SHILAJIT

Shilajit is an important part of Ayurvedic and folk medicine. In the raw form it is a bituminous substance, which is a compact mass of vegetable organic matter. The botanical name of Shilajit is Asphaltum (mineral pitch).

Origin of Shilajit

Many researchers claim that Shilajit exuding from the rocks of mountains is basically derived from vegetative source. According to Sushruta (Ayurvedic text), in the months of May-June, the sap or juice of plants comes out as a gummy exudation from the rocks of mountains due to strong heat of sun. Due to microbial action and the tremendous pressure from the weight of the Himalayan mountains, the ancient humus was transformed into a dense, viscous, mineral rich mass. This is Shilajit. The trapped layers of Shilajit become exposed due to the freezing winters, hot summer sun and erosion from monsoon rains. Shilajit will “flow” out from between the cracks in the layers of rock during the summer when the temperature of the mountains gets warm enough and the Shilajit becomes less viscous. The native people then climb the mountains, move up and down cliffs to collect the humic substance.

In short, these substances consist of an immense array of powerful phytochemicals, biochemicals, supercharged antioxidants, free radical scavengers, superoxide dismutases, nutrients, enzymes, hormones, amino acids, antibiotics, antivirals, antifungals, etc. Many of the substances that make up humic matter have yet to be discovered and catalogued among the known and documented organic chemicals.

Shilajit is an important substance for many diseases. It was used as a drug in prehistoric times. There is evidence of Shilajit in the Indus valley. Traditionally it is used as an energy increasing tonic.

Actions of Shilajit

- Helps accelerate processes of protein and nucleic acid metabolism and stimulates energy providing reactions.
- Counteracts diabetes and regulates the blood sugar level.
- Purifies blood, improves functioning of pancreas and strengthens digestion.
- Reduces fat, dissolves tumours, and counteracts thirst.
- Promotes the movement of minerals, especially calcium, phosphorus, and magnesium into muscle tissue and bone.
- Stimulates the immune system and improves restoration (recovery) after exercise.
- Increases levels of growth hormone in diabetic patients and is a potent anti-ulcer agent.

Uses in traditional medicine
Shilajit is prescribed in genito-urinary diseases, diabetes, jaundice, gallstones, enlarged spleen, digestive disorders, epilepsy, nervous diseases, elephantiasis, chronic bronchitis and anaemia. Shilajit is useful as aphrodisiac, rejuvenator, alterative tonic, respiratory, stimulant, internal antiseptic, diuretic, lithotriptic, worms, piles, adiposity, renal and bladder stones, nervous diseases, amenorrhoea, dysmenorrhoea, menorrhagia, eczema, anorexia, fracture of bones.

**Research references for Shilajit**

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Department of Pharmaceutics, Banaras Hindu University, Varanasi-221005, India

Antioxidant Defense By Native and Processed Shilajit – A Comparative Study

**Diabetes**
Shilajit Attenuates Streptozotocin Induced Diabetes Mellitus and Decrease in Pancreatic Islet Superoxide Dismutase Activity in Rats
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Indian J Indg Med (1992), 9 (1&2)

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Shilajit Induced Morphometric and Functional Changes In Mouse Peritoneal Macrophages
Shibnath Ghosal
Dept of Pharmaceutics, Banaras Hindu University, Varanasi-221005, India
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Dept of Biotechnology and Life Sciences, Jadavpur University, Calcutta-700032, India

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Memory
Effects of Shilajit and Its Active Constituents On Learning and Memory in Rats
S Ghosal and J Lal, Pharmaceutical Chemistry Research Laboratory,
Department of Pharmaceutics, Institute of Technology, Banaras Hindu University, Varanasi-221005, India
Effect of Shilajit On Rat Brain Monoamines
SK Bhatineharyn
Dept of Pharmacology, Institute of Medical Sciences, Banaras Hindu University, Varanasi-221005, India
S Ghosal, Department of Pharmaceutics, Institute of Technology, Banaras Hindu University, Varanasi-221005, India

Ulcer
Antiulcerogenic and Anti-inflammatory Studies With Shilajit
Journal of Ethno pharmacology, 29 (1990) 95-103
Elsevier Scientific Publishers Ireland Ltd
Anti-Ulcerogenic Activity of Fulvic Acids and 4’-Methoxy-6-Carbomethoxybiphenyl Isolated From Shilajit
Profile of Shilajit
- Fulvic acid
- Humic acid
- Ash
- Silica (residue insoluble in HCL)
- Iron (Fe2 O3)
- Alumina (Al2 O3)
- Lime (CaO)
- Magnesia (MgO)
- Potash (K2 O)
- Sulphuric acid (SO3)
- Chloride (NaCl)
- Phosphoric acid (P2 O3)
- Nitrogen
- 67 Trace Minerals in total

The Government Laboratory Sydney (2003) has found 67 trace minerals in significant quantities.

NOTE!
The fulvic acid in Shilajit aids in cellular absorption of minerals and the chelation and excretion of undesirable minerals for example mercury from fillings.

Warning!
Do not consume chlorinated tap water or non-organic juices while taking Shilajit, as the chlorine causes undesirable interactions which may be dangerous to health!

Contra-indications
Shilajit is not generally recommended in conditions such as gout!