mikuntavanam, mikuntavanam#, mikuntavanam@, mikuntiki, mikuntikkilanku, mirukam, mirutam 2, nakatamanam, narayanamuli, narayani, nikatam, nilichedi, nirkkilanku2, nirkkutatti, nirkkutattikkilanku, nirlittan, nirmittan, nirmittan#, nirmittan@, nirmittankilanku, nirmulakkilanku, nirmulam, nirmulam#, nirunti1, niruntiver, nirvali, nirvalli, nirvalli1, nirvalli1@, nirvallikkilanku, nirvatan1, nirvisakkilanku, nirvittan, nirvittankilanku, nittam#, nittankilanku, nuruntikkilanku, pakumulam, palapillaikkilanku, pani yanaku, paniti, panitikkilanku, paniyanakku, paniyinakku, pankini, pannai, pannai#, papattai, paranai, paranai#, paranai@, parranai, pattiyal, pattiyarkilanku, perumputtika, piritivu, piritivukkilanku, pirutanti, piruttiri, pulipiru, purukam, purukiyam, purupiru, purupirukam, puvupiru, sadamulam,

sadavari, sadaveli, sadaveri, sandavari, satavali, shadavari, shimai shadavari, tampiravalli, tampiravalli@, tanirvittan, tannir mittan, tannir vittan, tannir-muttan-kizhangu, tannirmuttan, tannirvittan, tannirvittankizhangu, tarakantikam, thanneer vittan kizhangu, thanneervittan kizhangu, thannir-vittan, thannirvittan, thanuttu-kodi, thanuttukodi, tucippukkilanku, tucuppu@, tuviputtukkilanku, tuviputturu, tuvittatturu, urttuvakantam, utaka mulam, utakamulam, vannattikkilanku, varivali, varivalikkilanku, varivam, varivari, varunamuni, vipucatturu, viputacatturu

Telugu (25) :

challa, challa gadda, challa-gaddalu, challagadda, erravaaluduthige, ettavaludutige, peechara, philli-tagga, pichara, pilli, pilli gaddalu, pilli teegalu, pilli-tega, pillipeechara, pillipichara, pillitege, pillitheegalu, pillithege, pillityaga, sadavari, satanandudu, sathanandudu, sathaavari, seethammajata, shatavari

Tibetan (1) :

ne u sin

Urdu (6) :

musli safaid, safaid musli, satavara, satawar, shaqaqul misri, shaqaqul-i-misri

Parts Used (No. of Names) :	Trade Name
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Not recorded (12) :

SATABAR, SATAVARI, SATAVARI (SAFED), SATAWAR NEPALI, SATAWAR NEW MEDIUM, SATAWAR NEW THICK, SATAWAR NEW THIN, SATAWAR WHITE DESI, SATAWAR YELLOW SPL., SATHAAVARI, SHATAVARI, SHATHAVARI

POWDER (1) :

SATAVARI

RHIZOME (1) :

SATHAAVARI PACHA

ROOT (4) :

ASHADI BERU, SATAVARI, SATAWAR, SATWARI

ROOTS (4) :

ASPARAGUS RACEMOSA, SATAWAR, SHATAVARI, SHATAWAR (YELLOW)

TUBERS (2) :

SATHAA VARI, THANEERVITTAN KIZHANGU



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