

## Wild Asparagus, Shatavari - Plant



Shatavari, sometimes known as wild asparagus, is primarily a reproductive tonic (both male and female), a demulcent for the digestive system, and a powerful adaptogen.

Rating: Not Rated Yet

### Price

Sales price R 309

Discount

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Description

### Description for Wild Asparagus, Shatavari

*Asparagus racemosus* is a species of asparagus common throughout Nepal, Sri Lanka, India and the Himalayas. It grows 1â€”2 m (3 ft 3 inâ€”6 ft 7 in) tall and prefers to take root in gravelly, rocky soils high up in piedmont plains, at 1,300â€”1,400 m (4,300â€”4,600 ft) elevation.

Common name satavar, shatavari, or shatamull	Flower colours White	Bloom time Seasonal bloomer	Height 2.00 to 3.00 feet	Difficulty easy to grow
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### Planting and care

It is propagated by root suckers or seeds.

The soil is prepared well by digging up to 15 cm depth. The field is divided into convenient sized plots and laid out into ridges at 60 cm apart. Well developed root suckers are planted on the ridges.

Sunlight Part shade	Soil well-drained soil	Water Medium	Temperature 60 to 75Å°F	Fertilizer Apply any organic fertilizer
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### Caring for Wild Asparagus

- Generally, the crop prefers lateritic, red loamy soils, with adequate drainage.
- The crop survives under varied agro-climatic conditions ranging from temperate to tropical hill regions.
- It tolerates drought as well as low temperature.

## Typical uses of Wild Asparagus

**Special features:** No serious pest and disease has been noticed in this crop.

**Ornamental use:** The plant is used for ornamental purpose.

**Medicinal use:** for the prevention and treatment of gastric ulcers and dyspepsia, and as a galactagogue. For nervous disorders.

It is generally used as a uterine tonic, to improve breast milk, in hyperacidity, and as a best general health tonic.

## References

- [https://en.wikipedia.org/wiki/Asparagus\\_racemosus](https://en.wikipedia.org/wiki/Asparagus_racemosus)
- <http://www.svlele.com/herbal/shatavari.htm>

## Reviews

Saturday, 02 September 2017

Thank you for nice plants delivery ... now i can trust online shopping of plants?

Prarthana Chatterjee

Wednesday, 30 August 2017

Its been a month I bought this plant. It came with very few broken leaves but its growing fast now. Very happy with this one.

Jassi Bhasin

Tuesday, 29 August 2017

Beautiful plant, arrived in very good condition. Impressive packing. Looking forward to buy one more

Aman

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