

# Shilajit



• Shilajit is a **natural resin** found in the rocks of the **Himalayan** and other mountain ranges. It forms over centuries from the **decay of plant material** and the action of microorganisms.

**Composition of Shilajit:** Minerals- Rich in over 80 minerals, **Fulvic Acid**.

Other Bioactive Compounds: Dibenzo- $\alpha$ -pyrones (antioxidants), Triterpenes (anti-inflammatory effects), Amino acids and lipids.

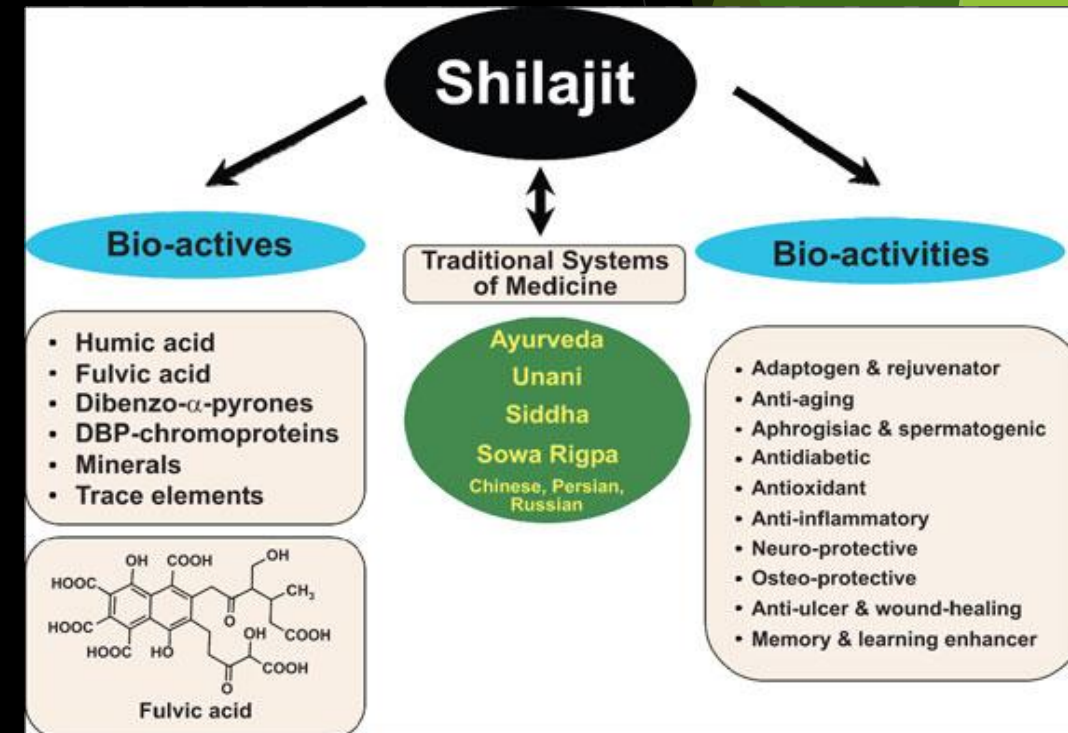
## ❖ Uses of Shilajit:

**Traditional Medicine:** Used to promote longevity, strength, and vitality.



## ❖ Modern Uses:

- **Supplements:** Available in capsules, powders, and liquid form.
- **Sports Nutrition:** Used to **boost performance and recovery**



## ❖ Dosage

### 1. Shilajit Resin (Raw Form):

Recommended, 300-500 mg and gradually increase it based on tolerance.

### 2. Shilajit Powder:

300-500 mg per day, mixed with water, milk, or smoothie



### 3. Shilajit Capsules/Tablets:

Recommended dosage, 300-500 mg per capsule/tablet, taken 1-2 times a day with water.

### 4. Shilajit Liquid Extract

Recommended dosage can vary but is generally around 10-20 drops per day.



### 5. Shilajit with Other Herbal Formulations

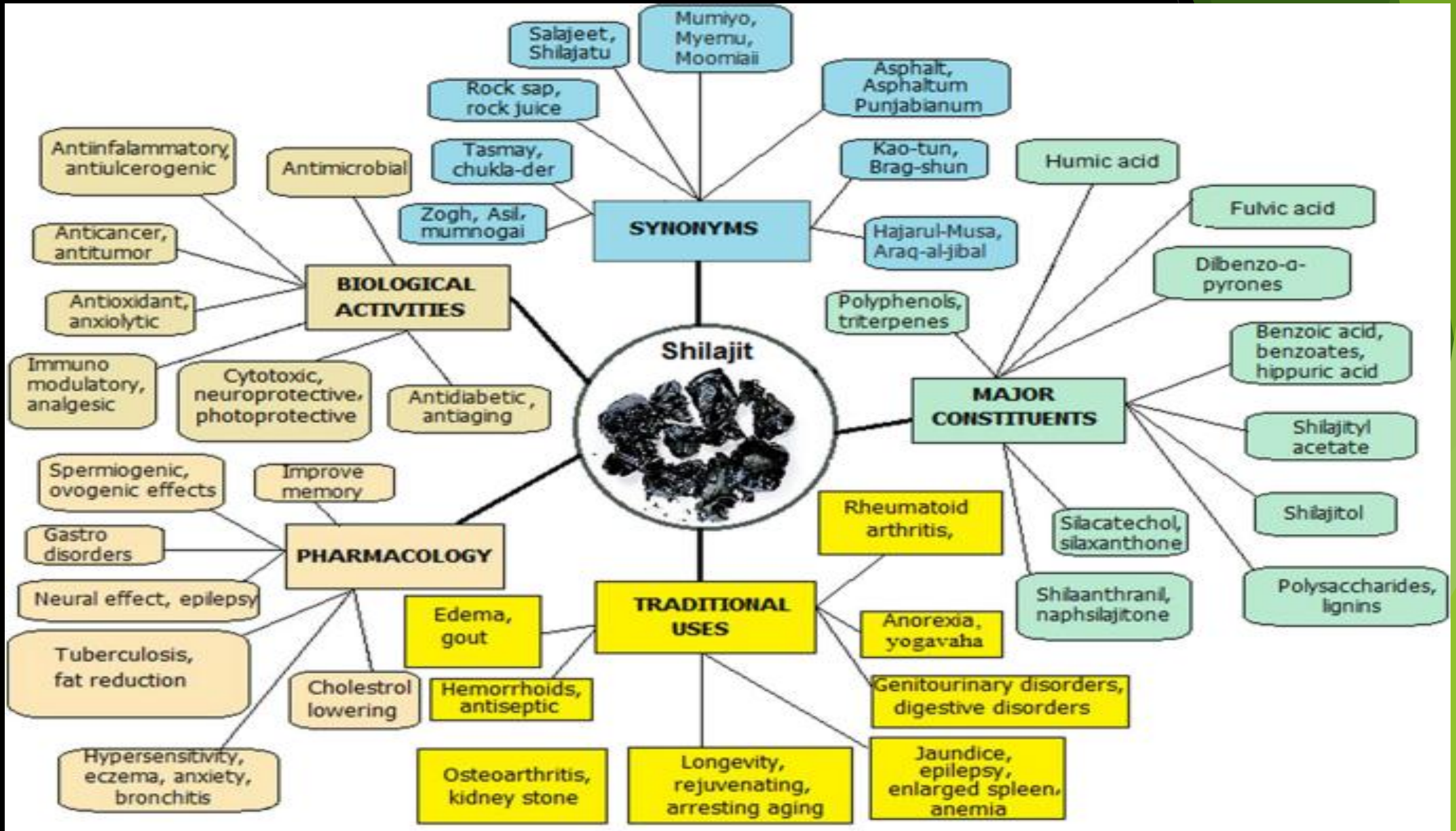
Dosages vary depending on the added herbs.

### 6. Shilajit in Teas or Beverages: 200-400 mg per serving.



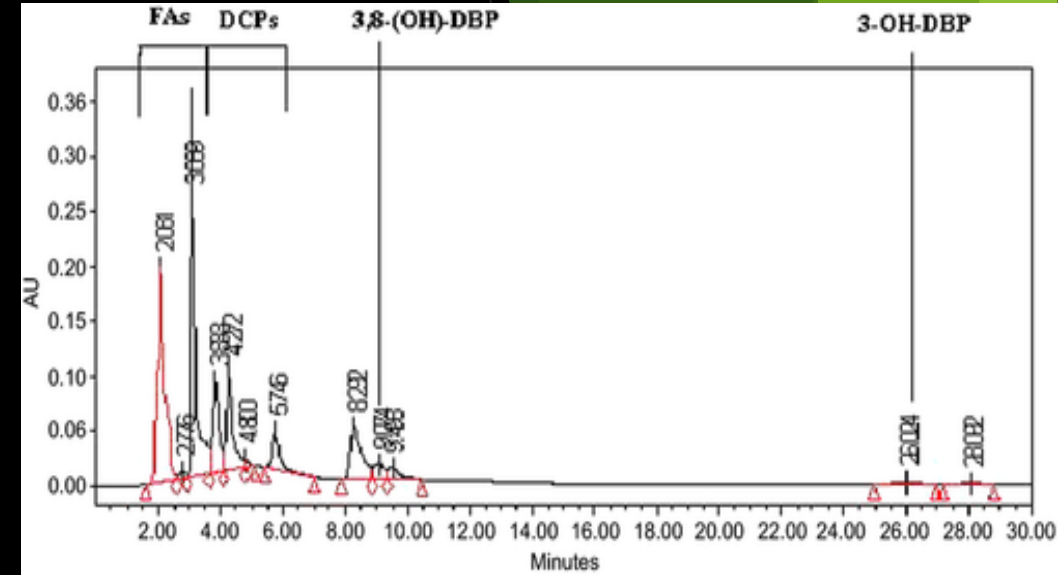


# Roles of shilajit



- Clinical evaluation of purified Shilajit on testosterone levels in healthy volunteers**

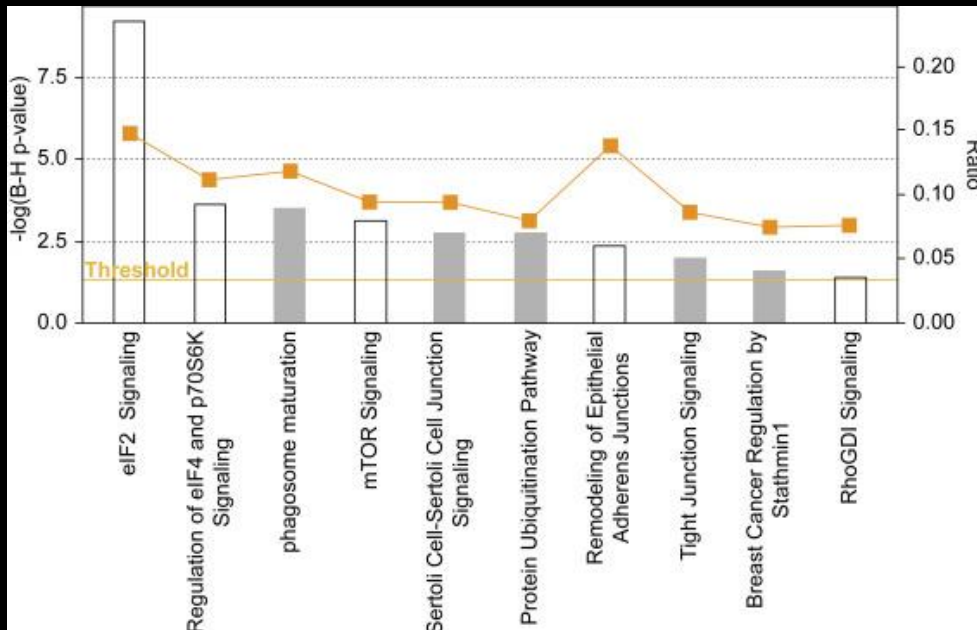
Purified Shilajit, was evaluated in healthy volunteers of age between 45 and 55 years for its effect on male androgenic hormone *viz.* testosterone in a randomized, double-blind, placebo-controlled clinical study at a dose of 250 mg twice a day. Treatment with Shilajit for consecutive 90 days revealed that it has significantly increased total testosterone, free testosterone and dehydroepiandrosterone (DHEAS) compared with placebo. Gonadotropic hormones (LH and FSH) levels were well maintained.



HPLC chromatogram of Shilajit

- Energy and Health Benefits of Shilajit**

Studies also show that shilajit enhances spermatogenesis. Based on animal and human studies, the safety of shilajit is well documented. Shilajit is standardized to fulvic acids, and key constituents in shilajit responsible for its effects appear to be fulvic acids comprising oxygenated dibenzo- $\alpha$ -pyrones and their derivatives. The current literature regarding the efficacy and safety of shilajit is reviewed.



## Reference:

1. <https://doi.org/10.1111/and.12482>
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3. <https://www.researchgate.net/publication/23063>
4. <https://doi.org/10.1016/j.bioorg.2023.106998>
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