

PART- I

VOLUME – IV



GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF AYUSH

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50. Satavari (Rt.)

ŚATĀVARI (Root)

Śtāvāri consists of tuberous roots of *Asparagus recemosus* Willd. (Fam. Liliaceae), an ascending, spinous much branched, perennial climber found throughout the country.

SYNONYMS

Sanskrit	:	Nārāyaṇi, Vāri, Abhīru, Atirasa
Assamese	:	Satmull
Bengali	:	Satamuli, Satmuli, Shatamuli
English	:	Asparagus
Gujrati	:	Satavari
Hindi	:	Satavar, Satamul
Kannada	:	Ashadi poeru, Halavu Bau, Narayani, Makkala
Kashmiri	:	--
Malayalam	:	Satavari Kizhangu
Marathi	:	Shatavari
Oriya	:	--
Punjabi	:	Satavar
Tamil	:	Shimai-Shadvāri, Nilichedi Kishangu
Telugu	:	Sima-Shatawari (Dry Root), Pippipichara, Pilliteegalu (Fresh Root)
Urdu	:	Satawari

DESCRIPTION

a) Macroscopic

Root tuberous, 10 to 30 cm in length and 0.1 to 0.5 cm thick, tapering at both ends with longitudinal wrinkles; colour cream; taste, sweetish.

b) Microscopic

Shows an outer layer of piliferous cells, ruptured at places, composed of small, thin-walled, rectangular asymmetrical cells, a number of cells elongated to form unicellular root hairs; cortex comprises of 25 to 29 layers, distinct in two zones, outer and inner cortex; outer cortex consists of 6 or 7 layers, compactly arranged, irregular to polygonal, thick walled, lignified cells; inner cortex comprise of 21 to 23 layers, oval to polygonal, thin-walled, tangentially elongated cells with intercellular spaces; stone cells, either singly or in groups, form a discontinuous to continuous ring in the upper part of this region; raphides of calcium oxalate also present in this region; 2 or 3 layers of stone cells encircle the endodermis; endodermis composed of thin-walled parenchymatous cells; pericycle present below endodermis; stele ex arch and radial in position; xylem consist of vessels, tracheids and parenchyma; xylem vessels have pitted thickening; phloem patches consists of usual element; pith composed of circular to oval parenchymatous cells, a few cells slightly lignified.

Powder - Yellowish-cream; fragments of lignified, thick-walled cells; vessels with simple pits, pieces of raphides, numerous, lignified, rectangular elongated' stone cells having clear striations with wide as well as narrow lumen and groups of parenchyma.

IDENTITY, PURITY AND STRENGTH

Foreign matter	Not more than	1	per cent, Appendix	2.2.2.
Total Ash	Not more than	5	per cent, Appendix	2.2.3.
Acid-insoluble ash	Not more than	0.5	per cent, Appendix	2.2.4.
Alcohol-soluble extractive	Not less than	10	per cent, Appendix	2.2.6.
Water-soluble extractive	Not less than	45	per cent, Appendix	2.2.7.

T.L.C.

T.L.C. of alcoholic extract on Silica gel 'G' plate using n-Butanol : Acetic acid: Water (4:1:5) v/v shows on exposure to Iodine vapour three spots at Rf. 0.07, 0.50 and 0.67 (all yellow). On spraying with 5% methanolic sulphuric acid reagent and heating the plate for ten minutes at 110°C four spots appear at Rf. 0.07 (black), 0.41 (grey), 0.50 and 0.83 (both brownish yellow).

CONSTITUENTS - Sugar, Glycosides, Saponin and Sitosterol.

PROPERTIES AND ACTION

Rasa	:	Madhura, Tikta
Guna	:	Guru, Snigdha
Virya	:	Śīta
Vipaka	:	Madhura
Karma	:	Śukrala, Balya, Hṛdya, Mēdhya, Pittahara, Rasayana, Vṛṣya, Śukraja, Kaphavātaghna, Vātaharaa, Stanyakara, Nētrya, Agnipuṣṭikara

IMPORTANT FORMULATIONS - Brahma Rasāyana, Mahanārayaṇa Taila, Śatāvari Guḍa, Pūga Khaṇḍa, Saubhāgyaśuṇhi, Bṛhacchāgalyādi Ghṛta, Śatāvari Ghṛta, Śatāvari Kalpa, Aśvagandhāriṣṭa, Nārasimha Cūrṇa

THERAPEUTIC USES - Amlapitta, Arṣa, Atisāra, Gulma, Kṣaya, Raktātīśara, Raktapitta, Raktavikāra, Vātarakta, Visarpa, Śōha, Parīṇāma Śūla, Mutrarakta, Vātajvara, Svarabhēda, Naktāndhya, Sūtika Roga, Stanya Dōṣa, Stanya Kṣaya

DOSE - 3-6 gm of the drug.