

## A REVIEW STUDY ON SHILAJATU W.S.R. IN AYURVEDA MEDICINE

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### ABSTRACT

Ayurveda (Ayu- life, Veda – science) is a science of life. History of Rasa shastra can be traced to pre- vedic period, where metals were successfully employed in treatment of various Shilajatu is an important herbo mineral drug among the Maharasa. Describing its importance Charaka has said, there is a hardly any curable disease which can not be alleviated or cured with the aid of Shilajatu. Further references of Shilajatu can be traced in Sushruta samhita, Astanga sangraha, and Texts book of Rasa shastra. This article explain the properties, dosages of Shilajatu and methods and procedures of Shilajatu.

**KEYWORDS:** Shilajatu, Shodhana, Marana.

### INTRODUCTION

The Rasausadhis are the most Important drugs of the ayurvedic therapeutics. These are chiefly based on metals and minerals. Rasauadhis are appreciated for their smaller dosages, quick effectiveness and long durability.

According to Rasa Ratna Samuchchaya, Maharasa<sup>[1]</sup> contain eight drugs named Abhraka, Vaikranta, Makshika, Vimala, Adrija (shilajatu), Sasyaka, Chapala, Rasaka.

Shilajatu is the fifth mineral of maharasa. Shilajatu is an important herbomineral drug among

the maharasa. Shilajatu, consist of two terminologies; one is shila, which means the rock or the mountain and the other one jatu, which is laksha (kind of resin) that trickles down from the Himalayan Mountain region of India during Summer.

It is also called as 'Black bitumin' and 'Asphaltum punjabinum'.

### **SYNONYMS<sup>[2]</sup>**

Shilajatu, Shaileyam, Shilajam, Saila-dhatujam, Shilamayam, Shilasweda, Shilaniryasa, Ashmajam, Ashmajatukam, Girijam, Adrijam, Ashmottha, Ashmalaksha, Gaireya.

### **HISTORY**

Shilajatu is mentioned in Samhita period. Its uses is found in all the three brhtrayi. Its special mention in the treatment of PRAMEHA ROGA. Its use for therapeutic purposes can be traced from almost all the classical texts.

### **SHILAJATU ORIGIN<sup>[3]</sup>**

During hot summer season the temperature in the mountain of Himalayan range rises. As a result of which, the thick essence from the surface of these rocks oozes out. It drips up and collects in between these rocks. This blackish rock essence is called as Shilajatu.

The rocks which are in Himalaya mountain consisting of metals like gold, silver, copper, Shilajatu oozes out due to heat of the sizzling sun rays in summer.<sup>[4]</sup>

### **TYPES OF SHILAJATU<sup>[5]</sup>**

1 - Gomutra gandhi Shilajatu 2 – Karpura Gandhi Shilajatu

Gomutra Gandhi Shilajatu is again subdivided into two as:

- 1 – Sasatwa
- 2 – Nihsatwa

Other types of Shilajatu<sup>[6]</sup>

1 – Swarna Shilajatu 2 – Rajata Shilajatu 3 – Tamra Shilajatu 4 – Lauha Shilajatu

### **SUDDHA SHILAJATU PROPERTIES<sup>[7]</sup>**

- 1 – If Shilajatu is placed on fire, it burns without smoke and forms a shape of linga.
  - 2 – It should not dissolve in water but it should go down in the fashion of sinking thread.
- Rasa – Tikta, Vipak – Katu. Mainly Mutrala, Yogavahi, Rasayana.<sup>[8]</sup>

**THERAPEUTIC UTILITY OF SHILAJATU<sup>[9]</sup>**

It is indicated in Balya, Sotha, Pandu, Kshaya, Swasa, Pliha, Jwara, Agnimandhya, Apasmara, Unmada, Udara roga, Arsha, Mutrakrcchra. It mitigates vitiated vata dosha and is beneficial in Sthoulya, Urakshata, Hradya roga, Prameha, Udara sula, Udar krimi, Bigger sized Mutrashmari, Kustha roga, Gulma roga, Vaman roga, Severe Vata roga.

**COMPLICATION OF IMPURE SHILAJATU<sup>[10]</sup>**

Daha, Murccha, Bhrama, Raktapitta Sosha, Agnimandya, Malabaddata are the complication of impure Shilajatu consumption.

**SHODHANA**

Wash the Shilajatu first in ksharajala (yavakshara) and then in Amla drayas like kanji, nimbu, etc, it becomes pure.<sup>[11]</sup>

Shilajatu is kept for one day in an Iron container which is having either milk or Triphala Kshaya or Bhringaraja swarasa (Eclipta alba) it will purify.<sup>[12]</sup> Yavakshara, Kanji, Gugulu are taken together in Swedini yantra, then spread Shilajatu churna on cloth, then make tie at the mouth of the container. Swedana is done for 1 hour now it is purify.<sup>[13]</sup>

Take Gomutra in the container add Shilajatu, make dry by exposing to sun light.<sup>[14]</sup>

**MARANA<sup>[15]</sup>**

Shilajatu should be mixed with purified Manahshila (Realgar), purified Gandhaka (sulphur), purified Haratala (orpiment), and then triturated with lime juice. The mixture is subjected for incineration in 8 vanotphalas (laghu puta).

**SATWAPATNA<sup>[16]</sup>**

Satwapatna is a process by which the essence of the drug is obtained by subjecting it to high temperature so that the mineral content of the drug is left behind leaving other material.

Shilajatu is grind with Dravaka varga, Amla varga and kept in a crucible, make seal and give high temperature. The satwa obtain will be like Iron.

**DOSE<sup>[17]</sup>**

Two Ratti to Eight Ratti (250 mg to 1 gm). Depending upon the factor like Age and Strength.

**AMAYIKA PRAYOGA<sup>[18]</sup>**

- 1 – Sukra shodhaka, Mutra kricchrata – 2 Ratti (250 mg) Shilajatu along with Madhu.
- 2 – Asthilika, Vata basti, Vata kundilika – Take shilajatu along with Dashmula kwath and Sugar.
- 3 – Mutraghata, Ashmari – Take Shilajatu along with Varunadi kshaya.
- 4 – Mutraghata, Mutrakricchra – Take Shilajatu along with Amritadi kshaya.
- 5 – Mutratita, Mutrajathara – Take Shilajatu along with sugar and karpoor (camphor).

**TREATMENT OF COMPLICATION<sup>[19]</sup>**

Maricha churna along with Ghrita for 7 days.

**FORMULATION OF SHILAJATU**

- 1 – Arogyavardhini vati 2 – Chandraprabha vati 3 – Shilajatwadi louha 4 – Shilajatwadi vati
- 5 – Shivagutika 6 – Tapyadi vati 7 – Triphala modaka

**CONCLUSION**

The Shilajatu has been extensively used in the preparation of a number of medicines. Shilajatu is counted in the group of Maharasa varga in the texts of Rasa shastra. Purification method, Marana, Satwapatan, Properties, Dosage, uses and Formulation are dealt which gives us thoughtout knowledge about Shilajatu. Shilajatu is used in Pandu, Prameha, Mutrakricchra, etc. So Shilajatu is most important drug in Ayurveda and should be used very carefully.

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