

ASPARAGUS RACEMOSUS

Volume No. 148

Scientific Name: Asparagus

Kingdom: Plantae

Order: Asparagales

Genus: Asparagus

Species: A. Racemosus

Family: Asparagaceae

Part of plant used: Roots



Synonyms:

Asparagus Rigidulus, Protasparagus Racemosus

Uses:

Reduces cholesterol, diuretic, treats diarrhea, aids digestion, treats kidney stones, boots immunity, female reproductive system.

Phytochemicals:

Alkaloids, Glycosides, Phenolic compounds, Tannins, Saponins, Steroids, Flavonoids and Carbohydrates

LITERATURE AND PROPERTIES

- *Asparagus racemosus* commonly known as Satawar, Satamuli, Shatavari
- *A. racemosus* is a woody climber growing to 1-2 m in height. The leaves are like pine needles, small and uniform and flowers are white and have small spikes. This plant belongs to the genus *Asparagus* which has recently moved from the sub family *Asparagae* in the family *Liliaceae* to a newly created family *Asparagaceae*.
- Its roots have been used as a remedy for schistosomiasis and tuberculosis. The roots of *Asparagus filicinus* are considered as tonic, astringent, and vermifuge.
- *Asparagus* is rich in vitamin C which is good for immune system. It is a great source of folate, iron and fiber to support healthy blood cells and digestive health.
- *Asparagus racemosus* is used as herbal medicine and also served as food. All the parts of this plant have therapeutically importance for treatment of stomach ulcer, liver disorders, inflammation, stress-related immune disorders, dyspepsia, can also act as galactagogue and decreases apoptosis. Its water and alcohol based extracts act as strong antioxidant, immunity booster and also have antitussive effects. It regulates blood fat and cholesterol levels. Its bioactive moieties like phytochemicals (saponins and flavonoids) are used in various pharmacological activities.



Improving Female Reproductive Health

A. racemosus, is used to treat female health conditions, specifically reproductive disorders.



Reduces symptoms of menopause

A. racemosus, reduce the symptoms of menopause.



Antioxidant Effects

Antioxidants protect the body from harm caused by free radicals, which can damage cells and lead to the development of diseases, including cancer. Antioxidants also fight against oxidative stress, another cause of disease.



Anti-Anxiety Effects

Shatavari supplements have also traditionally been used to combat anxiety and depression.



Antiviral

Shatavari has antiviral properties and prevents viral infections.



Antioxidant

The shatavari root produces antioxidants including asparagine A, racemofuran, and aerosol. Antioxidants help prevent damage and disease in your body.



Supports Lactation

Shatavari increases the production of prolactin, a hormone that is important for breastfeeding.



Ulcer Treatment

Shatavari powder treats gastric ulcers and prevents future ulcers from forming.

WINTERGREEN OIL

Botanical Name:

Gaultheria Procumbens L.

Part of the Plant Used:

Leaves

Colour:

Pale Yellow to Yellow

Shelf Life:

3 years



LITERATURE AND PROPERTIES

- Wintergreen oil is traditionally extracted from the leaves of the wintergreen plant. The term wintergreen means a plant that remains green throughout winter.
- Wintergreen is a low-growing shrub, typically reaching 10–15 centimetres in height. Wintergreen essential oil is obtained by steam distilling the leaves of the plant.
- The oil contains up to 99% methyl salicylate and has strong anti-inflammatory properties. The other 1% includes traces of monoterpenes, monoterpenol, alcohol, aldehydes, and ketones.
- Wintergreen oil has been used as a pesticide, fragrance ingredient, and flavouring agent. Wintergreen oil has also been used as a topical analgesic and rubefacient for the treatment of muscular and rheumatic pain.

USES



Analgesic

It reduces the perception of pain.



Anti-Rheumatic

Wintergreen oil increases the blood flow and relieves tension.



Anti-inflammatory

It fights against inflammation.



Antispasmodic

It relaxes and loosens muscles.



Hepatic Stimulant

It activates the cells and the functions of the liver.



Aromatherapy Applications

Wintergreen Essential Oil is known to emit a sweet, minty, and warming woody aroma. It deodorizes indoor environments and helps improve negative moods, feelings of stress, mental pressure, and concentration for a greater sense of emotional balance.



Skin and Hair

As a natural astringent and antiseptic, when applied directly to the skin with a carrier oil, wintergreen is able to fight inflammation from blemishes and skin disorders.

USES



Medicinal Use

Analgesic, Antiseptic, Antispasmodic, Anti-inflammatory, Astringent, Carminative, Diuretic, Emmenagogue, Muscle Relaxant.



Massaging

Wintergreen Essential Oil revitalizes exhausted and tender muscles, helps decrease spasms, promotes easier breathing, and soothes headaches as well as pain and discomfort experienced in the lower back, nerves, joints, and ovaries.



Cosmetic

Astringent, Stimulating, Refreshing, Soothing, Concentration-Enhancing, Deodorizing.



Odorous

Clarifying, Deodorizing, Stimulating, Soothing



Natural Flavour Enhancer

Wintergreen is used as a natural flavouring agent in certain minty-tasting foods, candies and teas.



Energizer and Fatigue Fighter

Wintergreen leaves to increase stamina, alertness and endurance during exercise since it can help extend respiratory capacity and treat pain, mucus build up or inflammation.



Cold and Flu Treatment

Wintergreen leaves contain an aspirin-like chemical that can help reduce pain, congestion, swelling and fever associated with common illnesses.

ROSE MUSK: 16170

- Rose musk is floral, creamy, powdery fragrance developed for soap.
- This pleasant, warm fragrance infused with the sweet, floral, citrus, green, spicy, powdery, musky, woody, vanilla accord.
- This fragrance begins with green, citrus sweet note of lime, orange with little hint of spices which provide unique and captivating freshness on luxurious floral creamy heart of rose and whipped cream.
- This scent complete with the sensual musk, sweet powdery vanilla, warm earthy cedar wood and creamy rich sandalwood.
- This fragrance creates warm, soft, caring impression. This fragrance is long lasting and leaves pleasant smell on the skin.

RECOMMENDED DOSE FOR SOAP: 1-1.2%

TOP NOTE

Orange, Lemon, Green, Spice

HEART NOTE

Rose, Whipped Cream

BASE NOTE

Musk, Vanilla, Cedarwood,
Sandalwood



SUMMER SPLASH: 16171

- Summer splash is refreshing & versatile fragrance captivated both men & women.
- This fragrance belongs to citrus aromatic family combining invigorating citrus note with aromatic green accord.
- This fragrance is alluring combination of citrus, green, woody, powdery, aromatic, fresh spicy, musky accord.
- The top note of lemon, bergamot provide zesty and refreshing opening and complete with the hint of mandarin orange and cardamom.
- The middle notes of lavender, jasmine and lily of the valley add delicate floral touch while nutmeg and rose contribute a subtle spiciness.
- The base note of musk, cedar and sandalwood provide warm and powdery richness accompanied by the hint of Amber and vanilla.
- This fragrance recommended for spray perfume. Its blend of citrus and aromatic notes makes it suitable for every day wear.
- This fragrance has moderate lasting freshness.

TOP NOTE

Bergamot, Lemon,
Cardamom, Mandarin Orange

HEART NOTE

Nutmeg, Jasmine, Lily of the
Valley, Lavender, Rose

BASE NOTE

Amber, Cedarwood, Musk,
Sandalwood, Vanilla

