Satavari

Asparagus racemosus

Family: Liliaceae

A perennial, prickly climber excessively branched, roots tuberous 15-40 cm long, greyish-white and cultivated both for medicinal and ornamental purpose.

Common names

English: Wild asparagus
Sanskrit: Satamuli, satavari
Kannada: Satavari
Hindi: Shatavar
Tamil: Kilavari

Distribution

It is an indigenous medicinal plant found throughout India in the tropical and subtropical parts up to 1200 m

Agroclimatic requirements

The crop grows under varied Agroclimatic conditions ranging from temperate to tropical hills. It is also found upto an altitude of 1500 m in subtropical Himalayas. By nature the plant is xerophytic and prefers semi-arid to subtropical, cool environment.

Varieties

No named varieties developed.

Cultivation:

It can be propagated using seeds as well as vegetative means.

Seed Propagation:

Ripe fruits are collected, preferably in December - April, washed thoroughly to remove the pulp and dried in the sun. As a pretreatment, seeds are soaked in water for 2 days before sowing or treated with gibberelic acid for 24, 48 and 96 hours, to obtain higher and early germination.
Sowing is done in June-July. Seeds are sown 2 cm below the soil on raised beds of 4.5 m x 1.2 m and 20 cm high. Lines are spaced at about 10 cm. Seeds are covered with soil and germination takes place in 15 to 20 days. About 70 to 80 percent seeds germinate.

**Vegetative Propagation**

Through tillers: The tillers arising from the base of a mature plant can be separated and planted individually.

**Transplanting and aftercare**

August is the best month for transplanting. Seedlings of 5 cm height are removed from beds without damaging the roots and transferred to polybags. After 2 to 3 months, they are planted in the field in 45 x 45 x 45 cm pits spaced at 1 m x 1 m. Standards are provided for facilitating twining of the plants. For initial establishment, plants are irrigated weekly once and later when they have established themselves, light irrigation is provided at monthly interval. Weeding and hoeing are essential to obtain good yield and to keep the field free from weeds.

**Inputs**

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Materials</th>
<th>Per acre</th>
<th>Per hectare</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No. of plants</td>
<td>11120</td>
<td>27800</td>
</tr>
<tr>
<td>2</td>
<td>Farm Yard Manure (t)</td>
<td>8</td>
<td>20</td>
</tr>
<tr>
<td>3</td>
<td>Fertilizers</td>
<td>The crop is grown organically</td>
<td></td>
</tr>
</tbody>
</table>

**Plant Protection:**

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

**Harvesting:**

The crop matures in 12-14 months after planting, depending upon the soil and climatic conditions. November- December is the best time for harvesting tuberous roots when the above ground parts start turning pale yellow.

**Storage:** After harvesting the tubers are washed well in running water thereafter, these are dried in open sun for one or two days. The tuberous roots are then kept in warm water for one hour to soften the outer covering of the tubers. It facilitates removal of outer skin. The harvested roots are peeled tubers are then kept in shade for four to five hours. The roots should be completely dry for storage.

**Yield:** the crop, when harvested in 12 months, yields about 4-5 tonnes/ hectare, while harvesting after 20 months yields about 6 tonnes/ hectare of tubers along with 35 kg/ hectare of seeds, which are not obtained in the 12 month old crop.

Cost of Cultivation: Approximate cost of cultivation comes around Rs.62,500/- per hectare.
Part used: Tubers/root

Medicinal uses:

The root of Satavari is used in the form of juice, paste, decoction and powder to treat intrinsic haemorrhage, diarrhoea, piles, hoarseness of voice, cough, arthritis, poisoning, diseases of female genital tract, erysipelas, fever, as aphrodisiac and as rejuvenative.

As galactagogue / increases breast milk

Satavari pounded and taken with milk increases the flow of breast-milk (10-20 gms)