

Shuddha Shilajit



Shilajit has been described as 'mineral oil', 'stone oil' or 'rock sweat', as it seeps from cracks in mountains, mostly due to the warmth of the sun. *Shilajit* comes from the Sanskrit compound word *shilajatu* meaning "rock-invincible", which is the regular Ayurveda term.

Shilajit is believed to arrest aging and produce rejuvenation.¹ A series of medical applications has been described including immune-stimulating and anti-allergic activity as well as an ameliorating effect against gastric and intestinal ulcers and finally healing of bone fractures.²

Active contents:

The primary active ingredients in *Shilajit* are Fulvic Acids, Dibenzo Alpha Pyrones, Humins, Humic Acids, trace minerals, vitamins A, B, C and P (citruses), phospholipids and polyphenol complexes, terpenoids. Also, present are microelements (cobalt, nickel, copper, zinc, manganese, chrome, iron, magnesium and other).

Actions:

Physical Health : Known as the Destroyer of Weakness, *Shilajit* is a great medicinal substance for those interested in physical performance. It improves recovery after a workout, increases stamina, improves physical weakness, and brain functioning, which all lend themselves to being a great drug for peak performance.

Antioxidant : It mimics powerful antioxidants, thus promoting cellular respiration which talks volumes about the anti-aging properties. Recent studies found an ORAC index between 50 and 500, which is substantially higher than berries which are touted as a great antioxidant food.

Sexual abnormality : *Shilajit* is very effective for sexual and general weaknesses. It is a wonderful Ayurvedic medicine which works as powerful aphrodisiac agent to increase strength and endurance power in male. *Shilajit* helps to maintain the quantity and quality of sperms. *Shilajit* is used in useful in various sexual problems such as premature ejaculation, erectile dysfunction, impotency, spermatorrhoea, loss of libido etc.

Diabetes : *Shilajit* is supposed to be promote regeneration of pancreas cells. It helps in maintaining healthy levels on glucose thus, keeping diabetes in check.

Anti-inflammatory : *Shilajit* is a useful anti-inflammatory agent. This makes *Shilajit* capable of addressing tissue damage and thus accelerates healing.

Indications: Mental and physical exhaustion, Sexual Dysfunction, as an adjuvant with anti-diabetic drug.

Contraindication: None

Dose: 1 capsule two times a day with sweet milk or as advised by the Physician.

Composition: Each capsule contains 250 mg standardized extract of Shuddha Shilajit.

References :

1. U.C.Datta and G. King, *Materia Medica of the Hindus*, p.33-37, Machine Press, Calcutta, India(1877)
2. Garedeew A, Feist M, Schmolz E, Lamprecht I. Thermal analysis of mumiyo, the legendary folk remedy from the Himalaya region, *Thermochimica Acta*. 2004;417(2):301-309.