

Shilajit

Shilajit also known as 'asphaltum punjabinum' is widely used in curing many health ailments.

Shilajit is a Sanskrit word which means rock conqueror. It's so called because of its relieving benefits in high altitude problems.



Shilajit in its raw form.

Highlights:

Parts Used: Mineral Pitch

Tissues: Works on all Tissues

Systems: Urinary, Reproductive, Nervous, Circulatory

Properties: Diuretic, Rejuvenative tonic, Nervine, Sedative, alternative, *anthelmintic*, anti-microbial, lithotriptic, aphrodisiac.

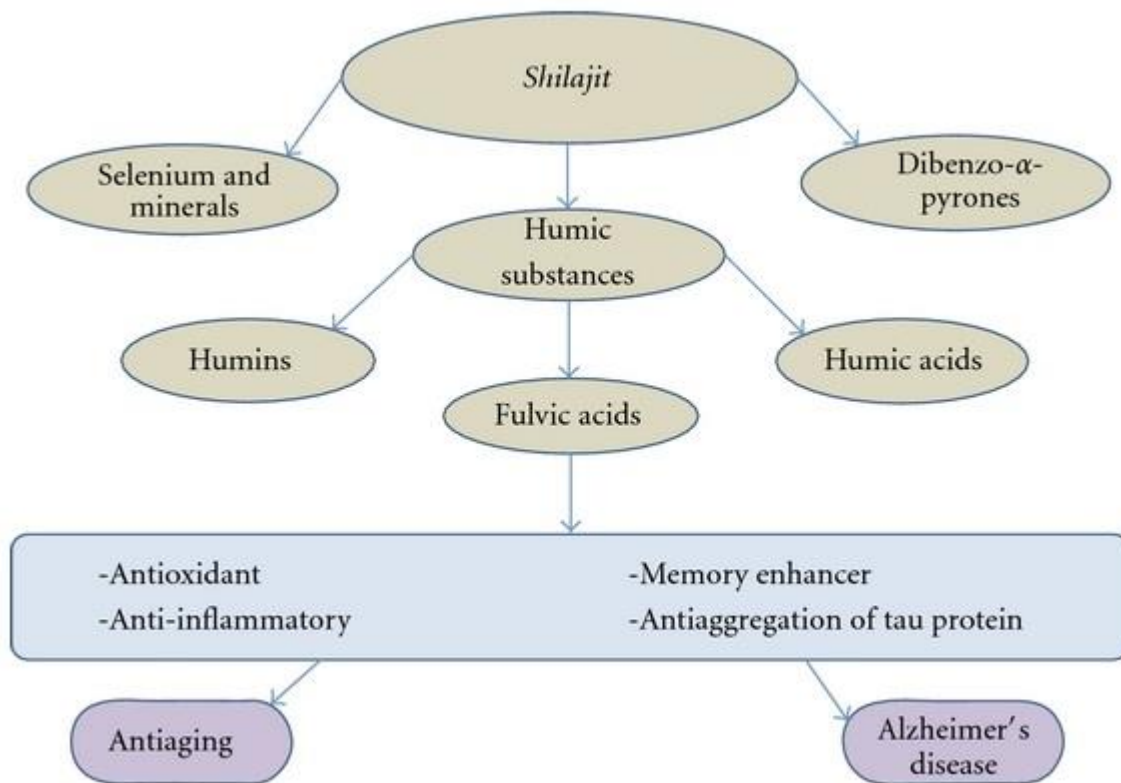
Description:

Shilajit is a Sanskrit word meaning "conqueror of mountains and destroyer of weakness."

It is a black tar-like mineral pitch that exudes from certain rocks in the Himalayan regions, in the summer season, and forms as a result of the decomposing vegetation.

There are several types of shilajit, such as black, red, gold, white and blue, but in general it is the black variety that is used for medicinal purposes.

It is an indispensable medicine in Ayurveda, revered as being able to treat a wide array of diseases.



Shilajit with vital nutrients and their benefits.

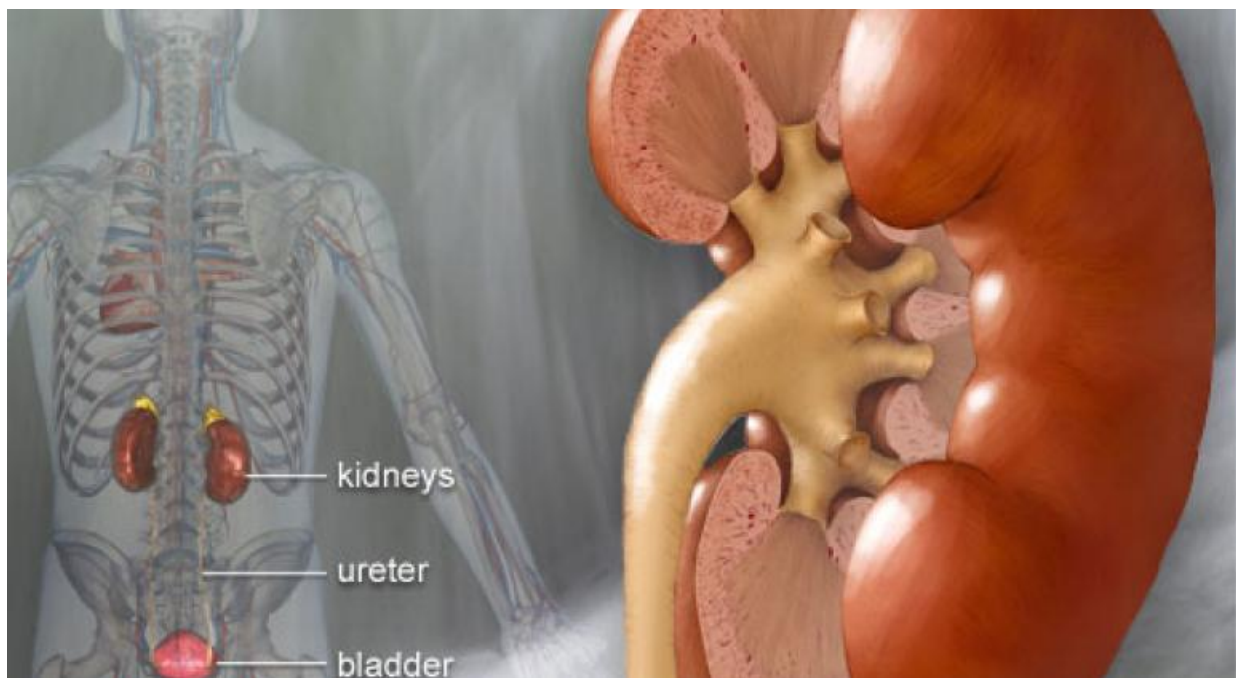
It is a rich source of minerals in ionic form, such as magnesium, zinc, iron and silica, as well as humic acid and fulvic acid.

It helps to build rakta dhatu (blood) and asthi dhatu (bone).

Because of its heating, drying and scraping action, it helps to balance kapha, but in excess it may be too heating to pitta and reducing to vata.

For this reason, it needs to be used care and is often taken along with other tonic herbs.

Furthermore, even though it is nourishing to the bodily tissues, it should be used with caution in wasting types of conditions due to excess vata in the muscle and fat tissues.



Great for Urinary and Kidney problems

Shilajit is a rejuvenative to the kidneys, urinary tract, reproductive and immune systems, as well as the lungs.

It helps to regulate apana vayu and is used for reproductive disorders such as infertility and sterility, dysmenorrhea associated with high vata, urinary diseases, and diabetes.

Its powerful kapha managing properties make it useful for breaking down and flushing out kidney and gallstones, and reducing high cholesterol and obesity.

In the case of adult on-set diabetes, it combines well with neem and turmeric to control blood sugar levels and to prevent weight gain.

For under active thyroid function, it can be formulated with guduchi or kaishore guggulu.



Yes, Shilajit is a far better and safer option when it comes to enhance your sexual power.

Shilajit is a far better choice than any dangerous allopathy medicine , due to its ability to increase virility and sexual stamina while maintaining the normal tone of the genital organs.

For this, it is best combined with ashwagandha in a ratio of 1 to 3.

For enlarged prostate it can be helpful alone or along with goshuradi guggulu, ashwagandha, saw palmetto, or vidari.