

LITERATURE REVIEW OF SHILAJATWADI VATI

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ABSTRACT :

Shilajatvadi vati is a traditional Ayurvedic medicine and having therapeutic importance. *Shilajatwadi vati* has total four *pathbheda* in which *shilajatu* is common but other contents are different like in first *pathbheda* which is mentioned in *siddha yog sangraha* having *trvanga bhasma*, *nimba* and *gudmar churna* specifically act in *Madhumeha* and *Ikshumeha*, in forth *pathbheda* *Abhrak Bhasma* is there due to which it acts in *Rakta dosha*. Other two *pathbheda* are specifically for *Shukrameha Chikitsa*, but the third *pathabheda* is also used for *Pandu Roga*. Among all the references *prameha* is a common therapeutic use. This paper is going to enlighten on those all points like method of preparation, contains, dose, *anupana* and clinical indications of *shilajatwadi vati*.

Key words: *Shilajatwadi Vati, Trivanga Bhasma, Abhrak Bhasma, Prameha, Mutra Vikara*

INTRODUCTION: Ayurveda is an oldest life science in India. From Vedas till now there are evolutionary mild stones in ayurvedic medical system. In 9th century there were remarkable mile stone known as a *rasashastra*. From this era ayurvedic medicines start preparation with metals and minerals in major forms. Because of use of metals and minerals the shelf life of drugs increased, palatability increased, dose get minimized because of *bhasmas*, drug action also got fast. These revolutionary changes occurs due to *rasashastra*. *Shilajatu* has importance from starting era of ayurveda. Even *Acharya Charak* has introduced *shilajatu rasayn* in *rasayan adhyaya* [ref. no.2] But the *shilajatwadi vati* has first mentioned in *Bhaishajya Ratnavali* [ref. no. 5]. Then it was mentioned in *Siddha Yog Sangraha* [ref. no. 1] Even they are having different four *pathabheda* of *shilajatwadi vati*. *Vati* mentioned in *Siddha Yog Sangraha* is un-

der the *prameha chikitsa*, there are two types of *shilajatwadi vati* mentioned in same text and also in *Rasatantrasar evam Siddha Yog Sangraha prameha chikitsa* [ref. no.4] only, but the contents are different in both *vati*. One more *shilajatwadi vati* mentioned in *Bhaishajya Ratnavali* and *Rasyogsagar* [ref.no.3] but specifically under *shukrameha chikitsa*.

Till now there were no article published on *Shilajatwadi Vati*. But yes there are different articles on contents of *Shilajatwadi Vati* were published. As we know that *Nimba* and *Gudmar* these two herbs are used for lowering the sugar level as well as *Nimba* is well known anti bacterial. But here main contents are some minerals and metals in which main is *Shilajatu*, according to research *Shilajatu* is help in treatment of Wight loss¹¹, also it is significantly effective in diabetes¹² in which newly formed diabetes can cure easily also help in type II DM¹³. It also act as *Rama-*

14. *Loha Bhasma* will help you as an anti heamatanamic¹⁷ and hence its use in *Shilajatu vati* also helps in *Pandu Roga*. *Abhrak Bhasma* were well known as imunomodulator⁷, also good in heamatanamic¹⁷ effects. It also act as a hepatoprotective⁸ and also protective to kidney⁹ hence it is more important in *Prameha Vikara* as it is a *Ramayana* for human body. One most important content is *Trivanga Bhasma* which is a combination of *yashad Bhasma*, *Naga Bhasma*, *Vanga Bhasma*. This combination is together act as ant diabetic¹⁵ and also used in *Shukra Dosha*¹⁶. These all contents are playing important role in *shilajatu vati*. Among all the references common and main content is *shilajatu* and hence they named as *shilajatu vati*.

Some important review about *shilajatu*¹⁴: *Shilajatu* as per the word meaning is "conqueror of mountains and destroyer of weakness"

Vernacular Name : English – Black Bitumen, mineral pitch. /Latin – *Asphaltum punjabinum* or *Bitumen judiek.* / Sanskrit – *Shilajatu.* / Hindi – *Shilajit.* /Synonyms: *Shilajatu; Atithi; Girijatu; Adrijatu; Jatu; Ashmasaar; Shailya; Shailaj; Shailydhatu; Shailodbhava. Shilajatu Prakaras:*

In the texts of *Rasashastra*, it is one among the *Maharajas* and exists in two types as 1. *Gomutra Gandhi Shilajatu* & 2. *Karpoora Gandhi Shilajatu*. Among the two types *Gomutra Gandhi Shilajatu* is considered as superior and used for preparation of medicine. The *Samhitas* have classified *Shilajatu* into 4 to 6 types, depending on the metal ore found in the mountains, from which the *Shilajatu* is collected. *Swarnagarbha Girijata Shilajatu*–(*cha, su, va*). *Rajatagarbha Girijata Shilajatu*–

(*cha, su, va*) *Tamragarbha Girijata Shilajatu* –(*cha, su, va*). *Lauhagarbha Girijata Shilajatu* – (*cha, su, va*). *Nagagarbha Girijata Shilajatu*–(*su, va*). *Vangagarbha Girijata Shilajatu*–(*su, va*).

Chemical composition and chemistry in *Shilajatu*: It was variously described, as a bitumen or mineral resin varying greatly in consistency from a free-flowing liquid to a hard brittle solid; a plant fossil exposed by a elevation of the Himalayas; a substance of mixed animal and plant origin. Twelve years after the publication of the circumstantial evidence for the contribution of plants in *Shilajit* formation obtained further direct evidence regarding the chemical character of *Shilajit*. *Shilajit*, from different regions, contained a large variety of organic compounds that can be broadly grouped into humic and non-humic substances. The non-humic substances, in soil-sediment humus, are low mol. wt. organic compounds that are characterizable by chemical and spectroscopic methods. The humic substances, by contrast, do not exhibit any specific physical and chemical characteristics (e.g. sharp m. p., consistent elemental composition, consistent pH, well-defined IR and NMR spectra), normally exhibited by characterizable organic compounds. Humic substances are produced by interaction of plants, algae, mosses, and microorganisms. The photochemistry of vegetation around *Shilajit*-bearing rocks, therefore, constituted an important part. The common plant sources of humus, in mountain soils, are the perennial grasses and legumes, which possess finely branched root systems capable of regeneration. Other important sources of humus are the litter and latex of plants. Variation in the quality of *Shilajit* humus (both chemical and biological) is, there-

fore, conceivable. The other factors that cause variations in *Shilajit* humus are: (i) altitude and the nature of *Shilajit*-bearing rocks; (ii) atmospheric conditions (e.g. alternate wetting and drying); (iii) pH and moisture content of the rock source; and (iv) activity of the rhizospheric microorganisms and their exo-enzymes. The stability of the humus reserve depends on one or more of these factors. *Shilajit* samples collected from different places, as expected, exhibit variations in chemical characteristics and bioactivities. The structures of the compounds in *Shilajit* were established by comprehensive spectroscopic analyses, crucial chemical transformations and synthesis. Pharmacological and immunological screening of these compounds, individually and in combination, established their significant contribution to the therapeutic efficacy of *Shilajit*. Among the other organic compounds contributing to the bioactivity of *Shilajit*, humic and fulvic acids, from *Shilajit* humus, are noteworthy. Bioactivity of *Shilajit* and its constituents: Clinical applications of *Shilajit* in *Ayurveda*, as a *Ramayana*, are well documented. The effects of *Shilajit*, as reported in the *Ayurvedic* literature, seem to suggest its influence on endocrine, autonomic, and brain functional changes. The discovery that these changes can be mediated by cytokines, released by activated immunologic cells has opened up possibilities for similar mechanism of action of *Shilajit*. Certain combinations of the phenolic and triterpenoid constituents and the FAs of *Shilajit* produced significant effects against restraint stress-induced ulcers. The mechanism of anti-ulcerogenic actions of *Shilajit* and its constituents was also evaluated. This was based on their effects on mucin contents, and on the concentrations of DNA and

protein in the gastric juice. The combinations provided significant resistance to mucosa against the effects of ulcerogens and also prevented the shedding of mucosal cells. The anti-allergic action of these compounds was successfully tested against antigen- and compound 48/80 (histamine releaser) - induced degranulation of mast cells. The anti-stress activity of these compounds was suggested by their augmentation of murine swimming endurance exercises. The results obtained till now are sufficiently impressive to warrant expectation that more extensive and comprehensive studies on *Shilajit* and its constituents would validate the *Ayurvedic Rasayana, Shilajit*, as more effective than several currently available clinically efficacious immunomodulators.

Benefits of *Shilajatu*:

Shilajitwadi Vati In *Rasa* Literature

- 1] *Siddha Yog Sangraha Shilajitwadi Vati (Pratham) Shuddha shilajatu 15 tola, trivanga bhasma 3 tola, nimba patra churna and gudmar patra churna 10 tola each. First shilajatu and trivanga bhasma* should mixed properly and then other two *churna* should mixed and then tablets should made of 3 ratti (360 mg.). If we want to increase potency we can add $\frac{1}{2}$ *tola suvarna bhasma* in it.
- 2] *Bhaishajya Ratnavali And Rasyogsagar Shilajitwadi Vati (Dvitiya) shuddha shilajatu, loha bhasma, abhrak bhasma, suvarna bhasma, shuddha guggulu and shuddha tankana* should take in same quantity. All contains took in *khalva yantra* (mortal & pastel) and triturating done for two days with *bhringaraj swarasa*. then tablets were made of 2 ratti (360mg.).
- 3] *Rastantrasar & Siddhayog Sangraha (Dvitiya Khand Prameha Chikitsa) Shilajitwadi Vati (Tritiya) Shuddha*

shilajatu 5 tola, suvarnamakshik bhasma 1 tola, abhrak bhasma 1 tola, vanga bhasma 1 tola, loha bhasma 1 tola, amber 3 mase. All contains took in khalva yantra (mortal & pastel) and triturating done for three days with trijat kwatha (twak, ela, patra). Tablets were made of 2 ratti (240 mg).

4]Rastantrasar & SiddhayogSangraha (DvitiyaKhand PramehaChikitsa) Shilajatu Vati (Chaturtha) Shuddha shilajatu 20 tola, nimbapatra satva 20 tola, trivanga bhasma 2 tola, abhrak bhasma 1 tola. First shilajatu and bhasma should mixed properly then nimbapatra satva should add and then triturating done with water and tablets made of 2 ratti (240mg.)

Table : Matra, Sevan Paddhati, Anupana, And Rogagnata Of Shilajateadi Vati.

No .Aushadhi Naam ReferenceVati
Matra Sevan PaddhatiAnupana Rogghata
1. Shilajatu Vati (Prathama) Siddha
Yog Sangraha 3 Ratti 3 Tab Qid Vijaysar
Kwatha Ikshumeha, Madhumeha
2, Shilajatu Vati (Dvitiya) Bhaishajya
Ratnavali And Rasyogsagar 2 Ratti 1 Tab
Od In MorningShaival Rasa Shukrameha
3. Shilajatu Vati (Tritiya) Rastantrasar
& Siddhayog Sangraha (Dvitiya Khand
Prameha Chikitsa) 2 Ratti 1 Tab Bd1/2
Ratti Kapur+ 4 Ratti Ajamoda+ Milk
Shukrastrav, Swapnadosh, Pandu, Kafavriddhi,
Hridaya Dourbalya, Raktalpatha.
4. Shilajatu Vati (Chaturtha) Rastantrasar
& Siddhayog Sangraha (Dvitiya Khand
Prameha Chikitsa) 2 Ratti 2 to 3 Tab
Tds Gudamar Arka Madhumeha,
Ikshumeha, Bahumutrata, Rakta Vishotpati.
(Note: - 1 tola= 10 gm. , 1 ratti= 120 mg.)

DISCUSSION: Shilajatu were known from far ago. But the proper use in vati or other forms were started in rasa kala..Here in shilajatu vati we have reviewed four different pathabheda of shilajatu vati

were this pathabheda are found in Siddha Yog Sangraha, Bhaishajya Ratnavali, Rasyogsagar and Rasatantrasar. In all pathabheda the common contain is shilajatu but other contains differ due to which they are having specific therapeutic indications. But because of shilajatu the action is on common strotasa which is mutravaha strotasa and specifically in prameha roga. Every vati having its different anupana because of which the rogghnata also get differ. Today's era is of science, scholar should proceed for preparation, standardization of these different types of vati and through clinical testing should done. This can be a further scope of study and may be found powerful medicine on today's big quotation diabetes.

CONCLUSION: Shilajatu vati is an important drug in ayurveda. In first pathabheda Gudmar Churna and Nimba Churna were added and in fourth pathabheda Nimba Satwa is added. Due to which they should specifically used in Madhumeha and Ikshumeha. But in fourth pathabheda Abhrak Bhasma is there because of this it should also act as a rakta dosha nashak. Second and third pathbheda is specifically for Shukrameha Chikitsa but due to Loha Bhasma they also used in Pandu Roga. This review helps in differentiate between the methods of preparation of all pathbheda. As well as to developed sop in pharmaceutical industry and clinically it helps in specific indications.

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Source of support: Nil

Conflict of interest: None

Declared