

The Wayback Machine - <https://web.archive.org/web/20230316043206/http://www.herbslist...>

Herbs List

A Guide To Medicinal Herbs

« *Lycium Fruit*

Burdock »

Shilajit

By [Herbs List](#) | Published: 07/09/2011



Shilajit

Shilajit Benefits

Shilajit is considered one of the most important substances in the Indian system of Ayurvedic medicine. It's name means "nectar of God".

It has been used for thousands of years for longevity and a host of other ailments. Shilajit is a thick, blackish-brown mineral pitch resin that oozes out of cracks in the Himalayan mountains as the summer heat raises the temperature of the rock.

Shilajit is composed of centuries old, decomposed plants which are a potent source of

vitamins, minerals and other nutrients. It just may be nature's most potent trace mineral source. It's a powerful adaptogen, helping protect against all types of mental and physical stress.

It is never consumed in raw form, but purified first before use.

Shilajit is a very potent antioxidant that helps fight free radicals and oxidation of the body's cells. For this reason, it is thought to promote longevity.

This substance is said to be able to reduce pain, treat all types of arthritis, treat joint and muscle pain and treat inflammation. Many people consume Shilajit for these health conditions, especially as they get older.

Shilajit can strengthen the nervous system and help with stress, mental fatigue, epilepsy, anxiety and depression. It can also promote better concentration and is thought to increase learning ability and enhance memory.

It's used to treat heart related ailments and maintain normal blood pressure. Shilajit is beneficial to the digestive system, stomach and intestines. It can relieve indigestion, gastritis, constipation, and pain in the abdomen.

It protects and enhances the workings of the kidneys, pancreas and thyroid gland. It increases blood circulation, as well.

Shilajit is considered a protector of the liver, as it maintains proper secretion of enzymes and juices that are essential to healthy metabolism. It possesses anti-microbial action that protects the body.

It is a strong immune system booster and protects the body from all types of illnesses, diseases and infections. It can be used to treat many respiratory problems, like cough and asthma. Shilajit is an anti-histamine and can be used for allergies.

Shilajit can increase physical strength, energy and stamina, making it great for hard working people and athletes. It increases sperm count in men and regulates sex hormones. It is thought to be a sexual enhancer.

Many people with diabetes consume Shilajit, as it helps metabolize blood glucose. It removes harmful toxins from the body and helps fight new toxin build-up.

In India, it is believed that there is almost no curable disease that can't be assisted with the consumption of Shilajit.

If You Are Over 30

If you are over 30, you'll want to take some GF20 with this. Then you'll be able to run circles around people your own age. [What is GF20?](#)

Shilajit Uses:

- As a powerful immune system booster
- Treat diabetes
- Treat respiratory conditions
- Treat coughs
- Sexual enhancer
- Potent vitamin and mineral source
- For longevity
- For anti-aging
- As an energy booster
- As an adaptogen
- Treat arthritis and joint pain
- Reduce inflammation
- Aid memory and thinking
- Reduce stress
- Reduce physical and mental fatigue
- Treat anxiety and depression
- For better powers of concentration
- Maintain heart health
- Treat high blood pressure
- Improve digestion
- Treat gastritis, constipation and indigestion
- Protect the liver and pancreas
- Increase blood circulation
- Protect and maintain the thyroid gland
- Increase metabolism
- For proper enzyme secretion
- For its anti-microbial properties
- Increase physical strength and endurance
- Treat premature ejaculation and erectile dysfunction
- Treat urinary problems and kidney stones
- To detoxify the body and remove toxins
- Treat anemia
- Treat ulcers
- Increase natural growth hormone production

Scientific name

Asphaltum

Common names

Mineral Pitch, Vegetable Asphalt

Where It's Found

Shilajit can be found in the Himalayan area, Nepal and Tibet.

Which Part Of The Plant Is Used

The resin



Shilajit Resin

How It Works

Shilajit contains a lot of fulvic acid. Fulvic Acid makes nutrients more absorbable. It contains many vitamins, minerals and trace minerals all in natural form. It has a high antioxidant value as well.

How It's Used

Shilajit is first purified and then put into capsules.

Precautions and Side Effects:

Do not take Shilajit if you suffer from gout. It can increase uric acid in the body. Children, pregnant or nursing mothers should always seek the advice of their doctor before taking.

Description and History Of Shilajit

Shilajit is a black/brown mineral resin that seeps out of cracks in the Himalayan mountains in the heat of the summer.

It has been used for thousands of years and is mentioned in ancient Sanskrit writings. It is a major part of the Ayurvedic health system of India. Himalayan villagers saw that large white monkeys would chew on this substance oozing from the rocks. Since these monkeys were renowned for their intelligence, strength and longevity, the villagers began to eat it themselves.

Editor's Comments

I have taken Shilajit in capsules on occasion. It helps increase stamina and help to digest all of my other herbal supplements better. I recommend buying shilajit from **Oriveda**. They are

the only source of cleaned and purified black Altai Shilajit in the West. This is the very best shilajit available.

Recommended Product

Click Picture For Price and Description



References

[*Primavie Shilajit research page*](#)

[*Pureshilajit.com – Shilajit Resources*](#)

This entry was posted in [Ayurvedic Herbs](#) and tagged [Adaptogen](#), [Aid Digestion](#), [Anemia](#), [Anti-Aging](#), [Anti-microbial](#), [Anxiety](#), [Arthritis](#), [Asphaltum](#), [Ayurvedic Medicine](#), [Blood Circulation](#), [Blood Pressure](#), [Cognitive Function](#), [Concentration](#), [Constipation](#), [Cough](#), [Depression](#), [Diabetes](#), [Energy](#), [Enhance strength](#), [Enzymes](#), [Erectile Dysfunction](#), [Fatigue](#), [Gastritis](#), [HGH](#), [Heart Health](#), [Human Growth Hormone](#), [Immune System](#), [Increase Endurance](#), [Indigestion](#), [Inflammation](#), [Joint Pain](#), [Kidney Stones](#), [Liver](#), [Longevity](#), [Memory](#), [Metabolism](#), [Mineral Pitch](#), [Minerals](#), [Pancreas](#), [Premature Ejaculation](#), [Remove Toxins](#), [Respiratory Ailments](#), [Sexual Dysfunction](#), [Sexual Enhancer](#), [Shilajit](#), [Stress](#), [Thyroid Gland](#), [Trace Minerals](#), [Ulcers](#), [Urinary Conditions](#), [Vegetable Asphalt](#), [Vitamins](#). Bookmark the [permalink](#). Both comments and trackbacks are currently closed.

« [Lycium Fruit](#)

[Burdock](#) »

- **[Search Our Website With Google](#)**

Didn't find what you were looking for? Try our Google powered search feature. Just type in a keyword or your question and click the search button to search every post on our website.

- **[Back To Top Of Page](#)**

-

- Search Our Website

Search