LITERATURE REVIEW OF SHILAJATWADI VATI

1Ashwini Deshmukh, 2Minakshi Amrutkar, 3Chavan Shardul
1Reader, Dept. of Rasshastra & Bhaishajyakalpana, YMT Ayurvedic Medical College Kharghar,Mumbai.
2PhD scholar,Reader, Dept. of Rasshastra & Bhaishajyakalpana, YMT Ayurvedic Medical College Kharghar,Mumbai.
3PG scholar, Dept. of Rasshastra & Bhaishajyakalpana, YMT Ayurvedic Medical College Kharghar,Mumbai.

ABSTRACT:

Shilajatvadi vati is a traditional Ayurvedic medicine and having therapeutic importance. Shilajatwadi vati has total four pathbheda in which shilajatu is common but other contents are different like in first pathbheda which is mentioned in siddha yog sangraha having trvanga bhasma, nimba and gudmar churna specifically act in Madhumeha and Ikshumeha, in forth pathbheda Abhrak Bhasma is there due to which it acts in Rakta dosha. Other two pathbheda are specifically for Shukrameha Chikitsa, but the third pathabheda is also used for Pandu Roga. Among all the references prameha is a common therapeutic use. This paper is going to enlighten on those all points like method of preparation, contains, dose, anupana and clinical indications of shilajatwadi vati.

Key words: Shilajatwadi Vati, Trivanga Bhasma, Abhrak Bhasma, Prameha, Mutra Vikara

INTRODUCTION:Ayurveda is an oldest life science in India. From Vedas till now there are evolutionary mild stones in ayurvedic medical system. In 9th century there were remarkable mile stone known as a rasashastra. From this era ayurvedic medicines start preparation with metals and minerals in major forms. Because of use of metals and minerals the shelf life of drugs increased, palatability increased, dose get minimized because of bhasmas, drug action also got fast. These revolutionary changes occurs due to rasashastra. Shilajatu has importance from starting era of ayurveda. Even Acharya Charak has introduced shilajatu rasayn in rasayan adhyaya [ref. no.2] But the shilajatwadi vati has first mentioned in Bhaishajya Ratnavali [ref. no. 5]. Then it was mentioned in Siddha Yog Sangraha [ref. no. 1] Even they are having different four pathabheda of shilajatwadi vati. Vati mentioned in Siddha Yog Sangraha is un-
Loha Bhasma will help you as an anti heamatanamic and hence its use in Shilajatwadi vati also helps in Pandu Roga. Abhراك Bhasma were well known as immunomodulator, also good in heamatanamic effects. It also act as a hepatoprotective and also protective to kidney hence it is more important in Prameha Vikara as it is a Ramayana for human body. One most important content is Trivanga Bhasma which is a combination of yashad Bhasma, Naga Bhasma, Vanga Bhasma. This combination is together act as ant diabetic and also used in Shukra Dosha. These all contents are playing important role in shilajatwadi vati. Among all the references common and main content is shilajatu and hence they named as shilajatwadi vati.

Some important review about shilajatu:
Shilajatu as per the word meaning is “conqueror of mountains and destroyer of weakness”

Vernacular Name : English – Black Bitumen, mineral pitch. /Latin – Asphaltum punjabinum or Bitumen judiek./ Sanskrit – Shilajatu./ Hindi – Shilajit. /Synonyms: Shilajatu; Atithi; Girijata; Adrijatu; Jatu; Ashmasaar; Shaily; Shailaj; Shailydhatu;Shailodbhava. Shilajatu Prakaras:
In the texts of Rasashastra, it is one among the Maharasas and exists in two types as 1. Gomutra Gandhi Shilajatu & 2. Karpoora Gandhi Shilajatu. Among the two types Gomutra Gandhi Shilajatu is considered as superior and used for preparation of medicine. The Samhitas have classified Shilajatu into 4 to 6 types, depending on the metal ore found in the mountains, from which the Shilajatu is collected. Swarnagarbha Girijata Shilajatu–(cha, su, va). Rajatagarbha GirijataShilajatu–(cha, su, va)TamragarbhaGirijataShilajatu–(cha, su, va).Lauhagarbha Girijata Shilajatu – (cha, su, va).Nagagarbha Girijata Shilajatu–(su, va).Vangagarbha Girijata Shilajatu–(su, va).

Chemical composition and chemistry in Shilajatu: It was variously described, as a bitumen or mineral resin varying greatly in consistency from a free-flowing liquid to a hard brittle solid; a plant fossil exposed by a elevation of the Himalayas; a substance of mixed animal and plant origin. Twelve years after the publication of the circumstantial evidence for the contribution of plants in Shilajit formation obtained further direct evidence regarding the chemical character of Shilajit. Shilajit, from different regions, contained a large variety of organic compounds that can be broadly grouped into humic and non-humic substances. The non-humic substances in soil-sediment humus, are low mol. wt. organic compounds that are characterizable by chemical and spectroscopic methods. The humic substances, by contrast, do not exhibit any specific physical and chemical characteristics (e.g. sharp m. p., consistent elemental composition, consistent pH, well-defined IR and NMR spectra), normally exhibited by characterizable organic compounds. Humic substances are produced by interaction of plants, algae, mosses, and microorganisms. The photochemistry of vegetation around Shilajit-bearing rocks, therefore, constituted an important part. The common plant sources of humus, in mountain soils, are the perennial grasses and legumes, which possess finely branched root systems capable of regeneration. Other important sources of humus are the litter and latex of plants. Variation in the quality of Shilajit humus (both chemical and biological) is, there-
fore, conceivable. The other factors that cause variations in Shilajit humus are: (i) altitude and the nature of Shilajit-bearing rocks; (ii) atmospheric conditions (e.g. alternate wetting and drying); (iii) pH and moisture content of the rock source; and (iv) activity of the rhizospheric microorganisms and their exo-enzymes. The stability of the humus reserve depends on one or more of these factors. Shilajit samples collected from different places, as expected, exhibit variations in chemical characteristics and bioactivities. The structures of the compounds in Shilajit were established by comprehensive spectroscopic analyses, crucial chemical transformations and synthesis. Pharmacological and immunological screening of these compounds, individually and in combination, established their significant contribution to the therapeutic efficacy of Shilajit. Among the other organic compounds contributing to the bioactivity of Shilajit, humic and fulvic acids, from Shilajit humus, are noteworthy. Bioactivity of Shilajit and its constituents: Clinical applications of Shilajit in Ayurveda, as a Ramayana, are well documented. The effects of Shilajit, as reported in the Ayurvedic literature, seem to suggest its influence on endocrine, autonomic, and brain functional changes. The discovery that these changes can be mediated by cytokines, released by activated immunologic cells, has opened up possibilities for similar mechanism of action of Shilajit. Certain combinations of the phenolic and triterpenoid constituents and the FAs of Shilajit produced significant effects against restraint stress-induced ulcers. The mechanism of anti-ulcerogenic actions of Shilajit and its constituents was also evaluated. This was based on their effects on mucin contents, and on the concentrations of DNA and protein in the gastric juice. The combinations provided significant resistance to mucosa against the effects of ulcerogens and also prevented the shedding of mucosal cells. The anti-allergic action of these compounds was successfully tested against antigen- and compound 48/80 (histamine releaser) - induced degranulation of mast cells. The anti-stress activity of these compounds was suggested by their augmentation of murine swimming endurance exercises. The results obtained till now are sufficiently impressive to warrant expectation that more extensive and comprehensive studies on Shilajit and its constituents would validate the Ayurvedic Rasayana, Shilajit, as more effective than several currently available clinically efficacious immunomodulators.

Benefits of Shilajatu:

1) Siddha Yog Sangraha Shilajatwadi Vati (Pratham) Shuddha shilajatu 15 tola, trivanga bhasma 3 tola, nimba patra churna and gudmar patra churna 10 tola each. First shilajatu and trivanga bhasma should mixed properly and then other two churna should mixed and then tablets should made of 3 ratti (360 mg.). If we want to increase potency we can add ½ tola suvarna bhasma in it.

2) Bhaishajya Ratnavali And Rasyogsagar Shilajatwadi Vati (Dvitiya) shuddha shilajatu, loha bhasma, abhrak bhasma, suvarna bhasma, shuddha guggulu and shuddha tankana should take in same quantity. All contains took in khalva yantra (mortal & pastel) and triturating done for two days with bhringaraj swarasa. then tablets were made of 2 ratti (360 mg.).

3) Rastantrasar & Siddhayog Sangraha (Dvitiya Khand Prameha Chikitsa) Shilajatwadi Vati (Tritiya) Shuddha
shilajatu 5 tola, suvarnamakshik bhasma 1 tola, abhrak bhasma 1 tola, vanga bhasma 1 tola, loha bhasma 1 tola, amber 3 mase. All contains took in khalva yantra (mortal & pastel) and triturating done for three days with trijat kwatha (twak, ela, patra). Tablets were made of 2 ratti (240 mg).

4) Rastantrasar & Siddhayog Sangraha (Dvitiya Khand Prameha Chikitsa) Shilajatwadi Vati (Chaturtha) Shuddha shilajatu 20 tola, nimbapatra satva 20 tola, trivanga bhasma 2 tola, abhrak bhasma 1 tola. First shilajatu and bhasma should mixed properly then nimbapatra satva should add and then triturating done with water and tablets made of 2 ratti (240mg.)

Table : Matra, Sevan Paddhati, Anupana, And Rogagnata Of Shilajateadi Vati.

No . Aushadhi Naam Reference Vati Matra Sevan Paddhati Anupana Rogghata

1. Shilajatwadi Vati (Prathama) Siddha Yog Sangraha 3 Ratti 3 Tab Qid Vijaysa, Kwatha Ikshumeha, Madhumeha
2. Shilajatwadi Vati (Dvitiya) Bhaishajya Ratnavali And Rasyogsagar 2 Ratti 1 Tab Od In Morning Shaival Rasa Shukrameha
4. Shilajatwadi Vati (Chaturtha) Rastantrasar & Siddhayog Sangraha (Dvitiya Khand Prameha Chikitsa) 2 Ratti 2 to3 Tab Tds Gudamar Arka Madhumeha, Ikshumeha, Bahumurtara, Raka Vishnopatti.

(Note: - 1 tola= 10 gm. , 1 ratti= 120 mg.)

DISCUSSION: Shilajatu were known from far ago. But the proper use in vati or other forms were started in rasa kala. Here in shilajatwadi vati we have reviewed four different pathabheda of shilajatwadi vati were this pathabheda are found in Siddha Yog Sangraha, Bhaishajiya Ratnavali, Rasyogsagar and Rasatantrasar. In all pathabheda the common contain is shilajatu but other contains differ due to which they are having specific therapeutic indications. But because of shilajatu the action is on common strotasa which is mutravaha strotasa and specifically in prameha roga. Every vati having its different anupana because of which the rogghnata also get differ. Today's era is of science, scholar should proceed for preparation, standardization of these different types of vati and through clinical testing should done. This can be a further scope of study and may be found powerful medicine on today's big quotation diabetes.

CONCLUSION: Shilajatwadi vati is an important drug in Ayurveda. In first pathabheda Gudmar Churna and Nimba Churna were added and in fourth pathabheda Nimba Satwa is added. Due to which they should specifically used in Madhumeha and Ikshumeha. But in fourth pathbheda Abhrak Bhasma is there because of this it should also act as a rakta dosha nashak. Second and third pathbheda is specifically for Shukrameha Chikitsa but due to Loha Bhasma they also used in Pandu Roga. This review helps in differentiate between the methods of preparation of all pathbheda. As well as to developed sop in pharmaceutical industry and clinically it helps in specific indications.

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Corresponding Author: Dr. Ashwini Deshmukh, Reader, Dept. of Rasshastra & Bhaishajyakalpana, YMIT Ayurvedic Medical College Kharghar, Mumbai.

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