

NUTRITION AND FOOD SCIENCES

March 03-04, 2022 | Webinar

An Overview on – Shatavari (*Asparagus racemosus*) a Boon for Lactating Women

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Shatavari (Asparagus racemosus) is a medicinal plant which belongs to a Asparagaceae family with major active constituents ,vitamins A, B1 , B2 , C, E, Mg, P, Ca, Fe, and folic acid present in roots .It is mostly cultivated in Asia, Australia and Africa. It has several health benefits therefore known as Queen of herbs and has significant role in overall health of lactating women. The main purpose of the study is to know health benefits of shatavari in lactating women. An electronic research was implemented in RESEARCH GATE, JPP and ACADEMIA on history, health benefits and composition of *Asparagus racemosus*. The finding indicates milk enhancing, Anti-carcinogen, Anti-depressant, Anti-microbial, Anti-oxidant and immune boosting properties that benefits health of lactating mother. Overall, this writing shows *Asparagus racemosus* contain constituents which help to enhance milk production with other health benefits.

Keywords: Shatavari, Galactagogue, Health benefits, Lactation.

Biography:

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