

## **A Review on Indications of Shilajitu in Classical References of Rasa Shastra**

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### **ABSTRACT**

*Shilajatu is a drug described in many samhitas and nighantus as an Ayurvedic medicine. This is an exudation from rock during hot seasons. It is a type of resin that oozes out from the cracks in the layers of the rocks on the Himalayan Mountains during summer. It is water-soluble. Though it may be occurring in many part of world, but in India its therapeutic importance described from very beginning in Indian system of medicine by ancient Indian physicians. Ayurveda mentioned its tremendous therapeutic value. Shodhita Shilajatu can cure many asadhya diseases. In the present time Shilajatu is an important and irreplaceable drug, in classical text such as Ayurveda, Siddha and Unani medicine. Shilajatu is prescribed to treat Mutravahash rotasvikar, Kamala, Swasaroga, Kasaroga, Medoroga, Prameha and Madhumeharoga.etc. Indians had the knowledge of Shilajitu in olden days also. The description of Shilajitu is not found in Veda's but found in Samhita's. In Charaka Samhita it described as medicine for many diseases in 1200 years (from till today 3200 years ago). It is also explained in Susruta Samhita & Ashtanga Hrudaya as medicine for Prameha & etc complecatory diseases. 4 types of Shilajitu are explained in Charaka Samhita & 6 types of Shilajitu are explained in Sushruta Samhita. In Rasa shastra book its mentioned from 8<sup>th</sup> BC 2 types of Shilajitu are explained that is, Gomutra Gandhi- Black bitumen, Karpura Gandhi- Potassium nitrate. It is not controversy. it is true from Samhitakala to till today. It is used in rasayana and vajikarana, prameha, Shotha. Kamala, Complecatory, etc diseases as drug. [SM].*

**Keywords:** *Rasa Chikitsa, Rasa tarangini, Rasa ratnasamuchaya, Rasabindu, Bharatiya rasa shastra.*

### **INTRODUCTION**

The writer can see the Chilasaki rocks where the Shilajatu secretion in some kilometre length and 90-95 feet thick, which is melted in summer season and becomes soft. The sheeps and goats are walking on the rocks and eliminate their faecal material and this is mixed with Shilajitu due to rain. If the Shilajitu is old, then it becomes katu and several disintegrated leaves are also mixed with it. The Shilajitu which is found in Nepal is not having bad smell and has bitter taste. Writer put the Shilajitu in Maharasa group.

Well compared than Abraka, Tamra, Loha, Kanija, Maksika, Vimala, Shilajitu, According to Shastra. It is being classified as Bhanamatpitara, else could be better than this. In ancient days only such information is known about Shilajitu, so it was their falt, how much they knew they have mentioned it [1].

In India it is found in Kumayudist of UP, Shilajitu oozes by limestones which are present on hills in between sarayu & Ramaganga, It is also found in more quantity Gadavala Gangothari & in

Yamonottari. It is also available in Nepal & Bhutan, In Nepal it is found on Jumala-Huthalahill, The Shilajitu which oozes from chitralla has kilometers in length, The layer has thickness of 10-15 feet. (According Shrikulkarni) [2].

Shilajitu is available in loha mines, it is most useful in kshayaroga, In modern petroleum emulsion is most useful in kshayaroga, another name is vengers emulsion, modern authers studied by Ayurveda books, then used in different ways, that which originated by stone is best drug. [3]

Swarnayukta-Red colour.  
Rajatayukta- White in colour  
Tamrayukta-Blue in colour  
Lohayukta-Black in colour.  
Silajatu 2 types; Gomutragandishilajatu  
Karpurashilajatu  
Gomutragandi --- Its smell like Gomut rain. This two types Satvayukta  
Satvarahitha.

Karpooragandhi Shilajitu is whitesh yellow in color& seen like that of sand. It is also considered as sora ( $KNO_3$ ), karpooa Shilajitu is called assora, It is naturally available in mines mud, shora mud filter by raka or mud filters. This mud is filtered by varshajala& collect in carrier, this shora is melt in hot water& particles are formed by cold water, its explanation in ksharapoint, it is use in preparation of barud, Its synonyms are vahnikshara, surya, kshara, shora, pottassium nitrate ( $KNO_3$ ) [4].

Water-95 %, Organic Substance-36.0 %

Inorganic substance-34.6 %  
Nitrogenous Substance-1.3 %  
Lime – 7.5 %  
Silika- 1.3%.

The organic material consists of the following components

Benzoic Acid-6.8 %  
Hyparic acid-5.5%  
Fatty acid-2.0 %  
Resin- 3.0 %  
Gums-15.0%  
Albuminoids-19.0 %  
Vegetable matter - 20.0%  
Mousture-12.5%

It is claimed that the Benzoic acid & Hyparic acid are the active principle of reason for distinct odour of cows urine According to Chopra it may be vegetable matter. From physical characteristics &from microscopical examination of the residual left after extraction with water, which was mainly composed of sand, earthy matter & vegetable fibers? Shilajitu would appear to be substance of vegetable origin. Chopra. R. N. Indigenous drugs of India. Chopra further describes it as fallows Shilajitu is a bituminous substance which is compact mass of vegetable organics matter composed of dark red (Sticky and unctuous) gummy matrix interpressed with vegetable fibers, sand & earthy matter. According to Charaka its features have been described as follows Shilajitu is a gummy substance, soft & muddy coloured which derived as mala & resembles to guggulu. It is tikta & slightly lavana in taste & vipaka, smell like cow's urine [4].

### 1) Indications of Shilajitu in Different Ways According to Rasa Tarangini

Sl no	Preparation	Uses
1	2 ratti of pure Shilajatu with honey	Mutrakrichha from Shukravardha
2	Shilajatu+dashamulakwath +	Gudavarodha diseases like

	khandasharkara	Astalika, Vatavasti, Vatakundalika (Mutraroga)
3	Shilajatu with Varunadikwath	Mutraghata, Ashmariroga.
4	Amrutadikwath is considered as best anupan for Shilajatu.	Mutraghata & Mutrakricha
5	Shilajatu mixed with Khandshrkara & karpoor.	Mutrataeta & Mutrajatarroga.
6	Shilajatu + Gokshurakwath	Mutrakrichha
7	Shilajatu which is purified in Triphalakwath is consumed with Kakollyadigana.	Increases Veerya
8	Shilajatu is consumed with Lohabhasma, Swarnamak Shikabhasma, ghee, honey, haritakichurna, vayavidangachurna	In case of Tuberculosis
9	Shilajatu with Veerataruwadiganoktadravyaskwath.	Mutrakrichha.
10	It is consumed with khandsharkara or milk in early morning.	In case of Prameha
11	Shilajatu with pure Guggulu, shunti, pippalichurna with Gomutraas anupan.	In case of Urustamb
12	Shilajatu with lohabhasma +swarnamakshikabhasma.	Raktaruddi.
13	Shilajitu + arjunatwakkwath [anupana] for 2 months continuously	Hrudayaroga,
14	Shilajatu with agnimanthaswarasa is consume for 2 months	Obesity
15	pure Shilajatu it should be given Bhavana for 21 times with shalasaradigana Yuktakwath. this purified Shilajatu along with Shalasaradigana Yuktakwath for 2 months	Puranamadumeha, Ashmari, Mutrasharkara.
16	Shilajitu, Pippali, Pashanabheda, Ilayachibheejachurna. Anupana Tandulodaka	Prameha.
17	Shilajitu + Elachurna + Pippali Churn.--	In case of Mutraghata & Mutrakrichha
18	Shilajatu+ Karpoorchurna	It also cures wounds which got by weapons.
19	Shilajatu with Haridra churn & Gomutra as Anupana is advisable	To cure Kumbhakamala
20	Shilajatu + Lohabhasma + swarna Bhasma Bhavana with Ralaqwatha.-1- Ratti Matra. Few days.	To cure Masurikajwara, Spot Jwara & in scarlet fever (Shonakajwara)--

**2) According to Rasa Bindu**

S. No	Preparation	Uses
1	250mgms with honey.	Shukrarodhosh Amutrakrichha –
2	Withdashamulakwath & mishri.	Vatabasti, Ashtilika, Vatakundalika
3	With Amrutadikwathela & Pippali churn	Mutraghata, Mutrakrichha
4	With decoction of Varanadi group.	in Mutraghata & Ashmari
5	With Sita or Karpoora.	Mutrasteet, Mutrajatara :
6	With Gokshurakwath.	All mutrakrichha
7	With Lohabhasma, Swarnamakshikbhasma, Ghee, Honey, Haritakichurna & Vidanga Churn.	In yakshma:
8	Veeratarradiganoktadravyakwath.	Mutrasharkara, Ashmari & all types of diseases.
9	With Sita or milk in evening.	Pramehajanyavyadhi.
10	With Pureguggulu, Shuntichurna, Pippali Churn, mixed with Gomutra	Urustambha
11	With Arjunakwath for 1 month.	Hrudroga
12	With Agnimanthaswarasa for 2 months.	Obesity
13	Take Traturatd Shilajatu with Shalisaradigonokotadravyas & Kashaya of that Dravyas.	13jeerna Madhumeha, Ashmari, Mutrasharkara
14	With rice water & Pipali, Pashanabhedi, Elachurna.	Prameha
15	With Karpoora, by putting on wounds without Pakavranaropana takes place.	Sadhyativatajakshata
16	Haridrachurna with Gomutra.	Kumbhakamala :
17	Give Bhavana with Sajjala rasa which is mixed with Swarnabhasma & Lohabhasma. Take 1 ratti dose, for some days.	Masurikajwara , Sphotajwara , Shonakayajwara
18	With Loha bhasma & Swarnamakshika bhasma.	- raktavrudya

### 3. Bharateeya Rasashastra – Pandit.Vishwanath Dwiredi ( in Sushrutasamhita)

S. No	Preparation	Uses
1	one can consume 1 Sahasrapala of Shilajatu	Inmadhumeharoga, in Rasayan Roopa. It gives best result.
2	One should consume 1 – 2 mash of Shilajatu with milk.	In Prameha

### 4. Rasa.Chikitsa

S. No	Preparation	Uses
1	Purified Shilajatu. If a person consume this Shilajatu with milk & Loha churn,	He get long life. One can get strength, medashakti & smrutishakti also increases.

### 5 .Baratiya Rasa Shastra

S. No	Preparation	Uses
1	Guduchi kwath should be taken as Anupana. Dose : 1 -3 ratti.	It is used in Panch karma treatment for Prashaman of Vatarakta
2	4 ratti of Shilajatu mixed with 1/2tola of honey & 1/2tola of sugar	Mutratar & Mutrateet diseases.
3	Consume 4 ratti of Shilajatu with honey & Shilarasadi Gana Kwath as Dose - 4 ratti	Prameharogi

#### 4) After Pancha Karma advise the dose of drug should be increased by 2 - 2 Rattis for each successive day.

- 1 mash in morning & 1 mash in evening after meals should be taken.
- When it becomes 1 tola then stop the consumption of Shilajatu.
- It produces the hunger, so one can take or eat Mamsa rasa of birds & animals with odana.
- It cures the diseases like Madhumeha, Sharkara, Ashmari.
- It gives colour, complexion & strength.
- Consumption of any one of these drugs pure Shilajatu, Gomutragandhi Guggulu, Triphalachurna & milk cures the Udararogas.

#### 5) According to RasaRatnaSamuchaya

- Mix the equal quantity of Shilajatu Bhasma, Kantaloha Bhasma, Vaikranth

Bhasma, consumed it in 1 ratti dose with Triphala, Trikatuchurna & Ghee.

- It cures Anemia, Tuberculosis, Jaundice, Piles, Gulma, Splenomegaly, Hernia, Agnimandhya main types of Udarshoola & Yoni Rogas.
- If consume this Rasayana for 6 months, it cures early greying of hair, falling of hairs & person can live long life.

#### NOTE

It is consumed in Samanya & Visheshrupa. If we consume it in Samanyarupa then there is no use of Visheshrupapathya. If it is consumed in specific form the patient should not eat Apathyaahara [5].

#### DISCUSSION

If take Shilajitu with pathyahara in proper way, it correct the Prakopithvata of the

Urdhvajatrugathabhaga and also do Poshana of Kshinitavata. Taking Shilajatu, will cure the oja sra vitamutra or oja dhathu gata mutra. It gives strength to motor nerves. Shilajitu is the best medicine, it gives the strength to the arteries & it makes the normal blood pressure in body. It means shilajatu do dilatation and stimulation of arteries. It also cures severe headache, Hndavakampa or palpitation, edema in eye lids, nausea, Agnimandhya occurs due to high BP, Pittasmari occurs in Pittashaya, in this time Shilajitu will help in melting the stones & makes the normal BP, melted stones are comes out of the body. It cleans the pittashaya and it is Shota Nashaka, so Shilajatu is best medicine in Pittaashmari.

Shilajitu is also cures Madumeha & its Upadravaslike Murcha, Kamala, Vamana, Nerve weakness, Manasika Shitilata, high BP, Unmada. Akshepa, Murcha (coma), Apasmara, Apatanaka, Oushapasmara Roganasha. It also Dilate the sweating glands, it makes the increase of sweat, evaporation of water in Udarachada kala & joints, by this procedure, it makes hrudaya ruddi nashaka (enlargement of heart) & it stimulate sleep. By taking Shilajatu, stimulation in Mahadamani or kshudradhamani (keshika) of sarvadeha. Like this kshudra dhamani of yakrit (Liver) undergo proper dilation by shilajita, by this visiated pitta nissaraka takes place. Shilajatu control the high BP by its pitta nissaraka property & sweating because the kidney arteries are dilate, so more urine pass, this type pitta is pass out by Yakrut, this type dilate the all arteries of body, it the relief the odema & BP by opening of small arteries in skin, it

produce the sweat. So BP comes down. Shilajitu cures kamala gata kandu by elasticity of arteries & muscles. So the body becomes too normal and functions normally by use of Shilajitu. So Shilajitu is best medicine. Mutrashaya Shotha & Mutrashaya srava or heavy urine pass these symptoms are subsiding by using this drug.

By taking this medicine, it will not alter the normal- reactions of urine, smell of urine & colours of urine, normally 1025 ml to 1050ml urine pass in 24 hrs, it increase the more quantity of urine production, that is maximum 2 liters [5].

## CONCLUSION

Samhita and nighantus are the basic literature to understand and identification of different medicinal plants. On review of shilajatu in different samhita and nighantus we find the different synonyms and properties along with useful formulations and their medicinal uses.

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