

Shilajit A Medicinal Mystery to Cure the Un-Cure Disease

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Abstract: Shilajit is a mineral set down that is prepared by humus and decayed plant remains. When these materials get pressed between layers of rocks for millions of years, they are rehabilitated into a gummy substance that may be black, pallid or chocolate in color, and resemble asphalt in appearance. It is used in Ayurveda, the traditional Indian system of medicine. When there is nearby crack or fissure in the rock, the material oozes out of it, and adhere itself on the rocks so it is set up in high altitude mountains. It has been reported to contain at least 85 minerals in ionic form, as well triterpine and humic acid. According to Ayurvedic literature, it is effective for any kind of health trouble. In Ayurveda, Shilajit is prescribed as a 'rasayan' import rejuvenator and immunomodulatory. High phenolic contented of Shilajit can be connected to its individual antioxidant and anti-arthritis behavior.

Key Words: Ayurveda, Shilajit, Antiageing, Immunomodulatory property, triterpine, humic acid

INTRODUCTION:

Shilajit is considered one of the wonder medicines of Ayurveda. Neither a plant nor animal substance, it is a mineral pitch that oozes from the rocks of the Himalayas, as they become warm in the summer months. It is said to carry the healing power of these great mountains. Shilajit is a blackish-brown exudation, of variable consistency, obtained from steep rocks of different formations found in the Himalayas at altitudes between 1000 to 5000 meter¹⁻²

Shilajit is a thick, sticky tar-like material with a color ranging from white to dark brown or grey, is found predominately in Himalaya and Tibet mountains,

Shilajit is maybe the mainly potent rejuvenator and anti aging block buster ever recognized to the mankind. Attributed with many **magical** property³,



Fig; Dried gummy shilajit



Figure : Shilajit in mountain Himalayan

History: Shilajit is an significant drug of the ancient Hindu material medica and is to this day used widely by the Hindu physicians for a variety of diseases. Shilajit has been described as 'mineral oil', 'stone oil' or 'rock sweat', as it seeps from cracks in mountains due mostly to the warmth of the sun. shilajit is found predominately in the Himalayan area bordering India, China, The Indian Yogis measured it as God's gift and a nectar of long life⁴⁻⁵. very old Indian scriptures mention of the magnificent powers of this elixir in remedial most of the ailments of body and mind. . This element was rediscovered for its health properties by the people alive in the Himalayan Mountains. These people do practical the white monkeys; who migrated to the region throughout the summer. The animals were muscular, fit, and energetic and had a long life span. The monkeys were forever seen

chewing a black gummy matter. The villagers followed the monkeys to the side regions of the mountains, and see them strip off the substance from the exterior of the rocks. The Charka Samhita states that, "Stones of metal like gold etc., in the mountains get intense up by the sun and the exudates that comes out of them in the form of soft and clean gum is called Shilajit⁶⁻⁷.

DESCRIPTION

Names:

Sanskrit: Shilajit, Silajit, Silaras

Hindi, Gujarati and Marathi: Silajita

Bengali: Silajatu

Tamil: Uerangyum

Tamil: Perangyum, Uerangyum

Arabic: Hajar-ul-musa

Persian: Momiai Faqruul Yahud

Russian: Mummio, Mumie

English: Asphalt, Mineral Pitch

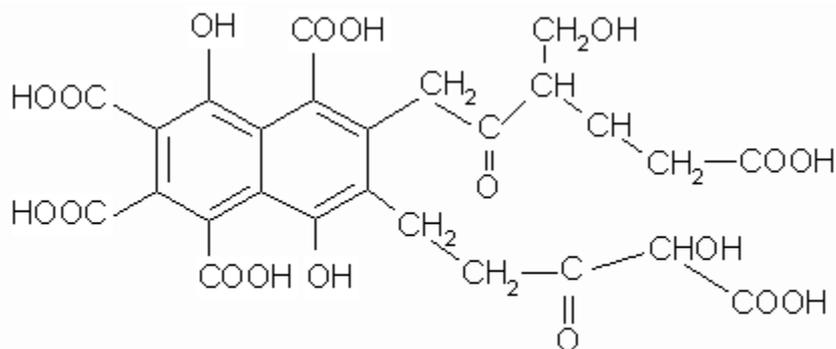
To devour shilajit we have to simply dissolve in hot, non chlorinated water, tea or warm milk and

drink. on the other hand one can melt under the tongue or just swallow a portion if the experience is too disagreeable. Its main constituent Fulvic and humic acids, when shared with chlorine, create dangerous chemical byproducts⁸⁻⁹.

Tissues and Systems: Shilajit affects the nerve and reproductive tissues and the urinary, nervous and reproductive systems. It also has exact action on the endocrine system and affects all tissue systems (dhatus). It also strengthens (digestive fire) and reduces ama (toxins)

SHILAJIT – BIOACTIVE CHEMICAL CONSTITUENTS:

The biologically significant classes of compounds of shilajit include 2, 3-Dibenzo-alpha pyrones, phospholipids, triterpenes and phenolic acids of low molecular weight Fulvic acids: "carrier molecules, Humins and humic acids and Trace elements (Fe, Ca, Cu, Zn, Mg, Mn, Mo, P)



Model structure of fulvic acid

The little MW bioactive organic compounds, e.g. oxygenated dibenzo- α -pyrones (or equivalent biphenyl carboxylates) are the main entity. The suggestion elements contribute to the healthy property. Differences in the natural effects of native shilajit can be qualified to qualitative and quantitative variations of both bioactive organic compounds and the fulvic acids in Shilajit samples from different locations¹⁰⁻¹¹.

Among the short molecular weight compounds, are the dibenzo- α -pyrones and biphenylcarboxylates:

- 3,4', 5-trimethoxybiphenyl (C15H16O3)
- methyl 4'-methoxybiphenyl-2-carboxylate (C15H14O3)
- methyl 2', 4' -dimethoxybiphenyl-2-carboxylate (C16H16O4)

Medicinal use of Shilajit

- Anti-aging:
- Rejuvenation properties
- Energy synthesis: high energy release.
- Blood purifications.
- Increase in sexual potency
- Prevents and cures diabetes.
- Solves bone related problems
- Spiritual enlightenment

Shilajit has been used to help support

- Energy
- Memory
- Mood
- Absorption of vital nutrients

- Enhanced potency and effectiveness of other nutrients
- Sharp intelligence
- Balanced blood sugar
- Efficient detoxification
- Optimal oxygenation and the body's natural antioxidant response

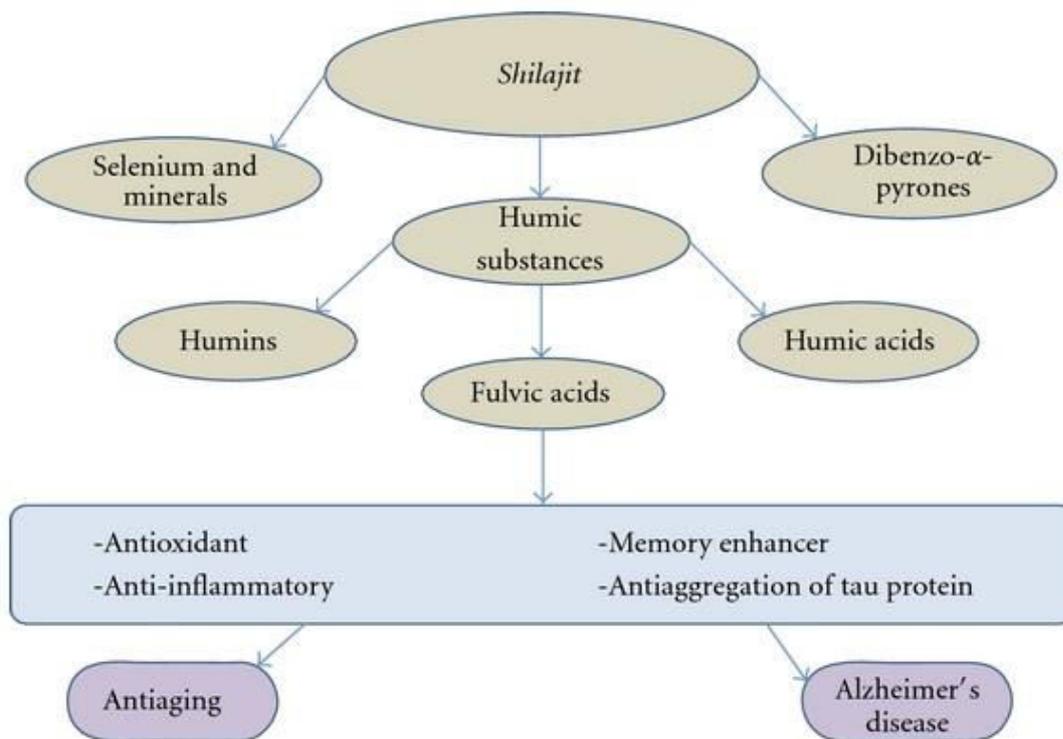


Figure: Shilajit biological and pharmacological use

Conclusion:

Shilajit be able to be used in antioxidant and anti-aging medicinal product and to do something as a delivery system for additional healing agents in varied formulations. These application recomondate in the ancient Ayurvedic texts, have been validated by recent research into the chemistry and biological events of this ancient cure. Shilajit has been used in the past for universal mental strengthening, anti-aging, blood sugar stabilization or diabetic, aphrodisiac, injury healing, improved brain performance strength, hold up immune system and other medicinal history of human usage for healing for the urinary system and for diabetes. On the basis of the results obtained in the present study it is concluded that, Shilajit exhibits profound antioxidant activity

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