Mushli (Shvet)	
Hindi Name	Safed Musli
English Name	Climbing Asparagus
Scientific Name & Family	*Asparagus adscendens* Roxb.; Family – Asparagaceae
Part Used	Tuberous roots
Main Synonyms	Mushli
External Morphology	A small perennial herb with a slender climbing stem; roots occur as clusters of fleshy, cylindrical tuberous roots; leaves are reduced to small scales, while green needle-like cladodes perform photosynthesis; flowers are small, white, and fragrant; fruits are small globose berries turning red on ripening.
Rasapanchaka & Dosha-Karma	Guna: Guru, Snigdha Rasa: Madhura Vipāka: Madhura Vīrya: Sheeta Doṣa-karma: Vata-Pitta śāmaka
Active Phytoconstituents	Steroidal saponins, alkaloids, glycosides, mucilage, carbohydrates
Pharmacological Actions	Balya (strength promoting), Vrishya (aphrodisiac), Rasayana (rejuvenative), Stanyajanana (galactagogue), Shukrala
Important Formulations	Musalyadi Churna, Musali Pak, Vrishya preparations, Herbal tonic formulations
Dose	Root powder: 3–6 g
To be Noted	Often considered a substitute or allied species of Shatavari. Widely used as a nutritive tonic, aphrodisiac, and rejuvenative drug, especially in male infertility and debility.

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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