



## A COMPREHENSIVE CONCEPTUAL REVIEW OF SHILAJATU

Venupriya Mishra<sup>1</sup>, Shrilatha Kamath T<sup>2</sup>, Sushmitha V.S<sup>3</sup><sup>1</sup>PG Scholar, Department of PG Studies in Kayachikitsa<sup>2</sup>Professor and Head, Department of PG Studies in Kayachikitsa<sup>3</sup>Assistant Professor, Department of PG studies in Rasashastra and Bhaisajya Kalpana

Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital and Research Centre, Udupi - 574118, Karnataka, India.

Corresponding Author: [venupriyamishra@gmail.com](mailto:venupriyamishra@gmail.com)<https://doi.org/10.46607/iamj3513042025>

(Published Online: April 2025)

## Open Access

© International Ayurvedic Medical Journal, India 2025

Article Received: 08/02/2025 - Peer Reviewed: 29/03/2025 - Accepted for Publication: 11/04/2025.



## ABSTRACT

*Shilajatu*, a widely revered herbo-mineral substance in Ayurveda, has been extensively documented for its *Rasayana* (rejuvenating) and therapeutic properties. Sourced from exudates of mountainous regions, particularly the Himalayas, it is classified in classical texts based on its mineral composition. Ayurvedic pharmacodynamics describe its *Rasa* (taste), *Guna* (qualities), *Veerya* (potency), and *Vipaka* (post-digestive effect), underscoring its efficacy in managing conditions such as *Madhumeha*, *Pandu*, *Sthoulya*, *Prameha* etc.

Contemporary research substantiates its pharmacological significance, demonstrating analgesic, anti-inflammatory, anti-ulcer, anxiolytic, and nootropic effects, primarily attributed to bioactive compounds such as fulvic acid and dibenzo- $\alpha$ -pyrones. Additionally, *Shilajatu* has been shown to enhance cognitive function, physical endurance, and longevity. However, *Shodhana* (purification) is essential to ensure safety and efficacy, as adulteration and contamination pose significant concerns.

This review integrates classical Ayurvedic wisdom with contemporary research, emphasising the need for further clinical validation to harness its full therapeutic potential.

**Keywords:** *Shilajatu*, *Rasayana*, Ayurveda.

## INTRODUCTION

*Shilajatu* is a herbo-mineral drug mentioned in ancient classical texts and has been revered in traditional medical systems for centuries, particularly in Ayurveda, Siddha, and Unani practices. It is obtained from Himalayan mountains in the form of exudate that oozes or trickles down the rocks during the summer season. It dries up and collects between these rocks in the form of blackish rock essence known as *Shilajatu*.<sup>1</sup> and is regarded as a potent *Rasayana* (rejuvenator) for promoting longevity and vitality. References of *Shilajatu* can be traced back to Vedic literature, classical Ayurvedic scriptures, including the *Charaka Samhita*, *Sushruta Samhita*, and *Rasashastra*, where it was highly valued for its broad spectrum of therapeutic properties. Historically, it was prescribed to enhance physical and mental endurance, strengthen immunity, and treat various systemic disorders. Over time, its use extended beyond the Indian subcontinent, with records indicating its significance in Persian, Tibetan, and traditional Chinese medicine, where it was revered as an elixir of health and vitality.

### Historical Review

Vedic Period (1500 BC)

There is mentioning of words such as *Shilanjala*, *Ghritaci*, *Shilasi* which were used to increase virility and indirectly referred to as *Shilajatu*.<sup>2</sup>

Brihatrayee

*Acharya Charaka* describes *Shilajatu* in *Karaprachinteya Rasayana Pada* and explains its importance stating that when *Shilajatu* is administered with appropriate dose, time and combination, there is no disease in the universe that it cannot cure. He has included *Shilajatu* in *parthiva dravya* and gives various combinations with *Shilajatu* in various diseases.<sup>3</sup> *Sushruta* has included *shilajatu* under *ushakadi gana* and specifies its origin.<sup>4</sup> In *Astanga Sangraha*<sup>5</sup> and *Astanga Hridaya*<sup>6</sup> *Shilajatu* is described in *Rasayana vidhi adhyaya* and is explained to be formed during churning of ocean as sweat of *Mandara parvata* which was deposited in the mountains by *Lord Brahma*.

Sarangadhara Samhita

*Acharya Sarangadhara* has described emergence of *Shilajatu* from pashana in *Dhatu shodhana Maranaadhyaya* of *madhyama khanda*. It is also found as an ingredient in various *rasa ausadhi* such as *Mehaabbaddha rasa*, *Kustha kuthara rasa*.<sup>7</sup>

Bhavaprakasha

*Bhava Mishra* in his *nighantu* and *chikitsa pada* describes *Shilajatu* under *dhatu varga* and also gives details of its *utpatti*, *guna*, *bheda* and *sodhana*.<sup>8</sup>

### Rasatarangini

Detailed description of *Shilajatu* such as its synonyms, types, properties, *shodhana* methods, therapeutic utility, dosage is found.<sup>9</sup>

Rasaratna Sangraha

*Shilajatu prayoga* has been described wherein it should be taken along with *madhu*, *vidanga*, *ghrita* and *rasaousadhi* such as *Rasasindura*, *loha bhasma*, *swarnamakshika bhasma* for *tripancharatra* and is said to nourish the *dhatu* just like the moon attains fullness in due course of time.<sup>10</sup>

Rasaratna Samucchaya

*Shilajatu* is included under *maharasa* and detailed description of its *utpatti*, *bheda*, *guna*, *shodhana*, *marana*, *sattvapata*, *pareeksha* and *amayika prayoga* is found.<sup>11</sup>

## DRUG PROFILE

Vernacular Names

Arabic	-	Hajar – ul – Musa
Bengali	-	Shilajotu
Dravida	-	Uruguan
English	-	Asphalt, Black Bitumen, Jew's pitch, Mineral pitch.
Russian	-	Mumie, Mymue
Hindi	-	Shilajit
Marathi	-	Shilajatu
Malayalam	-	Kanmandam
Nepali	-	Kalo Shilajit

- Persian - Momiya PhaQurual types  
 Yahud - Momiya 1. Gomootra Gandhi  
 Sanskrit - Shilajatu 2. Karpura Gandhi – again of 2 types  
 Unani - Momiye ❖ Sasattwa ( with essence)  
 ❖ Nihstattwa ( without essence)
- Synonyms c) According to *Sushruta Samhita*<sup>15</sup> & *Ashtanga Hridaya*<sup>16</sup>-6 types  
 1. Swarnagarbha 4.Lohagarbha  
 2. Rajatagarbha 5.Nagagarbha  
 3. Tamragarbha 6.Vangagarbha  
 d) According to *Rasatarangini*<sup>17</sup>- 4 types  
 1. Swarna Garbha  
 2. Rajata Garbha 4. Loha Garbha  
 e) According to *Rasarnava*<sup>18</sup> – 2 types  
 1. Patita –which is fallen on ground  
 2. Apatita- Exudation that is in the source itself and not fallen on the ground.  
 f) *Rasakamadhenu*<sup>19</sup>- 2 types  
 1. Achalodbhava - It is obtained from mountains and is known as *GomutraGandhi Shilajatu*.  
 2. Usharodbhava- It is obtained from *Usha* or alkaline earth.
- Properties**
- Silaja , Saileya, Girija, Adrija, Asmottha, Asmalaksha, Gaireya, Silasweda, SailsaDhatuja, Silamaya, Silaniryasa, Asmajatuka, Asmaja, Mandarottam, Girisranujam, Nadeejam, Shailadhatujam, Ushnajam, Sadloha sambhavam, Silamala, Shiladadru.  
 Place of occurrence<sup>12</sup>
- Afghanistan, Kazakhstan, Russia, Tajakisthan, Himalayan hills of Nepal and Kashmir, Bhutan, Mongolia, Algeria, Japan, Tibet and China. Kashmir, Gadhwal, Almoda, Bhutan, Tibet, Nepal, Gilgit, Meshapotamia.
- Types
- a) According to *Charaka samhita*<sup>13</sup> – 4 types  
 1. Hemagarbha  
 2. Raupyagarbh  
 3. Tamragarbha  
 4. Lohagarbha  
 b) According to *Rasaratna samucchaya*<sup>14</sup> mainly of 2

**Table No 1: Properties of Shilajatu in Brihatrayee**

Samhita	Rasa	Anurasa	Guna	Veerya	Vipaka	Karma
Charaka Samhita <sup>20</sup>	Anamla, kashaya	-	-	Natyushna sheeta	Katu	Rasayana, vrishya
Sushruta Samhita <sup>21</sup>	Tikta, Katu	Kashaya	Sara	Ushna	Katu	Mridu Virechaka, Chhedana
Ashtanga Hridaya <sup>22</sup>	Katu, Tikta	-	-	Natyushna	Katu	

**Shilajatu properties according to type<sup>23</sup>:**

- Swarnagarbha**- Appears as *Japakusuma* and has madhura, tikta, katu rasa; shita guna, katu vipaka. It is vatapittaghna .
- Rajatagarbha** – Has Pandu varna, sita guna, tikta rasa and madhura vipaka.  
It is sleshmapittaghna.
- Tamragarbha** – Nilabha varna or blue in colour,

tikta rasa, tikshna and ushna guna. It has kaphaghna property.

- Lohagarbha** – Krishna varna , tikta, lavana, Kashaya rasa, katu vipaka, shita, guru, snigdha guna. It has tridoshaghna property.  
Therapeutic Utility<sup>24</sup>

*Shilajatu* has been indicated in various disorders such as sotha, pandu, jwara, agnimandya, apasmara, un-

mada, udara roga, arsas, mutra krichhra, sthoulya, udara krimi, mutrashmari, kustha, gulma, vatarakta, urakshata, hridaya shoola, prameha, udara shoola,

**Table No 2: Reference of Shilajatu & its therapeutic properties in Charaka samhita**

S.N	Name of the chapter	Prayoga vidhi	Indication
1.	Asthtauninditeeya Adhyaya (Cha. Su. 21/24)	Shilajatu + Agnimantha Swarasa	Atisthoulya, Medoroga Chikitsa
2.	Vidhishoniteeya Adyaya (Cha. Su. 24/58)	Shilajatu Rasayana along with milk	Mada, Murccha and Sanyasa
3.	Kara Prachiteeya Rasayana Pada (Cha.Chi.1/3/48-65)	hilajatu Rasayanaalong with milk	Jaranashaka, Dehadardhya kara, Medha Smritikara
4.	Gulma Chikitsadhyaya (Cha. Chi.5/97)	Shilajatu+ Laghu panchamula kashaya + Kshara	Vataja Gulma
5.	Kusta Chikitsadhyaya (Cha.Chi.7/72)	Shilajatu Rasayana along with milk	Kustharoga
6.	Shwayathu Chikitsadhyaya (Cha.Chi 12/49)	Shilajatu + Triphala kwatha	Shwayathu
7.	Udara hikitsadhyaya (Cha.Chi 13/152)	Shilajatu Rasayana along milk	Udara Roga
8.	Pandu Roga Chikitsadhyaya (Cha.Chi.16/78,81,88)	Swarnamakshikadi yoga, Shilaja- tu Vataka	Pandu Roga
9.	Visarpa Chikitsadhyaya (Cha.Chi. 21/130)	Shilajatu Rasayana along with milk	Granthi,Visarpa Chikitsa
10.	Trimarmeeya chikitsadhyaya (Cha.Chi .26/99)	hilajatu Rasayanaalong with milk	Sarva Kaphaja Hridroga
11.	Vata Vyadhi Chikitsadhyaya (Cha. Chi.28/242)	Rasayana Vidhi, Shilajatu Rasayana	Sarvasthanavrita Vata Chikitsa
12.	VataShonitha Chikitsadhyaya (Cha.Chi 29/159)	Shilajatu Rasayana, Rasayana Vidhi	Vata Rakta
13.	Yoni Vyapat Chikitsadhyaya (Cha. Chi. 30/148)	Shilajatu Rasayana	Retodoshahara

**Table No 3: References of Shilajatu & its therapeutic uses in SushrutaSamhita**

S.I	Name of the Chapter	Prayoga Vidhi	Indication
1.	Dosha Dhatu Mala KshayaVridhhi Vijnaniyadhayaya (Su. Su.15/32)	Rasayana Vidhi	Sthoulya Chikitsa

2.	<i>Dravya Samgrahaneeya Adhyaya</i> (Su.Su. 38/37-38)	Included under <i>Ushakadi gana</i>	<i>Kapha medohara, Ashmari, Mutrakricchra</i>
3.	<i>Mahavata vyadhi Chikitsadhyaya</i> (Su.Chi.5/35)	<i>Shilajatu</i> along with <i>Gomutra</i>	<i>Kapha Medavrita Vata, Hridroga, Gulma</i>
4.	<i>Ashmari Chikitsadhyaya</i> (Su.Chi.7/11)	<i>Ghrita Kalpana</i>	<i>Pittaja Ashmari</i>
5.	<i>Kusta Chikitsadhyaya</i> (Su.Chi.9/6)	<i>Shilajatu Rasayana Sevana</i>	<i>Medodhathugata Kusta</i>
6.	<i>Madhumeha Chikitsadhyaya</i> (Su.Chi.13/6)	<i>Shilajatu Rasayana Vidhi</i>	<i>Meha, Kusta, Apasmara, Unmada, Sleepada,</i>
7.	<i>Vidradhinam Chikitsadhyaya</i> (Su.Chi.16/32)	<i>Shilajatu sevana</i> along with milk	<i>Vidradhi</i>
8.	<i>Raktabhisyanda Pratishedha Adhyaya</i> (Su.Su.12/13)	<i>Varti Preparation</i> (for external use)	<i>Rakta abhisyanda</i>
9.	<i>Shosha Pratishedha Adhyaya</i> (Su.Ut.41/57)	<i>Shilajatu Rasayana Rasayana vidhi</i>	<i>Shosha</i>
10.	<i>Panduroga Pratishedha Adhyaya</i> (Su.Ut.44/31)	<i>Shilajatu with Gomutra</i>	<i>Kumbhakamala</i>

**Table No 4: References of Shilajatu & its therapeutic uses in Ashtanga Hridaya**

S.N	Name of the chapter	Details	Indication
1.	<i>Dwividhopakramaneeya Adhyaya</i> (A.H.Su.14/23)	<i>Shilajatu</i> along with <i>Agnimantha Swarasa</i>	<i>Atistoulya</i>
2.	<i>Shodhanadigana Samgraha Adhyaya</i> (A.H.Su.15/23)	Included under <i>ushakadigana dravyas</i>	<i>uttrakricchra, Ashmari Gulma, Kapha-medohara</i>
3.	<i>Chardi Hridroga Trishna Chikitsadhyaya</i> (A.H.Chi.6/55)	<i>Shilajatu Rasayana</i>	<i>Kaphaja Hridroga</i>
4.	<i>Madatyayadhi Chikitsadhyaya</i> (A.H.Chi.7/1043)	<i>Shilajatu Rasayana</i>	<i>Mada Murccha</i>
5.	<i>Mutraghata Chikitsadhyaya</i> (A.H.Chi.11/22-24,11/25-26)	<i>Kaphaj Ashmaribhedaka Ghrita</i>	<i>Kaphaja Ashmari</i>
7.	<i>Vidradhi Vriddhi Chikitsadhyaya</i> (A.H.Chi.13/8, 13/26)	<i>Varunadi gana Kashaya, Ushakadigana dravyas Shilajatu specific kashayas</i>	<i>Apakwa antaha vidradhi, Sarvawastha Vidradhi</i>
8.	<i>Gulma Chikitsadhyaya</i> (A.H.Chi.14/51)	<i>Shilajatu + Brihat panchamula Kashaya + Dugdha</i>	<i>Vataja Gulma</i>
9.	<i>Udara Chikitsadhyaya</i> (A.H.Chi.15/41)	<i>Shilajatu Rasayana along with milk</i>	<i>Udara Roga</i>
10.	<i>Panduroga Chikitsadhyaya</i> (A.H.Chi.16/20-22,23,29,52)	<i>Tapyadi Yoga, Kutajadi Gutika, Shilajatu + Gomutra</i>	<i>Kumbha kamala</i>

11.	<i>Swayathu Chikitsa Adhyaya</i> (A.H.Chi.17/3-4)	<i>Shilajatu + Triphala Kashaya</i>	<i>Shotha</i>
12.	<i>Visarpa Chikitsaadhyaya</i> (A.H.Chi.18/30)	<i>Shilajatu Rasayana</i>	<i>Granthi Visarpa</i>
13.	<i>Kushta Chikitsadhyaya</i> (A.H.Chi.19/48,19/53)	<i>Shilajatu+ Khadira churna + Vidanga + Madhu + Ghrita</i>	
14.	<i>Vata Vyadhi Chikitsa adhyaya</i> ( A.H. Chi. 21/49)	<i>Shilajatu + Gomutra</i>	<i>Urusthambha</i>

### Shodhana of Shilajatu<sup>25,26</sup>

Ayurveda Prakasha mentions that intake of *Ashuddha Shilajatu* can cause *daha, murchha, bhrama, raktapitta, agnimandya, sosha* etc so diligent purification of *Shilajatu* should be done by soaking in *kshara* or in sour liquids such as *kanji*. It can also be purified by washing it with *triphala kashaya, gomutra and bhringaraja swarasa*. *Sodhana* should be done preferably in summer season with no clouds and no strong winds. The final filtrate is dried in two ways, i.e *Suryataapi Shilajatu* (dried under hot sun) and *Agnitaapi Shilajatu* (boiled and dried over fire).

### Sreshtha Shilajatu

*Shilajatu* which is like *guggulu* having *tikta* and *lavana rasa, shita virya, katu vipaka* and that which is obtained from *Ayasa*, or iron is said to be the best.<sup>27</sup> *Sushruta* mentions that *Shilajatu* which is of *krishna varna, alaghu, snigdha, nihsarkara* or without any sand particles and having *gomutra gandha* is *shreshta*.<sup>28</sup>

### Shilajatu dosage<sup>29</sup>

According to *Rasatarangni*, dosage of *shilajatu* is mentioned as 2 *gunja* (250 mg) to 8 *gunja* (1 gm) and the same reference is taken for fixing *shilajatu* dosage of this study.

**Table No 6: Rasayana dosage according to Charaka<sup>30</sup>**

<i>Prayogavidhi</i>	<b>Duration in weeks</b>	<b>Dosage</b>
<i>Pravara</i>	7 weeks	1 <i>pala</i> (48 g)
<i>Madhyama</i>	3 weeks	½ <i>Pala</i> (24 g)
<i>Avara</i>	1 week	1 <i>karsa</i> (12 g)

*Acharya Sushruta* in the context of *Madhumeha chikitsa* has described *Shilajatu* equivalent to *Amrita* and mentions its dosage as 1 *Tula*, taking which a person can live for 100 years and attains *bala, varna and kanti*. He further mentions that anyone who takes 10 *Tula* of *Shilajatu* lives for 1000 years.<sup>31</sup>

*Ashtanga Sangraha* in the context of *Guggulu Rasayana* mentions same dosage pattern for *Shilajatu Rasayana* not exceeding more than 1 *pala* a day.<sup>32</sup>

### Use of Shilajatu :

When utilized correctly and in appropriate dosages, *Shilajatu* serves as *Rasayana, Vajeekara, and Rogahara*. The administration of *Shilajatu* is described through two distinct methodologies:

1. The standard dosage regimen aimed at *Rogaharana*.

2. The *Rasayana vidhi Prayoga*, which refers to *Naimittika Rasayana*.

### Chemical constituents of Shilajatu

Ghoshal, Reddy and Lal (1976) reported *Shilajatu* to contain a large number of organic compounds like sterols, tri- terpenes, ellagic acid, benzoic acid, m-hydroxyl benzoic acid, 3 benzo coumarins and as many as 18 free amino acids. It also contains humins, humic acid, and fulvic acids.

Adulteration and Substitution<sup>33</sup>

The combination of *Gomutra* and the exudates from *Bhuj Briksha* and *Guda* is a common adulteration.

Classical ayurvedic texts, along with their commentators, as well as the *Abhava Varga* from *Yoga Ratnakara* and the *Dravya Pareeksha Varga of Bhava Prakasha*, do not reference any alternatives for *Shilajatu*.

Substitutes<sup>34,35</sup>

- ❖ The alum earth from Nepal, marketed in Calcutta as white *Shilajatu*.
- ❖ A product known as *Momia*, which bears resemblance to *Shilajatu*, is sourced from certain mountains in Arabia and Persia.
- ❖ In 1844, a substance utilized as *Shilajatu* in Nepal, Bihar, and Bengal was analyzed and identified as Aluminum Sulphate.
- ❖ Additionally, Calcium Sulphate was employed as *Shilajatu* in *Siddha*

practices.

Methods for creating artificial *Shilajatu*<sup>36</sup>

- ❖ A mixture of sand, gum, goat feces, and bitumen.
- ❖ Combined with the gum of *Vanjha*.

## CONCLUSION

*Shilajatu* is a potent *rasayana* in Ayurveda, known for promoting longevity, cognitive enhancement, and overall vitality. Its *rasayana* properties are optimized through specific *bhavana* processes with *vataghna*, *pittaghna*, and *kaphaghna* drugs, *loha bhasma*, and *dhatu bhasmas*. Various preparatory methods, including administration with *tiktaka ghrita*, *triphala kashaya*, *godugdha*, and *agurwadi dhupa*, further enhance its efficacy. Beyond *rasayana*, *Shilajatu* exhibits significant *vajeekarana* properties, as seen in formulations like *shiva gutika* and combinations with *swarna makshika bhasma*, and other potent ingredients. Furthermore, its *rogaharana* potential is widely acknowledged, with ayurvedic texts affirming its universal therapeutic applications when administered with appropriate *anupanas* and *kashayas*. *Shilajatu* thus stands as a versatile and powerful ayurvedic remedy, offering profound benefits in longevity, vitality, and disease management.

## REFERENCES

1. Angadi Ravindra. Rasa Tarangini of Sri Sadananda Sarma. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surabharati Prakashan; 2015. p.382.
2. Zysk K G. Medicine in veda. Vol-1. 2<sup>nd</sup> ed. New Delhi: Motilal Banarasisdas Publishers; 1998. p 202. Pp 311.
3. Acharya Y T. Charaka Samhita. Ayurveda Dipika. 5<sup>th</sup> ed. Varanasi: Chaukhamba Sanskrita Samsthana; 2001. p 738. Pp 386.
4. Acharya Y T. Sushruta Samhita. Nibandha Samgraha. Varanasi: Chaukhamba Surabharati Prakashan; 2010. p 267.
5. Vagbhata. Indu. Astangha Samgraha. Sasilekha. Varanasi: Choukhamba Sanskrit series office; p 478; Pp 965.
6. Ashtanga Hridaya. Sarvanga Sundara, Ayurveda rasayana. Varanasi: Chaukambha Sanskrit Samsthana; 2010; p.220
7. Murty H. Sharangadhara Samhitha. Varanasi: Choukambha Sanskritseries. 2010; p260, Pp 454.
8. Bulusu S. Bhava Prakasha. Varanasi: Chaukambha orientalia. 2010; p.434. Pp. 770.
9. Angadi Ravindra. Rasa Tarangini of Sri Sadananda Sarma. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surabharati Prakashan; 2015. Pp.381-385.
10. Krishnamurthy M S. Rasaratna Sangraha of Shree datta Vaidya. 1<sup>st</sup> ed. Varanasi: Chaukhamba Viswabharati; 2013. p 441.
11. Satpute Ashok D. Rasaratnasamuchchaya. Delhi: Chaukhamba Sanskrit Pratishtan; 2010. p 40-43.
12. Aziz, Shahid. (2017). Phytochemical Screening and Biological Studies of Shilajit (Asphaltum). International Journal of Phytomedicine. 9. 15-19. 10.5138/09750185.1883.
13. Satpute Ashok D. Rasaratnasamuchchaya. Delhi: Chaukhamba Sanskrit Pratishtan; 2010. p 40
14. Acharya Y T editor. Charaka Samhitha. Ayurveda Deepika. 5th ed. Varanasi: Chaukambha Sanskrita Samsthana. 2001; pp. 738. p.386
15. Acharya Y T editor. Sushruta Samhita. Nibandha Samgraha. Varanasi: Chaukambha Surbharathi Prakashan. 2010; p. 267.
16. Shastri H S S editor. Ashtangha Hridaya. Sarvanga sundara, Ayurveda rasayana. Varanasi: Chaukambha Sanskrit Samsthana; 2010. p.220
17. Angadi Ravindra. Rasa Tarangini of Sri

- Sadananda Sarma. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surabharati Prakashan; 2015. p.382.
18. Tripathi I. Rasarnavam. Varanasi: Chaukhamba Sanskrit series. 2001;pp.442. p.90.
19. Misra C, Acharya Y T. Rasa Kamadhenu. Varanasi: ChoukambhaSanskrit sansthana. 2001; p.256 . pp 403.
20. Acharya Jadavji Trikamji editor. Charaka Samhita. Varanasi: Choukambha publication; 2000. p.386. Pp.738.
21. Acharya Jadavji Trikamji. Sushruta Samhita. Varanasi: Choukambhapublication; 2000. p.456. Pp.824.
22. Shastri Kashinath. Astanga Hridaya. Varanasi: Choukambha Orientalia ;1998. p. 932. Pp.956.
23. Angadi Ravindra. Rasa Tarangini of Sri Sadananda Sarma. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surabharati Prakashan; 2015. p382
24. Angadi Ravindra. Rasa Tarangini of Sri Sadananda Sarma. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surabharati Prakashan; 2015. p384-385
25. Angadi Ravindra. Rasa Tarangini of Sri Sadananda Sarma. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surabharati Prakashan; 2015. p 384.
26. Satpute Ashok D. Rasaratnasamuchchaya. Delhi: Chaukhamba SanskritPratishthan; 2010. p 41.
27. Tiwari P V. Charaka Samhita. Uttarardha. 2<sup>nd</sup> ed. Varanasi: ChaukhambaViswabharati; 2022. p 40.
28. Thakral Kevala Krishna. Sushruta Samhita. 1<sup>st</sup> ed. Varanasi: Chaukhamba Orientalia; 2014. p 334.
29. Angadi Ravindra. Rasa Tarangini of Sri Sadananda Sarma. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surabharati Prakashan; 2015. p 383-384.
30. Tiwari P V. Charaka Samhita. Uttarardha. 2<sup>nd</sup> ed. Varanasi: ChaukhambaViswabharati; 2022. p 39.
31. Thakral Kevala Krishna. Sushruta Samhita. 1<sup>st</sup> ed. Varanasi : Chaukhamba Orientalia; 2014. p 334.
32. Upadhyaya Yadunandana, Astangahridayam of Vagbhata. Reprint edition. Varanasi: Chaukhamba Prakashan; 2018. p 823.
33. Anonymous. Rasa Tantra Sara Siddha Prayoga Sangraha. Part 1. Rajasthan: Krishnagopal Ayurved Bhavan; p.1-34.
34. Vishwanath Dwivedi. Bharatiya Rasa Shastra. 1<sup>st</sup> ed. Datra: Sri ShramaAyurveda Mandir;1997. p.279-280.
35. Nadakarni. K.M.Indian Materia Medica. Vol 2. 3<sup>rd</sup> edition. Mumbai:Popular Prakashan;1988, p. 23.
36. Prof D.A.Kulkarni. Rasa Ratna Samucchaya. Vijnana Bhodini Teeka. New Delhi: Meharchand Lacchamandas Publications; 1998. p.235.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Venupriya Mishra et al: A comprehensive conceptual review of shilajatu . International Ayurvedic Medical Journal {online} 2025 {cited April 2025}