

Botanical Name- Asparagus racemosus

Common Name – Satavri



Uses

1. Boosts immunity
2. Improves digestion
3. Enhances lactation (galactagogue)
4. Balances hormones
5. Relieves stress and anxiety
6. Supports reproductive health (male and female)
7. Aids in managing diabetes
8. Promotes skin health
9. Treats gastric ulcers
10. Reduces inflammation

