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Unveiling the efficacy of *Shilajit* in Urinary Disorders: A Conceptual Review

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ABSTRACT

Shilajit, a natural substance formed from the resin of the Himalayan mountains, has been revered in Ayurveda for centuries for its multifaceted health benefits. One of its lesser-known applications is in the management of urinary disorders. This review aims to explore the conceptual significance of *Shilajit* in addressing various urinary ailments. The inherent properties of *Shilajit* like *Mootrala* (increases urine production), *Srotorodha Hara* (Removes obstruction of the channels), *Basti Ruja Hara* (Alleviates pain in Bladder region), *Chedi* (To cut) and *Tridosha Hara* (Corrects Doshic imbalances), makes it more useful to treat urinary disorders. Recent researches on *Shilajit* also emphasize its role in various urinary conditions. *Shilajit* shows its efficiency in treating urinary disorders like, *Mootraghata*, *Mootrakrichra* and *Ashmari*. The physico-chemical properties of *Shilajit* also suggests its role in treating various urinary disorders. There are various modalities of treatment for urinary disorders including *Samshodhana*, *Samshamana* and *Rasayana*. Among the medicinal drugs used in treating urinary disorders, *Shilajit* has a major role being a *Samshamana* and *Rasayana Dravya*.

Key words: *Shilajit*, Urinary Disorders, *Ashmari*, *Mootrala*

INTRODUCTION

Shilajit is a substance procured from the *Giri/ Parvata* (Mountains) by the influence of *Surya Santapa* (Sunlight) on them in *Greeshma Rutu*.^[1] *Shilajit* is of four varieties based on the source of its procurement. *Shilajit* is a widely used ingredient in the preparation of Ayurveda classical formulations.

Shilajit is an exudate from high mountain rocks especially in the Himalayans mountains between India

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and Nepal. According to researchers, *Shilajit* is produced by the decomposition of plant material from species such as '*Euphorbia royleana*' and '*trifolium repens*'. This decomposition seems to occur through centuries and on this basis, *Shilajit* is considered a millenary product of nature.

Shilajit is composed mainly of humic substances, including fulvic acid, that account for 60 to 80% of the total nutraceutical compound and some oligo-elements including selenium of antiaging properties. *Shilajit* also contains Eldagic acid, some fatty acids, resins, latex, gums, albumins, triterpenes, sterols, aromatic carboxylic acids.^[2]

Shilajit has been used as a folk medicine and alternative medicine for more than four thousand years in Afghanistan, India, Iran, China, Pakistan, Nepal, Central Asia, and Tibet. The ancient Persians named it '*Asphaltum*' and considered it a source of strength and vitality.

In Ayurvedic practices *Shilajit* was first discovered in the ancient civilizations of the Himalayas. *Shilajit* is

classified as a *Rasayana* (Rejuvenative) herb, believed to rejuvenate, and revitalize the body. It is mentioned in ancient texts like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hrudaya*.

Properties of Shilajit

Shilajit is *Ishat Amla* (slightly sour) and *Kashaya* (Astringent) *Rasa* (Taste), *Laghu* (Light) and *Ruksha* (Non-unctuous) *Guna* (Property), *Katu* (Pungent) *vipaka*, *Natyushna sheeta* (Not hot not cold) *Veerya*. *Shilajit* also has '*Chedi*' *Guna* which means 'To Cut' or 'Break into parts. *Shilajit* by its '*Prabhava*' it acts as a '*Yogavahi*' (Catalytic or Bio-enhancing nature) *Dravya*. *Shilajit* is generally known for balancing *Tridoshas*^[5] (Three Humors) and it is *Balya*^[3] (To increase strength). *Shilajit* has *Mootrala* (Increases urine formation), *Srotorodhahara* (Clears the blockage in channels), *Basti Ruja Hara* (Alleviates pain in *Basti*) actions which are noticeable in the present context.

Physico-chemical properties of Shilajit

Shilajit is known to have Diuretic, lithotriptic^[4] actions and it is known to enhance renal functioning. Fulvic acid present in *Shilajit* is reported to facilitate the transportation of essential minerals into cells to maintain and restore their vitality against decay and death. *Shilajit* is reported to aid in metabolism by maintaining the equilibrium between catabolism and anabolism, promote energy production and enhance the absorptive and detoxifying capacity of the body. It also stimulates the immune system and blood formation within the body. The health benefits of *Shilajit* includes rejuvenation, promoting longevity, improving physical strength and anti-aging property. Other actions of *Shilajit* are anti-inflammatory, anti-oxidant, nootropic, hypoglycemic, Anti-asthmatic, and anti-tumor activities.

Shilajit in various Health conditions

Shilajit is used in the treatment of various kinds of illnesses. *Shilajit* is also considered as *Sarva Rogahara Rasayana*^[6] due to its multiple clinical utility. The Ayurvedic texts like *Bhaishajya Ratnavali*, *Rasa Ratna Samucchaya*, *Rasa Tarangini*, *Rasendra Sara Sangaraha* etc. have mentioned about *Shilajit* and its

clinical indications. Details mentioned in the table below.

Table 1: Indications of Shilajit

Name of the Text	Indications
<i>Rasa Ratna Samuchaya</i>	<i>Jwara, Pandu, Shopha, Prameha, Agnimandya, Medacheda Kara, Yakshma, Shoola, Ama Unmulana, Gulma, Pliha, Jathara-Hrit Shoolagna, Twakgata Roganashana</i>
<i>Rasa Tarangini</i>	<i>Shvayathu, Pandu, Shwasa, Kshaya, Pliha, Jwara, Agnimandya, Apasmara, Unmada, Udara, Arshas, Mutrakrichra, Sthaulya, Hritshula, Prameha, Prabala Shoola, Udara, Soola, Krimi, Ashmari, Kushta, Gulma, Vatarakta</i>
<i>Ananda Kanda</i>	<i>Kshaya, Shopha, Udara, Arshas, Prameha, Mootragrahapaha, Jara Mrityu Nashana</i>
<i>Rasendra Sara Sangraha</i>	<i>Shohta, Udara, Arshas, Basti roga</i>
<i>Ayurveda Prakasha</i>	<i>Mutrakrichra, Kshaya, Shwasa, Vatarakta, Arshas, Pandu, Apasmara, Unmada, Shohta, Kushta, Udara, Krimi</i>
<i>Dhanvantari Nighantu (Chandanadi Varga)</i>	<i>Prameha, Unmada, Ashmari, Shopha, Kushta, Apasmara, Kshaya, Udara, Arsha, Bastiruja</i>
<i>Bhavaprakasha</i>	<i>Mutrakricha, Kshaya, Shwasa, Apasmara, Unmada, Shohta, Kushta, Udara, Krimi</i>

Medicinal formulations containing Shilajit

Various medicinal formulations containing *Shilajit* as ingredients are listed in the table below (table 2). Formulations from *Gadanigraha*, *Bruhatrayee* and other classical texts are enlisted in the below table.

Table 2: Formulations containing Shilajit

Formulations	Indications with Reference
<i>Sudda Shilajathu</i>	<i>Sthoulya (Su Sutra15/37)</i>
<i>Sudda Shilajthu</i>	<i>Kushta (Su.Chi 9/6)</i>

Loha Rasayana	Sthoulya, Pandu, Kushta, Prameha (Chakradatta)
Mehabaddarasa	Prameha (Sharagandra Madyama Khanda)
Shivagulika	Rajyakshma (Yogaratkara), Pandu, Prameha, Ashmari, Kusta (Chi.Kalika Ksaya Chikitsa)
Shilajatvadi Yoga	Kumbakamala (Gada Nigraha)
Vajraka Gulika	Kusta, Udara, Swasa, Kasa, Bhangadara (Gada Nigraha)
Surya Candraprabha Gutika	Prameha, Kamala, Pandu, Shwasa, Kasa, Arsha (Gada Nigraha)
Prabhakaravati	Hridroga (B.R)
Chandraprabha Vati	Prameha (B.R), (SH.M.KH)
Virtarvadi Ghrita	Pittasmari (A.S.chi)
Sahacharadi Taila	Vata Roga (A.S.Chi)
Eladi Kwatha	Ashmari, Sharkara (Sh.M.KH)
Vajraka Gutika	Kushta, Udara, Shwasa, Kasa, Bhagandara (Prayogakhanda)
Yogaraj Rasayana	Kushta (A.S.CHI)
Shilajatu Vataka	Pandu Roga (A.H.CHI)
Brihata Shiva Gutika	Vararakta, Jvara, Atisara, Prameha, Kamala and Pandu (Prayogakhanda)
Agnimukha Loha	Arsharogadhikara (B.R)
Tapyadiloha	Rajyakshmadhikara (B.R)
Prabhakar Vati	Hridarogadhikara (B.R)
Sarveshwar Rasa	Premeharogadhikara (B.R)
Yakritpliha Loha	Udararogadhikara (B.R)
Veda Vidya Vati	Premeharogadhikara (B.R)
Mehantaka Rasa	Premeharogadhikara (B.R)
Prameha Kulantaka Rasa	Premeharogadhikara (B.R)

Shilajit Prayoga in various clinical conditions

Shilajit is used either as a single medicine or in medicinal formulations. Few of the *Shilajit Prayoga* from *Vangasena Samhita* (Table 3) and *Bhaishajya Ratnavali* (Table 4) are listed below

Table 3: Shilajit Prayoga in Vangasena Samhita

SN	Indications	Preparations	Context in Vangasena Samhita
1.	Madhumeha, Prameha, Kustha, Apasmara	Shilajit with Salasaradi Gana Kwatha	Pramehadhikara
2.	Sthoulya Roga	Shilajatu with Agnimantha Kwatha	Medo Rogadhikara
3.	Medoroga, Rasayana, Palitya Roga	Loha Rasayana	Medo Rogadhikara
4.	Vatodara	Shilajatu with Dashamula Kwatha	Udara Rogadhikara
5.	Udara Roga	Shilajatu with Gomutra	Udara Rogadhikara
6.	Tridoshaja Shotha	Shilajatu with Triphala Kwatha	Shotha Rogadhikara

Table 4: Shilajit Prayoga in Bhaishajya Ratnavali

SN	Indications	Preparations	Context in Bhaishajya Ratnavali
1.	Arshas	Agnimukha Loha	Arsharogadhikara
2.	Rajyakshma	Tapyadiloha	Rajyakshmadhikara
3.	Hridroga	Prabhakar Vati	Hridarogadhikara
4.	Mutrakriccha	Shilajatu with Eladi Kwatha	Mutrakruccharogadhikara
5.	Mutraghata	Shilajatu + Madhu + Sharkara	Mutraghatarogadhikara
6.	Ashamari	Varuna Ghrita	Ashmariogadhikara

7.	Premeheha	Shilajatu + Madhu	Premeheharogadhikara
8.	Madhumeha	Shilajatu + Salsaradi Gana Kwatha	Premeheha Rogadhikara
9.	Premeheha	Chandraprabha Vati	Premeheharogadhikara
10.	Premeheha	Sarveshwar Rasa	Premeheharogadhikara
11.	Medoroga	Loha Rasayana	Medorogadhikara
12.	Udara Roga	Yakritpliha Loha	Udararogadhikar
13.	Sarva Premeheha	Suddha Shilajatu	Premeheha Chikitsa
14.	Madhumeha, Ashmari, Sharkara,	Shilajatu with Salasaradi Gana Kwatha	Premeheha Chikitsa
15.	Sarva Premeheha	Veda Vidya Vati	Premeheha Chikitsa
16.	Premeheha, Kamala, Pandu, Ashmari, Mootraghata etc.	Premeheha Kulanataka Rasa	Premeheha Chikitsa
17.	Premeheha, Kustha, Kamala, Pandu, Shvasa, Kasa etc.	Chandraprabha Gutika	Premeheha Chikitsa
18.	Premeheha	Mehanathaka Rasa	Premeheha Chikitsa
19.	Madhumeha	Sarveshavara Rasa	Premeheha Chikitsa
20.	Medoroga, Jvara, Kamala, Pandu,	Loha Rasayana	Medoroga Chikitsa

	Premeheha, Shotha etc.		
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Properties of Shilajit and their significance in Mootra Vikaras

The significance of Shilajit in urinary disorders can be understood with the critical analysis of actions of Shilajit related to Mootra Vaha Srotas or urinary system. Shilajit is known to have the properties like, Mootrala, Chedi, Bastishoola Hara, Srotorodha Hara, which are related to Mootravaha Srotas.

Mootrala property:^[7] Shilajit has got Mootrala property which is helpful in urinary conditions with obstructed urination. Obstruction to Mootra and affliction of Mootra Pravrutti are predominantly found in Mootraghatas. The types of Mootraghata which have been identified with Alpa Mootra Pravrutti or Utpatti are Vatakunadalika, Vata Basti, Mootrateeta, Mootra Jathara, Mootrotsanga, Mootrakshaya, Bastikundala. The underlined pathologies for the above conditions are varied but the clinical consequences are similar. The drugs which are Mootrala in action, help the formation of Mootra and elimination of Sanchita Mootra easily. Shilajit being Mootrala can help to get symptomatic relief in the above-mentioned urinary conditions.

Chedi property:^[8] Chedi means to cut or to dissociate. Chedi property helps in pathological states wherever there is an abnormal bonding of Doshas or Dhatus are found, especially in case of abnormal growths. Shilajit has chedi property which can be helpful in conditions like Ashtila (Stone like growth in Mootramarga), Mootragranthi (A type of Mootraghata), where abnormal growth like granthi is the consequence. Chedi property would help to loosen the abnormal bonding and to clear the Granthi.

Basti Shoola Hara property:^[9] Basti Shoola means the prickly pain in the Basti Pradesha. Basti Pradesha represents the lower abdomen near bladder region. Many types of Mootraghatas are associated with pain in the Basti Pradesha, like Mootragranthi, Vatakundalika, Ashtila, Vatabasti, Mootra Jathara and Mootrotsanga. In these conditions the pain will be mostly due to obstruction to the Mootra Vega due to

various pathological conditions. *Shilajit* facilitates obstructed *Mootra*. We may infer that, by clearing out the *Sanchita Mootra*, *Shilajit* acts as *Basti Shoola Hara* (Alleviates Pain in Bladder region). *Ashmari* (Urinary Calculus) also can cause pain in *Basti Pradesha* (Bladder region). *Shilajit* does *Ashmari Bhedana* (Clearance of Calculus) and reduces *Basti shola* (Pain in Bladder region).

Srotorodha Hara property:^[10] *Srotorodha* means obstruction in a *Srotas* or a Channel. Clearing the obstruction in the channels and regularizing the movement is considered as *Srotorodha Harana*. *Shilajit* is said to be *Sroto Rodha Hara*. *Mootra Vaha Srotas* is one of the *Srotas* and *Shilajit* helps to relieve the various kinds of obstruction pertaining to *Mootra Vaha Srotas*. So *Shilajit* can be helpful in *Mootraghatas* like *Mootragranthi*, *Vatakundalika*, *Ashtila*, *Vatabasti*, *Mootrajathara* and *Mootrashmari*.

Significance of *Shilajit* in Urinary conditions

When we investigate various urinary conditions as per modern medicine, the common urinary problems would be Urinary Tract Infections, Benign Prostatic Hyperplasia, Obstructive Uropathies Urinary calculi, and Renal dysfunctions. *Shilajit* is known to have certain properties useful in treating urinary disorders based on various scientific studies.

***Shilajit* in Urinary tract infections:**^[11] UTI is characterized by infection of urinary tract by the microbes. *Shilajit* is known to have anti-microbial action which might be useful in infections including urinary infections. *Shilajit* is having diuretic action which is also useful in management of UTI by flushing out microbes, reducing microbial concentration and relieve burning urination.

***Shilajit* in BPH and other Obstructive uropathies:**^[12,13] *Shilajit* is known to reduce the size of the hypertrophied prostate gland, relieving pressure on urethra, and improving urine flow. The anti-inflammatory property of *Shilajit* may help reduce inflammation in the prostate, improving urine flow and reducing symptoms like hesitancy and dribbling. Antioxidant property of *Shilajit* may help protect the

prostate from oxidative stress reducing the rise of BPH progression.

Action of *Shilajit* on renal functioning:^[14] *Shilajit* may help increase urine production, reducing fluid retention and alleviating pressure on the kidneys. *Shilajit* may help protect the kidneys from damage caused by toxins, heavy metals, and other harmful substances. *Shilajit* may help improve blood flow to the kidneys, ensuring they receive the necessary oxygen and nutrients for optimal function, *Shilajit* can reduce the risk of kidney stone formation by increasing urine production and improving mineral balance. *Shilajit* can also help maintain electrolyte balance. *Shilajit* can also help maintain electrolyte balance, which is essential for proper kidney function. Active compounds in *Shilajit*, such as fulvic acid, humic acid, and dibenzo-alpha pyrones, contribute to its potential benefits in improving renal function.

***Shilajit* in bladder dysfunction:**^[15] *Shilajit* can be effective in various bladder related problems such as incontinence, overactive bladder, interstitial cystitis, neurogenic bladder, and bladder weakness. In case of incontinence and bladder weakness, *Shilajit* can help to improve bladder tone and strength. Due to its neuroprotective effects, *Shilajit* can also be effective in neurogenic bladder. The anti-inflammatory, antimicrobial property, and anti-oxidant properties of *Shilajit* may help to alleviate interstitial cystitis and overactive bladder. These are the potential benefits of *Shilajit* based on its clinical actions, however more research is needed to confirm its efficacy and optimal dosage.

Shilajit Prayoga in Urinary disorders

Prayoga	Urinary Disorders	Textual Reference
<i>Ushakadi Gana</i>	<i>Kaphamedohara</i> , <i>Ashmari</i> , <i>Mutrakrichra</i>	<i>Su.Su 38/37-38</i>
<i>Shilajatu + Ela + Pashanabheda + Pippali, Tandolodaka and Guda</i>	<i>Mutrakrichra</i>	<i>Mutraghata</i> <i>A.S.Chi 13/7,9</i>

Shilajatu + Haritaki + Gokshura + Araghwadha, Pashanabheda, Duralabha Kashaya and Sarkara	Mutrakrichra	Mutraghata A.S.Chi 13/9
Veerataru Gana Kashaya + Pathadi + Shilajatu and Ghritha preparation.	Pittashmari	A.S.Chi 13/13
Veeratarugana Kashaya Bhavitha Shilajathu Sevana	Ashmari, Mutrasharkara	A.S.Chi 13/22
Shilajatu with Eladi Kwatha	Mootrakrichra	B.R.Mootrakrichra dhikara
Shilajatu + Madhu + Sharkara	Mootraghata	B.R. Mootraghatadhikara
Varuna Ghruta	Ashmari	B.R. Ashmari rogadhikara
Shilajatu with Salasaradi Gana Kwatha	Madhumeha, Ashmari	B.R. Pramehadhikara

DISCUSSION

There are enough classical references to explain and support the efficacy of *Shilajit* in various urinary disorders. The multifaceted actions of *Shilajit* makes it beneficial in multiple *Mootra Vikaras*. Its adaptogenic, anti-inflammatory and anti-oxidant properties make it an excellent solution for various ailments including urinary disorders.

Shilajit is often referred to as '*Sarvaroga Hara*' meaning universal healer due to its broad-spectrum action against various illnesses. Its ability to balance the 3 *Doshas* earns it the title of *Tridosha Hara*, making it an invaluable resource for maintaining overall well-being.

Despite its numerous benefits, *Shilajit* availability poses a significant challenge in today's era. The increasing demand, combined with its limited natural

occurrence, makes it difficult to source high quality *Shilajit*.

CONCLUSION

The extensive classical references, multi-faceted actions, and balancing effect of *Shilajit* on the three *Doshas* solidify its position as a valuable remedy for urinary disorders and overall health. *Shilajit* can be a preferable choice of drug in various urinary conditions. However, addressing the challenge of its availability is crucial to harnessing its full potential. The significance of *Shilajit* in urinary disorders is rooted in its unique composition, traditional Ayurvedic applications and scientific evidences. Further research is warranted to fully elucidate its mechanisms of action and potential therapeutic applications.

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