



Purification of *Shilajatu* By Different Methods - An Analytical Review

¹Dr. Om Prakash Panwar, ²Dr. Suparna Saha, ³Dr. Pankaj Tanwar, ⁴Dr. Rajendra Prasad Sharma, ⁵Dr. Sanjay Kumar, ⁶Dr. K. Shankar Rao

^{1,2}MD scholar, Dept. of Rasashastra & bhaisa jyakalpana, NIA, Jaipur

³MD scholar, Dept. of Dravyagun, MMM Govt Ayurvedic College Udaipur

^{4,5}Assistant Professor Rasashastra & bhaisa jyakalpana, NIA, Jaipur

⁶Professor, Head of the Dept. of Rasashastra & bhaisa jyakalpana, NIA, Jaipur

Correspondence address: Dr. Om Prakash Panwar

P.G. Dept. of Rasashastra and Bhaishajya Kalpana. National Institute of Ayurveda

Abstract

The ancient scholars of *ayurveda* and Indian alchemy had claimed that the *shilajatu* (black bitumen) has all the medicinal properties of Rasa (mercury), *maharas*, *uparas*, gemstone, metals. So, according to the *acharyas* one can cure various disease, old age as well as death by administration of purified *shilajatu*¹. There are several process of purification of *shilajatu* are mentioned in different classics. In this literature review all the purification process are described in a chronological manner.

Introduction

Acharyacharak had included it in *Rsayan* (Rejuvenating drugs) *Maharshi Sushruta* told that there was no disease which can not be treated by *shilajatu* (su. Chi. 13/16). There are several types and criteria of best verity of *shilajatu* was mentioned in *brihatrayee*ⁱⁱ but the purification method was incorporated in *astangahridaya* (6th).. There were different methods of purification to increase its therapeutic efficacy in Indian alchemy period 7th- 8th century.

But now a days in market business man adulterated the *shilajatu* with the sand, gum, faeces of goat and bitumen and mixed with gum of *banjha* (plant).

Some time the purified *shilajatu* also available in market in some hilly region but no one mentioned the full process of purification (which may be harmful to health).

The appropriate process of purification of *shilajatu* which is beneficial to health is already described in our literature.

The aim of this study to review the *Shilajatu* shodhan process elaborately.

Materials and method

All the information about purification or *shodhan* of *shilajatu* was collected and compiled from the *samhitas* and *rasa* classics.

Results

Sodhna in *brihatrayis*: Table no :1

NAME OF CLASSICS	PRINCIPLES
1. <i>charksamhita</i>	do not mention.
2. <i>susrutsamhita</i>	any specific method only <i>bhavna</i> (levigation) disease specific
3. <i>astangsamgraha/ hriday</i>	washing with water and levigation by decoction.

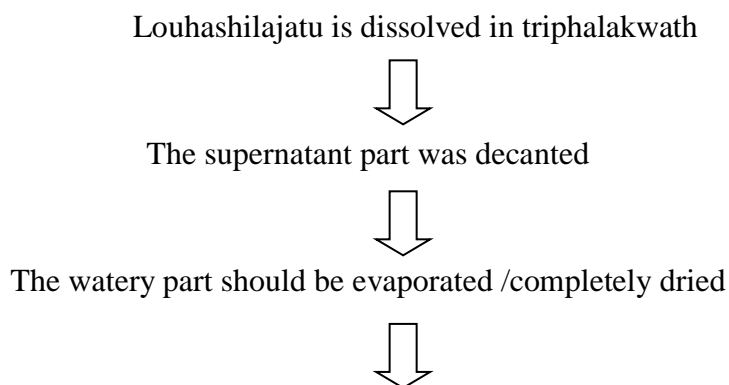
Rasa classics:

Table no:2

1.Rasendra chintamani	1. washing with water. 2. To collect the supernatant. 3. Dhupan by aguru (eagle wood), guduchi, nimba, ghrita etc. 4. Dissolve in dashamoola or triphalakashay (decoction). 5. Dried by sunlight.
2.Rasarnava	1. Washing with kshar, amla, gojal. 2. shodhan in gogrita, triphala, ardrak juice.
3.Rasendrachudamani	Swedan in swedaniyantra in different media (kshar, amla, guggulu)
4.Rasaprakashsudhakar	Swedan in swedaniyantra in different media (kshar, amla, guggulu) for two hour.
5.Rasaratnasamuccya	Washing with Kshar, amla, gojal.
6.Sharandharsamhita	Bhavna with godugdha, triphalakwatha, bringarajswaras.
7.Ayurvedaprakash	Three methods: eliminates the worm by washing with warm water and then bhavna by nimba, guduchi, kutaja decoction. Dissolve stone shilajatu in two times hot water, ½ part of decoction is added to it and filtration then dried in sunlight.

In modern era:

- **Rasajalanidhi**—there are 8 procedure are mentioned. Among the eight procedure the newer one is :
Fig;1



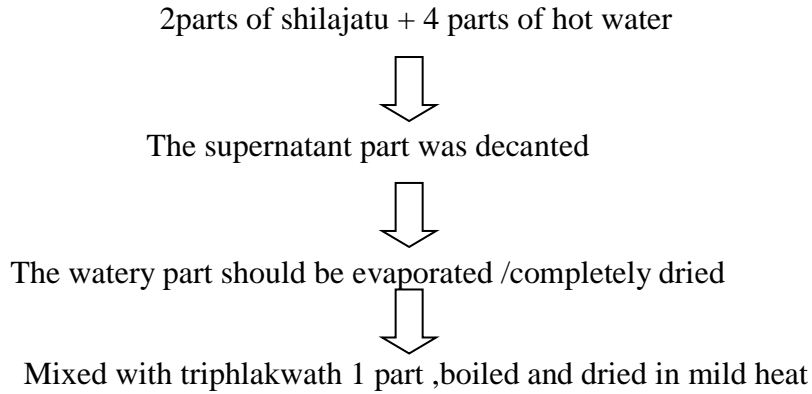
The same method should be done in the kwath of dasamool, vala, patol, madhuk and gomutra
(Repeat the whole procedure 3 times in each bhavna)

- **Rasamritam :**

Acharyayadvajitrikamji was mentioned the agnitapimethod first. Agnitapi method is more convenient as in suryatapimethod duration is more lengthy.

➤ According to AFI: (Ref: Rasa tarangini22/69-78)

Fig:2



Discussion:

As the *vrihatrayee* are the clinical based text. So, they did not mention about the detail purification method, they only told to apply the *shilajatu* in various disease with levigation with their specific drug.

Example: in *madhumeha* application of *shilajatu* with levigation by *salsaradigana* drugs.

In rasa classic the detail purification process are available the concept of washing and eliminating the poisonous worm from *shilajatu* is the contribution of *madhavacharya*.

In the *gudarthadeepikatika* of *sharangdharkashiramvaidya* mentioned that there are two types of *shilajatu*

a. *patita* (fall in ground)

b. *apatita* (directly available)

The *bhavna/levigation* for the *apatita*.

The filtration procedure for the *patitashilajatu* to remove the contamination.

Conclusion:

It is concluded that for removing contamination the two steps should be followed in present day because the *shilajit* is more impure from previous era.

After that procedure the specific levigation can be given to enhance its property to fight against a disease.

Many authors have tolds about the criteria or chief desired character for the *shuddhashilajatu*. The characters are described below in table no 3.

<i>Brihatrayee</i>	No reference.
<i>Rasendrachintamani</i>	Nirdhuma.
<i>Rasendrachudamani</i>	Sinks in water shape of thread.
<i>Rasaratnasamucchaya</i>	Nirdhum, lingakar but not soluble in water.

Reference

1. *Charaka Samhita* with '*AyurvedDipika*' Sanskrit commentary of Chakrapanidatta, edited by Vd. Yadavji Trikamji Acharya, Chaukhamba Sanskrit Sansthan, Varanasi, 4th edition, 1994, Sa. Chi.1:3/48-65
2. *Rasendra Chintamani* of Shri. Dhundhukanath with 'Mani Prabha' Sanskrit commentary of Shri. Maniram Sharma, Shri. Dhanwantari Mandir, Ratangarh (Raj.), 2nd edition, 2000. 10/102
3. *Rasa Ratna Samucchaya* of Acharya Vagbhata with 'Suratnaujwala' Hindi commentary by Shri. Ambikadatta Shastri, Chaukhamba Amarbharti Prakashan, Varanasi, 9th edition, 1995.2/115
4. *Ashtanga Samgraha* Vagabhatta edited by Pandit Lalchandra Shastri Vaidya, Shri Vaidyanath Ayurveda Bhawan, Nagpur, 1st edition, 1989

5. *Rasa Tanangini* of Shri Sadananda Sharma with 'Prasadini' Sanskrit commentary by Shri Haridatta Shastri and 'Rasa Vigyana' Hindi commentary by Pt. Dharmananda Shastri, edited by Shri Kashinath Shastri, Motilal Banarasidas, New Delhi, 11th edition, Reprint 2000. 22/87
 6. Dr. Chandrabhusanjha, Bharatiyarasashastra ,Chaukhamba Surabharti Prakashana, page 230
-