

## A OF JAMMU Asparagus racemosus Willd.

Family: Asparagaceae

Common name: Sparrow grass,

Shatawari

Local name: Shatavar (Hindi), Mausli

(Kashmiri)

## **Importance**

- Tender shoots are used in traditional cuisines.
- Used in folk medicine and Indian system of medicine (Ayurveda).