

Shatavari Root – Asparagus racemosus

Parts used – Organic Root

Spagyrics made in USA

Planetary Influence: Venus | Day of the Week: Friday



Shatavari is part of the asparagus family and is an adaptogen that has been used in Ayurvedic medicine for its potential anti-inflammatory properties and has been used to reduce inflammation in the urinary tract. It is considered a rejuvenating herb. Other names include Satawar, Satamuli and Satavari. Its name means “one with a hundred roots”. It’s grown in tropical areas of India and Asia.

Properties: Bitter, sweet, and cooling.

Uses

- In traditional Ayurvedic Medicine, Shatavari is thought to prevent aging, and increase mental health and physical vigor.
- It may improve cognitive function.
- May assist with fertility.
- May increase milk supply.
- Indigestion
- Helps reduce inflammation and in particular the urinary tract.

Warnings & Possible Side Effects

Avoid taking if you are allergic to asparagus.

Don't take if you have an estrogen sensitivity.

May cause nausea, vomiting or abdominal pain. Stop taking if you experience these.

Check with your health practitioner before taking.

Do not take if pregnant or breastfeeding.

The information provided here is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. If you have or suspect you may have a medical condition, or if you are considering incorporating any herbal remedies into your health regimen, please consult with a qualified health care professional before taking any actions.

Herbal remedies may have potential benefits and uses based on traditional practices or historical accounts. However, it is important to note that not all of these uses have been rigorously tested or subjected to modern clinical studies. The efficacy and safety of herbal remedies can vary depending on individual health conditions, interactions with medications, and other factors.