

Subject: Submission of Review Manuscript to Healthmed Journal of Pharmaceutical Sciences

Dear Editor-in-Chief,

On behalf of my co-authors, I am pleased to submit our review manuscript entitled “*Asparagus racemosus* (Shatavari): From Traditional Medicine to Modern Therapeutics” for consideration for publication in the Healthmed Journal of Pharmaceutical Sciences.

Asparagus racemosus (Shatavari) is an important medicinal plant widely used in Ayurveda for various health conditions. This review provides a comprehensive overview of its botanical characteristics, phytochemical constituents, traditional uses, pharmacological activities, therapeutic potential, and safety profile. The manuscript particularly discusses its major bioactive constituents, including steroidal saponins such as shatavarins, along with flavonoids, alkaloids, polyphenols, vitamins, and other phytochemicals.

The review summarizes available evidence on the antioxidant, anti-inflammatory, immunomodulatory, adaptogenic, antimicrobial, antiulcer, antidiabetic, hepatoprotective, neuroprotective, reproductive, galactagogue, aphrodisiac, and anticancer properties of *A. racemosus*. It also discusses current limitations in the available evidence and highlights the need for well-designed clinical studies, standardized phytochemical characterization, pharmacokinetic investigations, and long-term safety evaluations.

We believe this manuscript will be of interest to the readers of the Healthmed Journal of Pharmaceutical Sciences because it connects the traditional medicinal applications of *A. racemosus* with current pharmacological and phytochemical evidence and discusses its potential for future therapeutic development.

We confirm that this manuscript is original, has not been published previously, and is not currently under consideration for publication elsewhere. All authors have reviewed and approved the manuscript and agree to its submission to the journal.

Thank you for your time and consideration. We sincerely appreciate the opportunity to submit our work and look forward to your response.

Sincerely,



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