

Musali



Latin name- *Asparagus adscendens* Roxb.

Family- Liliaceae

Vernacular names-

Hindi name-Safed Musli

Kannada - Bili Mushali

Uttar Pradesh - Jhirna

Marathi name Safed musli

Gujarati name - Dholi musali, Ujali Musli

Tamil name Tannir bittang

Telugu name - Sallogadda

Urdu name Musli

Punjabi name - Syahoo Musli

Morphology -

It is a small perennial herb with tuberous roots, lanceolate leaves, and white, star-shaped flowers,

Leaves: Sessile or short petiolate, with sheathing bases, linear or linear-lanceolate, membranous, glabrous or sparsely softly hairy.

Inflorescence: Axillary, scapose racemose, with the scape very short and hidden among the bases of leaves.

Flowers: Bright yellow, bisexual or unisexual, with lanceolate, membranous bracts.

Fruit: Capsule, 4-seeded with a slender beak and spongy septa, seeds oblong, black and shiny with crustaceous testa.

Properties

Rasa - Madhura , Tikta

Guna - Guru, Snigdha

Vipaka- Madhura

Veerya - Sheeta

Karma - Vatapitta shamaka

Kaphavardaka (increase kapha dosha)

Part used- Root

Dosage-

Root powder- 3 to 6 g

Formulations- musali pak, musali churna