

Shilajit is considered the king herb of Ayurveda, the traditional Indian system of medicine. Shilajit is a rasayana (rejuvenative) herb and an adaptogen. Shilajit is a Sanskrit word meaning “conqueror of mountains and destroyer of weakness.” It is an end product of plant matter that has decomposed centuries ago and got dumped in mountains and due to pressure, got preserved in mountains. Shilajit is found in Himalayan region especially in Nepal, Bhutan and Tibet and kumaon area in India

Shilajit is an important herb of the ancient Hindu material medica and is currently used extensively by the Hindu physicians for a variety of diseases. Traditional uses primarily focus on diabetes and diseases of the urinary tract, but also include edema, tumors, wasting, epilepsy and even insanity.

Shilajit-A Brief History: Little was known about this high mountain herb/mineral compound until the early 1990's when Russian scientists brought it to the western world. Russian Black Anabolic or mumie (pronounced Moomiyo) is a potent adaptogenic herbal complex. It has been used by the Russian military and sports establishment for nearly four decades for increasing strength and muscle mass as well as for its recuperative powers. In studies conducted at various universities in Russia, Shilajit was found to improve workload (weight x repetition) by as much as 15-27% and improve recovery time. The people of the Tajikistan area of Russia routinely use Shilajit in their foods. Their life spans are above the world average. Russian scientists can only attribute this to their daily consumption of Shilajit.

Their life spans are 10 -15 years above the world average. It is a remarkable and very rare Himalayan herbal and mineral complex with fantastic stimulating effects on the body growth. Health organizations aren't the only groups interested in Shilajit. In Russia and many of the former USSR republics, Shilajit is considered a strategic material and is used extensively as a performance enhancer within the Special Forces (Spetnaz, and other elite fighting groups). Shilajit plays one of the leading roles in the restoration programs of the national and Olympic-level athletes. In the last three decades Shilajit also found its niche in the National Bureau of Cosmonauts for its impeccable reputation as an agent that facilitates strong immune system, sound health and fast recovery to the astronauts during and after long space journeys. To locate the origins of Shilajit, one would have to go back at least 2500 years to the time of the ancient Greek scientist and philosopher Aristotle. He proposed and accurately described the first procedures for the use of Shilajit and its preparation in grape juice, honey and milk.

Glorious emperors of the past like Alexander the Great, Tamerlane, Chinghiz Khan added Shilajit to the ration of their generals, personal guard and special units. The compound was always a mystery. A mystery that yielded unprecedented results praised and honored by the Emperors, Sultans and Kings at all times. Only the richest of the nobles could afford it. The most recent survey of the practical applications of Shilajit comes from Moscow through the efforts of Dr's A.A. Altamyshev and B.K. Kortshubelkov and supported by the Russian Committee of Cosmonautics. To date, several hundreds of research investigations have been conducted on Shilajit. It has a strong ability to stimulate the body's immune system. Shilajit helps white blood cells

called macrophages work better and faster. The macrophages job is to destroy and digest foreign material. This means that when strengthened with Shilajit, white blood cells can ingest more bacteria, microbes and other alien cells. Scientists also discovered that Shilajit increases the production of Interleukin (IL-1), a protein that is released by the macrophages.

Interleukin has important immune enhancing properties. IL-1 alerts the resting white blood cells when necessitated by the threats to the organism and spurs them into action. An important effect is the increase in the number of T-cells, the soldiers of the immune system. In sport, Shilajit is prized for its significant tonic and growth-promoting effect on both physical and mental processes. A budget of almost 6.5 million dollars was allocated by the Soviet government to the USSR National Sport Committee for research and application of Shilajit in sports during the preparation of athletes for the 1988 Olympic Games in Moscow. Brief analysis of the region where Shilajit is coming from is astonishing. Thousands of diverse plant species and herbs are found in isolate areas of Central Asia that. The region is home to over 6500 different plants, over half of which are not found anywhere else on Earth. It is this great variety of highly bio active material, combined with the region's climatic conditions (temperature, light and moisture), that contributes to the development of Shilajit. The general character of this region facilitated the formation of specific plant forms enriched in oils, alkaloids, glycosides, saponins, chlorophyll, carotenes, flavonoids, etc., each serving as a valuable raw material for many modern pharmaceutical and food industries. This diversity of plant materials causes a unique variety of wild animals in the region, which differ from animals of other parts of the world by a richer content of micro-elements and biologically active compounds in their organs and muscles. Coming back to its origination highly in the mountains, Shilajit has been referred to as "mountain tear", "mountain blood", and "balsam of rock".

It is the digest of many floras at the crest of the mountains under very special conditions that produces the Shilajit extract. It is very rare as it can be accumulated only twice a year. To collect just a small portion of pure Shilajit one would have to contribute many months of hard work to the process. But of course, the result will justify this investment. The effects include activation of the growth processes on the cell-molecular level in all organs and body systems (Blood, liver, myocardium, skeletal muscles, lymphatic system, central and peripheral nervous systems, skin and hair, and gastrointestinal tract). What's the best way to use Shilajit to yield maximum results in sports? The result will be a fast and easy recovery, a more efficient adaptation to training and of course muscle gain. Mainly because of its growth-promoting, and stimulating effects, Shilajit has become popular among Russian and East European athletes. According to Russian elite athletes, coaches and sport scientists, the use of Shilajit has been shown to increase training loads (volume and weight) within both micro and macro-cycles by 16-29 percent! This is a significant improvement at any level of sport. Furthermore, Shilajit considerably facilitates the complete long-term overnight recovery as documented by the morning biochemical and hormonal blood and urine tests. Additional short cycles of Shilajit are also highly beneficial under the circumstances of over-training, and physical and emotional stress. But this is not all, as there is one more aspect to the benefits of

Shilajit usage in sports, which relates to its adaptogenic features. It can be effective at preventing age-related hormone-dependent disorders and correspondingly should have been considered as a nutrient for noncompetitive athletes over the age of thirty who still participate in fitness programs. High content of bio active instances appears to be responsible for Shilajit's outstanding anti-inflammatory and healing effects. It is very beneficial at reducing joint soreness of the knees, shoulders and elbow of weight lifters. In summary, Shilajit plays an important growth-promoting and restorative role in the preparation of the elite athletes, bodybuilders, power lifters and other sportsmen. We have only recently become aware of the tremendous powers of Shilajit since its presentation after the collapse of the Soviet Union.

Shilajit is obtained from rocks in the Altai region. It is a form of mineral that drips from the cracks of the rocks during hot weather. It is the decomposition of plant matter in the rocks from thousands and ten of thousands of years in the past. The bio transformed plant matter is extruded from the rocks by geothermal pressures. It is collected in raw form for further purification. Walking high in the mountains, a thick rich paste oozing out from the rocks in the towering cliffs is Shilajit. It increases the core energy responsible for sexual and spiritual powers, the same force that is withered by stress and anxiety. Shilajit is well known for renewing vitality. Shilajit is pressed out from layers of rock high in the mountains. It is composed of humus and organic plant material that has been compressed by layers of rock. Humus is formed when soil microorganisms decompose animal and plant material into elements usable by plants. Plants are the source of all our food and humus is the source of plant food. Unlike other soil humus, Shilajit humus consists of 60 – 80% organic mass. The Himalayan mountains continue to rise more than 1 centimeter a year. During this transition the mineral rich and fertile soil of the sea bed gave rise to a lush and dense tropical jungle. As the ground continued to be pushed up to become mountains a lot of the plants became trapped by layers of rock and soil and remained preserved. These plants had never been exposed to any chemicals, fertilizers or pesticides. They are gradually transformed into Humus, a rich organic mass that is food for new plant life. Due to microbial action and the tremendous pressure from the weight of the mountains the Humus was transformed into a dense, viscous, mineral rich mass. This is Shilajit. The trapped layers of Shilajit become exposed due to the freezing winters, hot summer sun and erosion from monsoon rains. Shilajit will “flow” out from between the cracks in the layers of rock during the summer when the temperature of the mountains gets warm enough and the Shilajit becomes less viscous. The native people then climb the mountains, repel down cliffs to collect the Shilajit.

Shilajit has been indicated in number of diseases as mentioned below: -

- Is said to have properties that suppresses pain
- A very good remedy in arthritic conditions like rheumatoid arthritis, osteoarthritis, gout and other joint related problems and back pain
- Has a very good pain relieving effect in any kind of injury and muscular pain

- Due to similar property mentioned above shilajit is said to work as anti-inflammatory substance.
- Shilajit is considered as an agent which helps in strengthening our nervous system there by very helpful in nervous disorders like paralysis, hemiplegia etc.
- Shilajit is considered in disorders like depression, mental stress, epilepsy and mental fatigue.
- Shilajit helps in promoting intelligence level and also works in promoting mental concentration thereby enhancing learning skills.
- Wonderful results have been seen in abdominal disorders like pain, gastritis, indigestion and constipation
- It helps liver to work normally therefore helps in proper secretion of all the juices and enzymes important for proper metabolism in body.
- It helps in purifying blood due to its anti microbial action.
- Another use of shilajit is that it works against any microorganism hence has an anti microbial action therefore helps in relieving body from any kind of foreign invasion.
- Helps in building body's natural immunity thereby useful in providing natural strength to the body.
- Shilajit is also effective in controlling blood pressure levels by bringing it to normal levels.
- Helps in countering cough and releasing mucus from the respiratory tract. It has also been found effective in asthmatic condition
- Helps increase strength and endurance power in men. It works as an aphrodisiac agent thereby helps in increasing sperm count and also helps in bettering the quality of sperms. It also helps in regulating sex hormones for proper functioning. It has been regarded as Indian viagra as it is very helpful in enhancing sexual powers.
- Shilajit is well used in treating diabetes cases, as it is very helpful in metabolizing glucose in blood stream.
- Good results have also been seen in infection in urinary tract and helps in relieving from symptoms.
- Excellent results have been discovered when shilajit is applied in obesity. It helps in scrapping away of extra fat accumulated in body thus helps in providing slim and healthy looks to the body.

- Shilajit is highly recommended in patients who are weak or have been recovering from prolonged illness or from any surgery.
- Shilajit helps in supplementing the minerals (like phosphorus, calcium and magnesium) and vitamin deficiency in body
- Shilajit has been recommended its daily use to maintain physical and mental strength and to maintain youth and to attain long life.