



# Shatavari – The Nourisher of Feminine Vitality

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## Botanical Profile

- Latin Name: *Asparagus racemosus*
- Alternative Names: Wild Asparagus, Satavari, Shatamuli
- Plant Family: Asparagaceae
- Parts Used: Root
- Origin: Native to India and Southeast Asia

Shatavari is one of the most revered herbs in Ayurvedic tradition, known as 'she who possesses a hundred husbands'—a poetic expression of its profound rejuvenating effect on the female reproductive system. At Peridotflow, we honour Shatavari as a deeply moistening, restoring tonic for the feminine body, heart, and spirit—supporting vitality through all stages of life.

## Hormonal Balance and Reproductive Vitality

Shatavari is a key herb for balancing hormones, particularly oestrogen, supporting menstrual regularity, easing PMS, and enhancing fertility. It nourishes the womb and supports reproductive tissue tone—offering strength through all phases of the menstrual cycle.

## Support Through Menopause and Beyond

This adaptogenic root is a well-loved ally for women navigating perimenopause and menopause. It helps ease hot flashes, dryness, emotional fluctuations, and fatigue—gently balancing hormones while nourishing depleted tissues.

## Fertility, Breastfeeding and Postnatal Recovery

Shatavari is a galactagogue, meaning it helps increase breast milk production. It also tones the uterus and supports recovery post-birth, making it ideal for postnatal nourishment. In pre-conception care, it prepares the womb with gentle building energy.

## Moistening and Restorative for Dryness

As a moistening tonic, Shatavari is useful in cases of dryness—whether vaginal, digestive, or systemic. It restores lubrication to dry tissues, nourishes the mucosa, and builds internal juiciness and vitality.

## Nervous System and Adrenal Rejuvenation

This deeply soothing root is also a gentle nervine. It calms emotional sensitivity, helps regulate stress, and restores adrenal energy, especially in cases of burnout or exhaustion from chronic overgiving.

## Folklore & History

Shatavari has been used in Ayurveda for thousands of years, particularly for women's health. Its Sanskrit name translates to 'she who has a hundred husbands,' symbolising its power to restore and support feminine energy and fertility. In India, it is used across the lifespan—from young women to postpartum mothers to elder matriarchs.

## Traditional Usage

Traditionally used as a powdered root in ghee, milk, or honey, or decocted gently in herbal formulas. Often taken daily in low doses for long-term rejuvenation and constitutional support. It's included in many Ayurvedic tonics for female vitality.

## Herbal Actions

Adaptogen, Tonic, Galactagogue, Demulcent, Mild Diuretic, Uterine Tonic, Rejuvenative, Antioxidant

## Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening

Tissue States: Dry, Deficient, Atrophic, Irritated

## Active Compounds

- Steroidal saponins – hormone modulation
- Isoflavonoids – phytoestrogenic activity
- Asparagamine A – nervous system support
- Alkaloids, mucilage, antioxidants

## Dosage & Preparation

- Powder: 1–3g daily in warm milk or ghee
- Tincture: 2–5 ml up to 3x/day
- Decoction: Simmer root 15–20 mins; drink 1–2x/day
- Infused ghee or honey for long-term nourishment

## Safety & Contraindications

- Avoid in cases of excess oestrogen or hormone-sensitive cancers
- May aggravate conditions with excessive damp or cold if used alone
- Use with caution in those with weak digestion or heavy mucus conditions

## Herbal Pairings

- Ashwagandha – for adrenal and nervous system support
- Licorice Root – to amplify demulcent and hormonal effects
- Rose – for emotional balance and cooling
- Dong Quai – for menstrual irregularities
- Fennel Seed – to support digestion and lactation

## Peridotflow Perspective

Shatavari is the sacred root of feminine replenishment—softening the heart, soothing the nerves, and building vitality from within. We see it as a plant of gentleness and power—ideal for those who give endlessly and now need deep nourishment in return.