

SHATAVARI (INDIAN ASPERAGUS)



PLANT PROFILE

Family : *Liliaceae*

English name : Asparagus

Indian name : **Shatmuli, Satavari** (Sanskrit)
Satawar, Satavari (Hindi)
Shimai-shadavari, Ammaikodi, Kilwari (Tamil)
Challagadda, Pilligadalu, Kilwari (Telgu)
Majjige-gedde, Aheru balli (Kannada)
Saatawari, Ekalakanto (Gujarathi)
Satawarmul, Satavari (Marathi)
Satamuli (Bengali)
Shatawali, Satavari (Malayalam)

Species : *Asparagus racemosus* (Willd)

Distribution : Tropical and subtropical India

Shatavari is an indigenous medicinal plant used in *Siddha* and Homoeopathy medicines. It is estimated that in India, more than 500 tonnes of shatavari roots are needed every year for various medicinal preparations.

MEDICINAL PROPERTIES AND USES

- Shatavari roots are used mainly as galactagogue which stimulates the secretion of breast milk.

- It is applied in improving the lost body weight and also known as an aphrodisiac.
- The root is useful in treating the ailments like dysentery, tuberculosis and diabetes.
- Commonly, it supports to maintain the health by giving immunity to diseases.
- It is considered as very good energy provider to the weak body system.

PRODUCTION TECHNOLOGY

Soil

- Generally, the crop prefers lateritic, red loamy soils, with adequate drainage.
- Being a shallow rooted crop, it can be easily grown under such shallow and rocky soils where the soil depth is hardly 20-30 cm.

Climate

- The crop survives under varied agro-climatic conditions ranging from temperature to tropical hill regions.
- It can be grown in moderate hills like Shevroys, Kolli and Kalrayan hills and medium elevations of Western Ghat hills under condition where the elevations are between 800 to 1500 m above MSL. It tolerates drought as well as low temperature.

Varieties

There is no named variety developed so far in this crop.

Inputs

Sl.No.	Materials	Per acre	Per hectare
1	Number of plants	10000	25000
2	Farm Yard Manure (t)	8	20
3	Fertilizers (kg) N P ₂ O ₅ K ₂ O	Presently the crop is grown mainly organically and no information on its fertilizer application is available	

Cultivation

Planting

- It is propagated by root suckers or seeds. For commercial cultivation, **root suckers** are preferred over 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.

IRRIGATION AND INTERCULTURE

- The field is irrigated immediately after planting. It is continued at 4-6 days interval until a month and thereafter at weekly interval.
- Frequent weeding is required during its early period of growth.
- Care should be taken to avoid any damage to growing shoots at the time of weeding. Totally, about 6-8 hand weeding is needed to keep crop free of weeds.
- The crop being a climber requires support for its proper growth. For this purpose, 4-6 feet long stakes are used to support the general growth.
- In large scale plantation, the plants are trailed on brush wood pegged in alternate rows.

Plant Protection

No serious pest and disease has been noticed in this crop.

Harvesting and Yield

- The roots come to maturity in about 12-14 months after planting depending upon the soil and climatic conditions.
- A **single plant** may yield about **500 to 600 g of fresh root**. On an average, **12,000 to 14,000 kg of fresh roots** can be harvested from one hectare area which on drying may yield about **1000 to 1200 kg of dried roots**.

