

A CRITICAL REVIEW ON SHILAJATU

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ABSTRACT

Ayurveda, the healing method giving by sanatan vision, is more than the quality of a diamond being valuable to us. When diseases started to appear on the whole earth and started showing its form of disenchantment, the our doctor gave us this precious gift of Ayurveda for the well being of the common man for his redressal like his accused. Ras Shastra A branch of Ayuurveda which was used to dehvaad the time when those metallic, minerals, and gems were used in medicine, the result of the formulation made by it was unimaginable. They are able to cure even ordinary people. Rasashastra is an most important branch of ayurveda. This branch deals with advantage gemstones, metals, minerals and their action. The metals &

minerals are very productive for our body immune system. it protect our body from various diseases. The remarkable one among these is shilajit. shilajit is considered as one of the excellent medicine of ayurveda. Shilajit used rehabilitation muscle, nerve & bone. Shilajit Most common used has been found to be effective in improving sperm count by increasing follicle stimulating hormone. Shilajit is a truly a amazing substance for human usage and subject to further investigations. In this article all possible effort made to present information regarding ancient and modern literature of shilajit.

KEYWORD: shilajit, sperm, traditional medicine, immunobooster.

INTRODUCTION

Shilajit has been used in traditional Indian medicine, there is no reliable evidence for its efficacy. Mongolia and Russia in the north of Chile, where it is called Andean Shilajit. Mumijo is a blackish-brown powder or an exudate from high mountain rocks, often found in the Himalayas, Karakoram, Nepal, Girda (Buldhana)MH., shilajit is

Types of Shilajit

The types of Shilajit is characterised from the type of mountainous rocks from which it exudes:

Rocks containing Gold (Charka Samhita Shilajit)

Shilajit oozing out of these rocks have a Japa (i.e. Hibiscus flower) or reddish colour and has Madhura and Tikta Rasa and Katu Vipaka.

Rocks containing Silver (Rajat Shilajit)

Shilajit coming out of these rocks are whitish in colour and have a Katu Rasa and Madhura Vipaka.

Rocks containing Copper (Tamra Shilajit)

The exudation from these types of rocks has a peacock-throat like appearance, i.e. bluish-purple colour and shows Tikta Rasa and Katu Vipaka.

Rocks containing Iron (Lauha Shilajit)

Considered as the best variety, the exudation looks quite similar to the gum of Guggulu (i.e. Commiphora mukul) and portrays Tikta and Lavana Rasa and Katu Vipaka.

AIM AND OBJECTIVE

1 In fact, in a study conducted by the international journal of alzheimers disease revealed that the usage of the shilajit 2. improved cognition means that you are less likely to suffer from alzheimers in old age. 3 It is prevent anemia because iron compound bonding. 4 it has major effective viral disease. 5 it can fight off certain viruses that attack your body and help you get recover quickly. Mostly of the sperm was increased in these people as well. it is beneficially in nervous disorder.

Method-Shilajit is derived from rocks and obtained in impure form. When strong rays of heat fall on the rocks, from there it collects on the rocks outside but it is in impure form. When it dries outside, it becomes like black bitumen, which is called shilajit.

1st-shilajit should be refined during summer. The first five large iron embroidery vessels to make shilajit to shodhan. Now put powdered shilajit in iron vessel after this add double hot water of shilajit. Now keep it in the sun ray for three hours. Now mash it with hand and filter in with cloth and leave it in a separate container by doing this; we will get a layer description of the very krishan varna which we call shilajit. We have to do this process in four separate containers, until the water color is pure.

2nd-in the second method, cow urine is used instead of triphala khasay.

3rd-in the third method, bhanger ras is used instead of cow urine & triphala khasay.

Properties- Ras-Tikta

Vipak-Katu

Diuretic

Yogvahi

Special Qualities- 1. diabetes (madhumeh)

2. to thin obese person.

3. Increase sex stamina

4. Altitude sickness

can be triggered by low atmospheric pressure, cold temperatures, or high wind velocity. Researchers think that shilajit may help you overcome high altitude problems.

Shilajit contains fulvic acid and **more**, so it offers numerous health benefits. It can function as an antioxidant to improve your body's immunity and memory, an anti-inflammatory, an energy booster, and a diuretic to remove excess fluid from your body. Because of these benefits, shilajit is thought to help counteract many symptoms associated with higher altitudes. 5 shilajit is also a safe supplement for male infertility.

Dose- 2 ratti-8ratti.

250mg to 1000mg

COMMENTARY AND DISCUSSION

Shilajit has a comfortable position as the rasayana because of its excellence, well known in the Eastern culture, and now being introduced with great interest in the occidental world. The vast majority of published papers on this theme are from India, leaving this sector of the planet as an expert in their field, since this is a product that is extracted, marketed, and investigated in these latitudes. However, this generates a segmentation of shilajit, relegating it only to what has always been assumed: a natural product that is part of natural alternative medicine and not as a result of medical and biotechnology innovation worldwide. This is evidenced quite clearly by reviewing the literature today, and note that the journals where studies on shilajit are published (jobs are plentiful) are mainly reviewed in the Eastern. Given this, it is necessary that shilajit break the cultural paradigm and enter into the rest of the world by the hand of rigorous research at the molecular and cellular levels, which could elucidate the interactions of the active ingredients of the different shilajit preparations with biomolecules. This will facilitate our understanding of their mechanisms of action.

CONCLUSION

Shilajit is occurring multi-component with humous rich blakish brown substance which is more used The conclusion of this study states that shilajit has antiulcer, antioxidant, hypolipidemic, regenerative and repairing effects on ulcer induced rats. The antiulcer effect may be due to the combination of actions including: anti-inflammatory, anti-microbial, antioxidant, anti-anxiety, anti-stress, healing and regenerative effects. Apart from various claims regarding its therapeutic activity, it is need of the day that further research be undertaken based on modern scientific methods.

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