

A REVIEW ARTICLE ON EFFICACY OF *SHILAJIT* IN DIFFERENT GENITO-URINARY DISORDERS

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ABSTRACT

Estimates of the global burden of disease indicate that diseases of the kidney and urinary tract account for approximately 830,000 deaths and 18,467,000 disability-adjusted life years annually, ranking them 12th among causes of death (1.4 percent of all deaths) and 17th among causes of disability (1.0 percent of all disability-adjusted life years). *Shilajit* is a Sanskrit word meaning “conqueror of mountains and destroyer of weakness”. In *Ayurvedic* text it is specifically described as *Shothghna* and *Mutral*, it is also mentioned that there is no curable disease in universe which is not effectively cured by *Shilajit* when administered at the appropriate time, in combination with suitable drugs and by adopting the prescribed method. It has long been in use for different ailments of Genito-urinary System. This study is aimed to explore the efficacy of *Shilajit* in Genito-urinary disorders by performing a review of data available in order to compile information and guide for future research. There are very few i.e. 5 studies are available on *Shilajit* with respect to Genito-urinary System from that 3 are analytical, 1 is animal and 1 is human. All above studies are reviewed from computerized databases such as Pub med, Ayu International, and Google Scholar. Analytical study showed folic acid is major ingredient. Other clinical studies are on erectile dysfunction and one human study indicates its diuretic efficacy hence it can be concluded that very less number of research work has done to assess the efficacy of *Shilajit* on Genito-urinary disorders. There is huge scope for clinical research on different Genito-urinary conditions like recurrent UTI, BPH, Urolithiasis and CRF.

Keywords: *Shilajit*, Genito-urinary System, aphrodisiac.

INTRODUCTION

Shilajit is a Sanskrit word meaning “conqueror of mountains and destroyer of weakness” [1] *Shilajit* is

a natural mineral, a gift of nature's resource [2]. *Shilajit* is considered one of the wonder medicines of

Ayurveda. It is widely used in oriental medicine to arrest ageing and to accelerate the process of rejuvenation-the two major attributes of an Indian Ayurvedic and Siddha medicine [3]. Early ayurvedic writings from the Caraka, Susruta & Astanga Hridayam Samhita described *Shilajitis* a *Rasayana* (rejuvenative), *vrushya* (aphrodisiac) and cure for all diseases when it is administered at the appropriate time, in combination with suitable drugs and by adopting the prescribed method [4,5,6,7,8]. In Rastaringini & Yogratanakar, it is described in urinary disorders like *ashmari* (Calculus), *mutrakrichha* (UTI) and in many diseases like *prameha*, *shoth*, *pandu*, *udar* etc. [9, 10]. It is composed mainly of humic substances, including folic acid, that account for around 60% to 80% of the total nutraceutical compound plus some oligoelements including selenium of anti aging properties [11,12].

In Genitourinary disorders, the commonly found diseases are Infection of urinary system, Infertility & Renal failure. The male has been identified as a contributor to infertility in 40%–50 % of infertile couples. However, there appears to be a geographical variation in the prevalence of male infertility. Estimates of the global burden of disease indicate that diseases of the kidney and urinary tract account for approximately 830,000 deaths and

18,467,000 disability-adjusted life years annually, ranking them 12th among causes of death (1.4 percent of all deaths) and 17th among causes of disability (1.0 percent of all disability-adjusted life years [13].

AIM

To explore the efficacy of *Shilajit* in Genito-urinary disorders by reviewing of data.

OBJECTIVES

1. To explore the prevalence of genitourinary disorders.
2. To compile the information to evaluate the efficacy of *Shilajit* in genitourinary disorder.

MATERIAL AND METHODS

Literature search for ancient medicinal texts such as *Caraksamhita*, *Sushrutsamhita*, *Astanghrudayam*, *Rastaringini*, *Yogaratnakar* and computerized databases such as Medline, Google Scholar, and Pub med were searched to identify all traditional, experimental and clinical trials carried to review the efficacy of *Shilajit* in Genito-urinary disorder. All studies published in English language were included.

Table 1: Observation

Si. No.	Author Name	Title	Journal	Results
1	Biswas TK, et al	Clinical evaluation of spermatogenic activity of processed <i>Shilajit</i> in oligospermia.		Serum testosterone and levels significantly increased. Unaltered hepatic and renal profiles of patients indicated that PS was safe at the given dose. The present findings provide further evidence of the spermatogenic nature of <i>Shilajit</i> , as attributed in Ayurvedic medicine, particularly when administered as PS.
2	Pandit S, et al	Clinical evaluation of purified <i>Shilajit</i> on testosterone levels in healthy volunteers.		Treatment with <i>Shilajit</i> for consecutive 90 days revealed that it has significantly increased total testosterone, free testosterone and dehydro epiandrosterone (DHEAS) compared with placebo. Gonadotropic hormones (LH and FSH) levels were well maintained.
3	GUPTA RB, et al	Evaluation Of Aphrodisiac Activity	IJPRBS	<i>Shilajit</i> can be useful in the treatment of certain forms of sexual inadequacies,

		And Spermatogenic Effect Of Shilajit		such as premature ejaculation and oligospermia.
4	Agrawal S, et al	Complexa of furosemide with fulvic acid extracted from shilajit: a novel approach.		confirm the formation of an amorphous inclusion complex of FSM with FA
5	Igor A. Schepetkin, et al	Complement-fixing Activity of Fulvic Acid from Shilajit and Other Natural Sources	Wiley Inter Science	a strong correlation was found between the Complement-fixing activity and carboxylic group content in the <i>Shilajit</i> fractions and other FA sources.

DISCUSSION

Very few studies are available on *Shilajit* with respect to Genito-urinary System from which includes analytical, animal and human.

1. In 1st, 2nd and 3rd study, *Shilajit* showed significant improvement in oligospermia, serum testosterone, total testosterone, free testosterone and FSH levels and dehydroepiandrosterone (DHEAS) compared with placebo and also in sperm counts and motility respectively [14,15, 16]. It proved its *Vrushya* (aphrodisiac) properties as described in Charak Samhita.
2. In 4th and 5th study, showed its properties like complexation with furosemide and complement fixing with other natural products respectively [17, 18]. This proved that diuretic (in *mutrakrichha* & *mutraashmari*) properties described in various text like Sushrut samhita, Rastaringini and Yogratnakara.
3. *Shilajit* it us *prameha*, *jvara*, *shoth*, *Agnimandya*, *Medanashak*, *Yakshma*, *Shool*, *Gulma*, *Udararodga* and *mutral*⁽¹⁹⁾
4. *Charak Samhita* and *Sushruta Samhita* describe it as a cure for all disease as well as a *Rasayana* (rejuvenative) which gives longevity. In *Charak Samhita*, *Shilajit* is described in detail in *Rasayana* chapter of *Cikitsasthana*. In *Sushruta Samhita*, its detail is mentioned in *Madhumeha chikitsa* (diabetes treatment). *Shilajit* is described as one which removes *Kapha*,

dries up fat and alleviates calculus, gravels, dysuria and *Gulma* (abdominal distension). Its use is also described for other diseases like *Kushtha* (leprosy), *Apasmara* (epilepsy), *Unmada* (mental disorders), *Shlipada* (filariasis), *Shosa* (cachexia), *Gulma*, *Vishama Jvara* (malaria) and stones.⁽²⁰⁾

CONCLUSION

The results of the present studies concluded that *shilajit* have a beneficial effect on Genital disorders (oligospermia). *Shilajit* extract improved sexual performance, sperm count. It also showed diuretic activity. These effects might be due to the presence of fulvic & humic acid. There are very few studies available on *shilajit* with respect to urinary disorders. Hence there is huge scope for clinical research to evaluate the efficacy and mechanism of action of *shilajit* in urinary disorders.

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