

Shilajit

Shilajit is a natural exudate from the rocks of the Himalayas. Its high mineral content oozes out in the heat of the summer. It is a superb mineral supplement that benefits the kidneys, urinary and reproductive systems.

Common Name: Mineral Pitch, Vegetable asphalt, Bitumen

Sanskrit: Shilajit

Latin: *Asphaltum*

Constituents:

Benzoic acid, Hippuric acid, silica, iron, Gums, Resins, antimony, calcium, copper, lithium, magnesium, manganese, molybdenum, phosphorous, silica, sodium, strontium, zinc¹

Ayurvedic Action:

Rasayana- rejuvenative to the lipid tissue, *kapha* and the urinary system, *Mutrakricchraghna*- alleviates painful urination, *Apasmaranmadaghna*- alleviates disorders of the nervous system (Bhavaprakasha)

Bio-Medical Action:

Diuretic, lithotriptic, anti-diabetic, nervine

Indications:

Urinary: It goes straight to *mutravahasrotas* and treats disorders of the urinary system with painful urination, cystitis, stones, incontinence and glycosuria. In prostatitis Shilajit can help to clear stagnation of *kapha* and *vata*. It tonifies *vata* and can help to reconvert the flow of *apanavayu* through the pelvic region.²

Diabetes: Shilajit's affinity for *medovahasrotas* and the water channels can help balance hyperglycemia and regulate the blood sugar levels. Its scraping effect on the fat tissues can help to balance overweight conditions where there may be a tendency to acquire type 2 diabetes.³

Reproduction: Use in male reproductive problems with premature ejaculation, spermatorrhoea, impotence and spermaturia. It strengthens the whole reproductive system and is a tonic to the sex organs. It also benefits the female reproductive system where there is weakness, dysmenorrhoea and PMS arising in someone who is deficient and weak.⁴

Blood: It has a specific affinity for the blood; anaemia, high sugar levels, high cholesterol levels are all treated.

Bones: As it builds both *rakta* and *asthidhatu* it is used as part of a treatment strategy to heal broken bones.

Combinations:

+ **Gokshuradi Guggul** for stones and prostatitis

+ **Punarnava Guggul** for oedema and fluid retention

+ **Gudmar, Karela, Neem, Turmeric and Black Pepper** for hyperglycemia

+ **Ashwagandha and Gokshura** for male reproductive problems

+ **Shatavari and Licorice** for female reproductive conditions

+ **Amla, Ginger and Shatavari** for anaemia

Notes:

- There are four varieties mentioned in the texts. The black variety appears to be the best for medicinal purposes.
- To 'purify' it Shilajit is often boiled in a decoction of Triphala and Bhingaraja and left to dry.⁵
- Good quality should not smoke on burning.

Ayurvedic Energetics:

Taste rasa: Pungent, Bitter, Salty, Astringent

Action virya: Heating

Post-digestive effect vipaka: Pungent

Quality guna: Dry, Heavy

Dosha effect: VPK=, P+ in excess

Tissue dhatu: All

Channel srota: Urinary, Nervous, Reproductive

Contraindications:

Not with high uric acid levels.

Dosage:

2-3 pills 3x/day or 500mg- 5g/day

¹ Tillotson

² Bhavaprakasha

³ Tillotson

⁴ Nadkarni

⁵ Sharangadhara Samhita