

## Effectiveness of *Satavar* (*Asparagus racemosus*) in the management of postmenopausal symptoms: A systematic review

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Postmenopausal symptoms such as mood swings, vaginal dryness, loss of libido, hot flashes, and sleep disturbances result from hormonal changes during the later stages of life in women. Hormone Replacement Therapy remains the primary management strategy, though its side effects necessitate the search for safer alternatives. *Satavar*, also known as *Shatavari* in Ayurveda and long recognized in Unani medicine, has conventionally been used as a reproductive tonic, particularly for menstrual irregularities, infertility, and menopausal symptoms. Its benefits are extensively attributed to its phytoestrogenic property. This systematic review evaluates the clinical significance of *Asparagus racemosus* in managing postmenopausal symptoms. A systematic literature search from 2000 to 2025 was conducted using PubMed, ScienceDirect, and Google Scholar databases with key terms including “*Satavar*,” “*Asparagus racemosus*,” “postmenopausal,” and “menopause.” Clinical studies involving postmenopausal women treated with *Asparagus racemosus* were included. PRISMA guidelines were followed for screening, data extraction, and analysis. Out of 47 articles screened, 9 met the inclusion criteria. Most of the studies demonstrated a reduction in the occurrence and severity of vasomotor symptoms with the use of this tonic, particularly hot flashes and sweating; improvements in sleep, skin, and hair quality; alleviation of vaginal dryness and loss of libido; increased bone turnover markers; suppression of osteoclastic activity; and reduction of nervousness and anxiety, thereby enhancing overall quality of life. Improvements in serum estradiol and progesterone levels were also reported. No serious adverse effects were reported. Preliminary evidence indicates that *Asparagus racemosus* is a safe and effective supplement for managing postmenopausal symptoms. Nevertheless, further extensive clinical studies are necessary to confirm its efficacy, safety, and mode of action.

**Keywords:** *Satavar*, *Asparagus racemosus*, Post menopause