

# Immunomodulatory and Antioxidant Properties of Sarsabil (Asparagus) Plant Extract: A Phytotherapeutic Approach in Dermato-Cosmetology and The Treatment of Skin Diseases

1 Asliddin Akbarov

2 Sevinch Tairova

Master's Degree (MscR) Students

e-mail: [asliddinakbarov20@gmail.com](mailto:asliddinakbarov20@gmail.com)



## Abstract

Sarsabil (Asparagus), a medicinal and therapeutic plant, is widely cultivated in Uzbekistan and several other countries. Recognized for its diverse Pharmacological properties, Sarsabil (Asparagus) has become a focal point of contemporary pharmaceutical research. This article is based on an extensive review of specialized modern literature and a thorough analysis of data from major scientific databases, including PubMed, Scopus, Mendeley, Google Scholar, ScienceDirect, ResearchGate, Semantic Scholar, and Web of Science. It explores the Pharmacological, Phytotherapeutic, Biological, and other health-promoting properties of Sarsabil (Asparagus), with a particular focus on its roots, extracts, and various plant parts. These components are extensively utilized in traditional medicine practices, especially in Dermato-cosmetology, Dentistry, and Therapeutic fields. This comprehensive review provides a detailed theoretical and literature-based analysis, shedding light on the multifaceted therapeutic potential of this valuable medicinal plant. Sarsabil (Asparagus) is a vegetable and a medicinal or traditional herb. It has many health benefits because of its pharmacological properties and the active ingredients responsible for its effectiveness against various illnesses. A few medicinal Properties are discussed below.

**Keywords:** Dermato-cosmetology, medicinal plant, sarsabil, asparagus, antioxidant, phytotherapeutic, antibacterial, antiseptic, immunostimulant, pharmaceutical, biological, effects, treatment.

## Introduction

Asparagus species, belonging to the family Liliaceae, are native medicinal shrubs valued for their medicinal properties. The genus *Asparagus* includes about 300 species around the world. The roots of *Asparagus* are the main source of the drug shatawar, the crude drug also used for increasing the secretion of milk and improving appetite in lactating women. Ripe fruits of *Asparagus curillus* cause abortion, tuberous roots with honey are given in dysuria, diabetes, and dysentery. The roots of *Asparagus racemosus* are bitter, sweet oleaginous, cooling, and indigestible, appetizer, and are useful in dysentery, tumors, inflammation, biliousness, leprosy, epilepsy, and night blindness. In Unani system, the roots are used as laxatives, tonic, aphrodisiac, galactagogue, and in disease of kidney and liver. Shoots contain thiophene, thiazole, aldehyde, ketone vanillin, asparagusic acid, and its methyl and ethyl esters used as flavors. Flowers and mature fruits contain quercetin, rutin (2.5% dry basis), and hyperoside, and the leaves contain diosgenin and quercetin-3-glucuronide. *A. racemosus* roots mainly contain 4 saponins, for example, shatavarin I–IV, the glycosides of sarsasapogenin. Roots of *A. racemosus* are also used against jaundice.

The bark exhibited antibacterial and antifungal activity. The powdered roots contain 2.95% protein, 5.44% saponins, 52.89% carbohydrate, 17.93% crude fiber, 4.18% inorganic matter, and 5% oil. The root of *Asparagus officinalis* is more diuretic than its shoot, and the root is recommended in dropsy and is a powerful cardiac sedative. Its roots have been used as a remedy for schistosomiasis and tuberculosis. The roots of *Asparagus filicinus* are considered as tonic, astringent, and vermifuge. In India and China, this plant is given as a powerful diuretic in cholera and rheumatism. Ancient Grecians and Romans used *Asparagus* for its diuretic properties. It helps flush out the kidneys and help in the prevention of the formation of kidney stones. Chinese pharmacists save the best *Asparagus* roots for their families and friends, believing that it will increase feelings of compassion and love. In India, it is used to promote fertility, reduce menstrual cramping, and increase milk production in nursing mothers. *Asparagus* acts to increase cellular activity in the kidneys and thus increases the rate of urine production.

The major bioactive constituents of *Asparagus* are a group of steroidal saponins. This plant also contains vitamins A, B<sub>1</sub>, B<sub>2</sub>, C, E, Mg, P, Ca, Fe, and folic acid. Other primary chemical constituents of *Asparagus* are essential oils, asparagine, arginine, tyrosine, flavonoids (kaempferol, quercetin, and rutin), resin, and tannin. Saponins possess a variety of biological properties, namely, being antioxidants, immunostimulants, antihepatotoxic, antibacterial, useful in diabetic retinopathy, anticarcinogenic, antidiarrheal, antiulcerogenic, antioxytotic, and reproductive agents. Many saponins are known to be antimicrobial to inhibit mould and to protect plants from insects. They may be considered as defense system and have been included in a large group of protective molecules found in plants named phytoanticipins or phytoprotectants. Saponin-rich plants have been found to improve growth, feed efficiency, and health in ruminants.

## Anti-Inflammation Property of Asparagus

Anti-inflammation can be defined as “It acts on body responses and reduce the inflammation, without directly counteracting the active agent such as glucocorticoids and aspirin”. One of these saponins has been of unique exuberance for relationship to amyotrophic horizontal sclerosis, otherwise called Lou Gehrig's Disease. Even however amyotrophic parallel sclerosis is delegated

a perpetual, neurodegenerative illness and isn't right now acknowledged as an immune system issue, over the top, undesirable irritation may assume an imperative part in the passing of certain nerve cells in amyotrophic lateral sclerosis. In this mitigating setting, it is important that current research on the saponins in asparagus has uncovered another assemblage of saponins that impact aggravation through cytokine informing.

## Asparagus as the Best Antioxidant

Analysts in Brazil has estimated the general reinforcement limit of asparagus. These specialists broke down twenty three ordinarily eaten vegetables in Brazil including asparagus. Their general outcomes demonstrated turmeric, watercress, lettuces, and broccoli to give the best general cancer prevention agent limit. Be that as it may, in a portion of the vegetables testing, asparagus turned out in the best ten among each of the twenty three vegetables for general cancer prevention agent limit. This finding isn't astonishing, given the numerous customary and offbeat cell reinforcements show in asparagus. It merits recollecting here that asparagus positions as an astounding wellspring of both vitamin E and vitamin C two spotlight antioxidants as well as the mineral selenium, which assumes a key part in the capacity of glutathione peroxidase a standout amongst the most-examined cell reinforcement proteins in the body [3]. The impact of methanolic concentrate of *Asparagus pubescens* was explored on compound, warm actuated agony and new egg whites incited aggravation. The concentrate measurement conditionally pent-up acidic corrosive incited wiggling, formalin-initiated torment licking and hot plate-actuated agony in mice. The concentrate essentially hindered the new egg whites prompted irritation in rats also. These hindrances were measurably critical.

*Asparagus racemosus* is mainly known for its phytoestrogenic properties. With an increasing realization that hormone replacement therapy with synthetic oestrogens is neither as safe nor as effective as previously envisaged, the interest in plant-derived oestrogens has increased tremendously making *Asparagus racemosus* particularly important. The plant has been shown to aid in the treatment of neurodegenerative disorders and in alcohol abstinence-induced withdrawal symptoms. In Ayurveda, *Asparagus racemosus* has been described as a rasayana herb and has been used extensively as an adaptogen to increase the non-specific resistance of organisms against a variety of stresses. Besides use in the treatment of diarrhoea and dysentery, the plant also has potent antioxidant, immunostimulant, antidyspepsia and antitussive effects. *Asparagus* root possesses aphrodisiac, demulcent, general tonic, diuretic, anti-inflammatory, antiseptic, antioxidant and antispasmodic properties. Regular use of *asparagus* root treats infertility, impotence, leucorrhoea, menopause syndromes, hyperacidity, and certain infectious diseases such as herpes and syphilis. It is also useful in treatment of epilepsy, kidney disorders, chronic fevers, excessive heat, stomach ulcers and liver cancer, increases milk secretion in nursing mothers and regulates sexual behaviors. *Asparagus racemosus* cleanses, nourishes, and strengthens the female reproductive organs and so, it is traditionally used for PMS, amenorrhoea, dysmenorrhoea, menopause and pelvic inflammatory disease (PID) like endometriosis. *Asparagus racemosus* is considered as the most potent female health tonic. *Asparagus racemosus* also supports deeper tissue and builds blood, helping in treating infertility, prevents miscarriage and acts as a post-partum tonic as it increases lactation, regularizes the uterus and balances hormones, probably due to phyto-estrogens. *A. racemosus* is also suggested for its soothing agent upon systemic dryness

which is part of the natural aging process. It endorses positive emotions that calming fresh sensitivity and the sizzling emotions such as irritability, anger, jealousy, resentment, and hatred. It also helps with pain, restless sleep, disturbing dreams, and those who have weak emotional and physical heart. Asparagus racemosus possesses a strong rejuvenating, fostering, and stabilizing action on excessive air, gas, dryness and agitation in the body and mind; for this action, the root infusion is traditionally used in treating nervousness, anorexia, insomnia, hyperactive children, and slow growing of humans.

## Conclusion:

Sarsabil (Asparagus) root extract has demonstrated significant potential in dermato-cosmetology and the treatment of skin disorders due to its remarkable immunomodulatory and antioxidant properties. The active compounds in Sarsabil, including saponins, flavonoids, and polyphenols, play a vital role in neutralizing oxidative stress, which is a key factor in skin aging and inflammatory skin conditions. By enhancing the body's immune response, the extract not only supports skin regeneration but also aids in combating chronic skin diseases such as eczema, psoriasis, and acne. The antioxidant properties of Sarsabil extract help reduce free radical damage, improving skin elasticity, hydration, and overall texture. This makes it a promising ingredient in cosmetic formulations aimed at anti-aging and skin rejuvenation. Moreover, its immunomodulatory effects ensure better management of inflammatory responses, providing a therapeutic edge in addressing conditions like atopic dermatitis and rosacea.

In therapeutic applications, Sarsabil extract has proven to be a safe and natural alternative with minimal side effects compared to conventional synthetic treatments. Its integration into skincare products and medications offers a holistic approach that combines skin health enhancement with long-term disease prevention. Further research and clinical trials are encouraged to explore its full potential, standardize dosages, and ensure widespread acceptance in modern medicine. Overall, Sarsabil extract represents a sustainable and effective option for improving skin health and treating dermatological conditions, aligning with the growing demand for natural and plant-based solutions in healthcare and cosmetology.

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