

*Asparagus racemosus*



Synonym

Bojhidan ,asvel

Family

*Asparagaceae*

Distribution

India and the Himalayas. and northern Australia.

Chemical constituents

essential oils, asparagine, arginine, tyrosine, flavonoids

Plant part used

root and seeds

Uses

stomach (dyspepsia), constipation, stomach spasms, and stomach ulcers