Article Side

Uses and Health Benefits of Asparagus Racemosus Herb by Jhon Napier

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Asparagus racemosus, well known as shatavari or asparagus is a commonly prescribed herbal cure for vivid health disorders. This herb is remarked for its hormone balancing, culinary and aphrodisiac properties. Rhizome and stem part of the plant are mainly used for the preparation of medicinal products. Active compounds present inrhizome part of asaparagus racemosus are well known for their depurative, diuretic and hypotensiveproperties. Some among the active constituents present in shatavari include alkaloids, mucilage, sistosterol and isoflavons. These components acts internally and boosts cells to deliver high performance in daily life activities. Due to amazing health benefits featured in this medicinal herb, asparagus racemosus is one among the most widely prescribed herbal supplements by ayurvedic health practitioners.

Improving kidney health is a main function coming under the list of health benefits of shatavari. As per research, it is found to be as a rich source of essential vitamins and minerals like vitamin C, vitamin A, vitamin B and vitamin E. Asparagus racemosus is popular for improving the overall health of kidney. It acts as a best diuretic agent and helps in easier urination. Apart from improving kidney health, enhancing heart health is another advantage of using shatavari. It lowers LDL cholesterol level and maintains blood cholesterol level under control. This in turn improves the functioning of heart and keeps person healthy. Improving the functioning of reproductive organ is an important health benefit of shatavari herb.

Today, it is a common cure prescribed for those people suffering from infertility and low libido troubles. Use of this aphrodisiac herb cures irregular periods and prevents premenopausal symptoms. It maintains hormonal balance and improves the quantity and quality of breast milk in lactating mothers.

Asparagus racemosus is one among the best herbal remedies prescribed for detoxification. It acts internally and flushes out toxins from body cells. Curing diarrhea is an important health benefit of consuming asparagus racemosus herb. Patients suffering from diarrhea and dyspepsiaare advised to drink milk obtained from shatavari consistently for two to three weeks duration. Curing boils affected on skin surface is another advantage of using asparagus racemosus extract. In order to attain relief from boils, it is advised to put boiled leaves of shatavari dipped in clarified butter on affected skin areas. Stress is a commonly found health disorder in today's busy lifestyle. Relaxation property enriched in asparagus calms down nerve cells and prevents the risk of nervous disorders.

Shatavari is a best known herbal medicine for improving the strength of immune system. It boosts internal energy of cells and minimizes the risk of infectious diseases. Intake of asparagus racemosus extract also enhances digestive health and protects user from digestive disorders. As per studies, it is found to be very useful for the treatment of bothphysical and emotional health of person. Asparagus racemosus nourishes tissues of kidney, lungs and stomach and improves their working efficiency. Other health benefits of using asparagus racemosus extract include curing throat infections, preventing dyspepsia, treating chronic fever and preventing tumor. This herb is used in many ayurvedic medicines to cure various problems.

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