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## A Detailed Concept of *Salsaradi Gana Bhavit Shilajeet*

Pooja V. Shaha<sup>1\*</sup>, S L. Gupta<sup>2</sup>, Pallavi Gupta<sup>3</sup> and Ashwini Mandle<sup>4</sup>

<sup>1-4</sup>Rasashastra and Bhaishajyakalpana Department, Government Ayurved College, Osmanabad, MS, India

### ABSTRACT

*Rasashastra* is an integral part of *Ayurveda*, which deals with the drugs of mineral, metal, animal and plant origin along their varieties, characteristics, processing techniques, properties, therapeutic uses, possibilities of developing adverse effects and their management etc. *Shilajeet* is one of the important *Rasadravya* among the *Maharasa* group having *Rasayana* properties. *Salsaradi Gana Bhavit Shilajeet* is described in *Bhaishajya Ratnavali*, *Sushruta Samhita*, *Rastantrasar-Sidhhaprayog Sangraha*, *Bhavprakash Samhita*, *Yogratnakar*, *Chakradutta* and *Rasatarangini*. *Bhavana* is a *Samskara* i.e. it induces new properties or enhances the original properties of main drug through various liquids used during this process. *Salsaradi Gana Bhavit Shilajeet* contains *Shilajeet* and *Salsaradi Gana Dravya*, in which purified *Shilajeet* is *bhavit* with decoction of *Salsaradi dravyas*. It is mainly useful in Diabetes mellitus as well as obesity, renal calculi, anaemia etc.

### KEYWORDS

*Shilajeet, Salsaradi Gana, Bhavana*



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## INTRODUCTION

*Rasashastra* is the branch of *Ayurveda* deals with the pharmaceutical processing of drugs. It includes minerals, metals, animal and plant origin drugs with their pharmaceuticals and therapeutic uses. For that purpose, various pharmaceutical procedures are employed to make these drugs deemed to be administered internally. These procedures are *Shodhan* (purification), *Maran* (incineration), *Satvapatan* (extraction of the essence), *Amritikaran* (to enhance quality of medicine), *Bhavana* (trituration) etc. *Shilajeet* is one of the important *Rasadravya* among the *Maharasa* group having *Rasayana* properties. It is useful in many diseases, though to enhance its medicinal properties *Acharyas* had mentioned *Salsaradi Gana Bhavit Shilajeet* in *Ayurvedic Samhitas*. In *Bhaishajya Ratnavali*, *Acharya Govinddas Sen* mentioned *Salsaradi Gana Bhavit Shilajeet* in *Pramehchikitsa Prakaran*. According to him it is useful in *Madhumeha* (diabetes mellitus) as well as *Sharkara* and *Ashmari* (renal calculus) and also enhance *Varna*, *Bala* and longevity of life upto 100 years<sup>1</sup>. *Salsaradi Gana Bhavit Shilajeet* is also described in *Sushruta Samhita*, *Rastantrasar-Sidhhaprayog Sangraha*, *Bhavprakash Samhita*, *Yogratnakar*,

*Chakradutta and Rasatarangini*. For the preparation of *Salsaradi Gana Bhavit Shilajeet*, *Shilajeet* is triturated with decoction of *Salsaradi Gana Dravya*. *Gana* (group of drugs) is one of the unique features of *Bruhatrayi*. *Salsaradi gana* is mentioned by *Sushruta* in 38<sup>th</sup> *adhyaya* 'Dravyasamgrahaniy' of *Sutrasthana*. Correspondingly *Salsaradi gana* is the 4<sup>th</sup> *gana* spoke briefly by *Sushruta*. Pathogenesis of *Salsaradi gana* is obesity, diabetes, skin diseases, anaemia etc<sup>2</sup>.

## AIM

To study the *Ayurvedic* concepts of *Salsaradi Gana Bhavit Shilajeet*.

## OBJECTIVES

- 1) To study the preparation method of *Salsaradi Gana Bhavit Shilajeet*.
- 2) To understand the role of *Bhavana* in *Salsaradi Gana Bhavit Shilajeet*.
- 3) To understand the role of ingredients present in *Salsaradi Gana Bhavit Shilajeet*.

## METHODOLOGY

- Materials
- Methods
- Conceptual study
- Discussion
- Conclusion



## MATERIALS

1) *Shilajeet*

2) *Salsaradi Gana Dravya* (as shown in table no. 1)

**Table 1** *Salsaradi Gana Dravya*

Sr. No.	Name of Dravyas	Latin Name	Family	Rasa of dravyas	Virya	Vipaka	Guna
1.	<i>Shaal</i>	<i>Shorea robusta</i>	<i>Dipterocarpaceae</i>	<i>Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha</i>
2.	<i>Ajakarna</i>	<i>Veteria indica</i>	<i>Dipterocarpaceae</i>	<i>Tikta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Snigdha</i>
3.	<i>Khadira</i>	<i>Acacia catechu</i>	<i>Fabaceae</i>	<i>Kashaya, tikta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha, Laghu</i>
4.	<i>Kadar</i>	<i>Acacia polyantha</i>	<i>Mimosaceae</i>	<i>Kashaya, tikta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vishada</i>
5.	<i>Kalaskandha</i>	<i>Diospyros malabarica</i>	<i>Ebenaceae</i>	-	-	-	-
6.	<i>Kramuka</i>	<i>Areca catechu</i>	<i>Arecaceae</i>	<i>Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha, Guru</i>
7.	<i>Bhurja</i>	<i>Betula utilis</i>	<i>Betulaceae</i>	<i>Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu</i>
8.	<i>Meshashringi</i>	<i>Gymnema sylvestre</i>	<i>Apocynaceae</i>	<i>Kashaya, tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha, Laghu</i>
9.	<i>Tinisa</i>	<i>Ougeinia dalbergioides</i>	<i>Fabaceae</i>	-	-	-	-
10.	<i>Chandana</i>	<i>Santalum album</i>	<i>Santalaceae</i>	<i>Kashaya, tikta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha, Laghu</i>
11.	<i>Kuchandana</i>	<i>Caesalpinia sappan</i>	<i>Fabaceae</i>	<i>Tikta, madhura</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha</i>
12.	<i>Shinshapa</i>	<i>Dalbergia sisso</i>	<i>Fabaceae</i>	<i>Kashaya, tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha</i>
13.	<i>Shirisha</i>	<i>Albizia lebbek</i>	<i>Fabaceae</i>	<i>Kashaya, tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu</i>
14.	<i>Asana</i>	<i>Pterocarpus Marsupium</i>	<i>Fabaceae</i>	<i>Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha</i>
15.	<i>Dhava</i>	<i>Anogeissus latifolia</i>	<i>Combretaceae</i>	<i>Kashaya, Madhura</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha, Guru</i>
16.	<i>Arjuna</i>	<i>Terminalia arjuna</i>	<i>Combretaceae</i>	<i>Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha</i>
17.	<i>Taal</i>	<i>Borassus flabelliferuice</i>	<i>Arecaceae</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>
18.	<i>Shaak</i>	<i>Tectona grandis</i>	<i>Verbenaceae</i>	<i>Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha, Laghu</i>
19.	<i>Naktamaal</i>	<i>Pongamia pinnata</i>	<i>Fabaceae</i>	<i>Kashaya, tikta, katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tikshna</i>
20.	<i>Putika</i>	<i>Mimosa pudica</i>	<i>Fabaceae</i>	-	-	-	-
21.	<i>Ashvakarna</i>	<i>Dipterocarpus turbinatus</i>	<i>Dipterocarpaceae</i>	-	-	-	-
22.	<i>Agaru</i>	<i>Aqualaria agallocha</i>	<i>Menispermaceae</i>	<i>Kashaya, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna.</i>

## METHOD OF PREPARATION

For the preparation of *Salsaradi Gana Bhavit Shilajeet*, firstly Kwatha of

*Salsaradi Dravya* is prepared. For that Kwatha is prepared by *Yavkuta Churna* of *Salsaradi gana*. Then it is poured in the



*Khalva* until *Shilajeet* is completely dipped in it. It is triturated till *Kwatha* absorbed in *Shilajeet* and a semisolid *Shilajeet* is left, in this way one *Bhavana* is completed. According to *Rastantrasar-Sidhhaprayog Sangraha*, 7 *Bhavanas* of *salsaradi Kwatha* is given to *Shilajeet*<sup>3</sup>.

### 1) CONCEPT OF BHAVANA

*Bhavana* is one type of *Samskara* mentioned in *Rasashastra* which is responsible for transformation and having its utility in almost all pharmaceutical processing. *Ayurvedic* literature is highlighting its importance to make drug quicker, augmented and action with minimal dose. In this procedure a powdered drug of mineral, herbal or animal origin is thoroughly mix with the liquid media(decoction/juice) and recurrent trituration followed by drying is carried out till it shows *Subhavit Lakshana* and complete absorption of liquid into the powder. After that drying of the mixture is done.

*Bhavana* enhances the therapeutic efficacy of drug which reduces the required therapeutic dose. Thus *Bhavana* can be used to improve therapeutic action, palatability and dose reduction by logical selection of liquid media. *Bhavana* is a *Samskara* i.e. it induces new properties or enhances the original properties of main

drug through various liquids used during this process.

### 2) CONCEPT OF SALSARADI GANA BHAVIT SHILAJEET

*Salsaradi Gana Bhavit Shilajeet* is an *Ayurvedic* formulation mentioned in various *Ayurvedic Samhitas* like *Rastarangini*, *Bhaishajya Ratnavali*, *Rastantrsar Sidhhaprayogsangraha* etc. It is mainly effective in *Madhumeha* hence *Bhaishajya Ratnavali* mentioned in *Prameha Rogadhikar*.

The role of materials of *Salsaradi Gana Bhavit Shilajeet* is as follows -

#### 1) Role of Shilajeet -

*Shilajeet* comprises humic substances, like fulvic acid, which are around 60% to 80% of the total nutraceutical compound and some oligo-elements like selenium of antiaging properties. *Shilajeet* contains over 85 minerals in ionic form, fulvic acid, humic acid, hippuric acid and benzopyromes. In the present time *Shilajeet* use as antidiabetic, immunomodulatory, nootropic, anti-anxiety, anti-viral activity, anti-inflammatory and analgesic etc<sup>4,5</sup>.

#### 2) Role of Salsaradi Gana Kwatha -

*Acharya Sushruta* describe *Salsaradi Gana* in *Dravyasangrahaniya Addhyaya* of *Sutrasthana*. According to *Acharya Sushruta*, *Salsaradi Gana* possesses *Kapha-medoshoshan* properties and useful in *Kushtha*, *Prameha* and *Pandu rog*<sup>2</sup>.



*Salsaradi Gana* includes 23 *Dravyas* having similar action and effect on a group of diseases mentioned by *Acharya Sushruta*. *Kalskandha*, *Tinisha*, *Putik*, *Ashwakarna*, and *Kaliyak* are controversial and unavailable drugs.

- 1) **Shal** - having *Kaphaghna*, *Medohar* and *Vishaghna* properties. It contains *Bergenin*, *shorephenol*, *chalcone*, 4\_-hydroxychalcone-4-O-b-D-glucopyranoside, 12a-hydroxy-3-oxo-olenano-28, 13-lactone<sup>6</sup>. The resin has a bad taste and smell, tonic to brain, good in ascites, menorrhagia, splenomegaly and obesity.
- 2) **Ajakarna** – having *Kapha-vata shamak* properties, bark contains *DI-epicatechin*, *fischinidol* and *afzetechin*.
- 3) **Khadira** - having *Tikta*, *Kashaya ras*, *Shita* potency and *Medohara*, *Raktashodhaka*, *Kapha-Pittaghna*, *Krumighna* and *Kushthaghna* properties.
- 4) **Kadar** - having *Kapha-Pittahar* and *Raktashodhaka* property.
- 5) **Kramuk** - having *Deepan*, *Kaphapittahar*, *Kledanashak* and *Mukhashodhan* property.
- 6) **Bhurja** - having *Tridoshaghna* properties, it reduces fat and cholesterol. The bark of *bhurja* contains *botulin*, *oleanolic acid*, *acetyl oleanic acid*, *lupeol* and *leucocyanidin*.

7) **Meshashrunji** - having *Ushna* potency, *Tikta-Kashaya ras* and *Deepan*, *Kaphavathar* properties.

8) **Chandana** - is shows *Kapha-pittahar*, *Durgandhahar*, *Dahaprashaman* and *Trushnahar* properties.

9) **Kuchandan** - wood is bitter, dry and cures fever, delirium, ulcers.

10) **Shinshapa** – The bark and wood are bitter, hot, acrid, aphrodisiac, expectorant, antihelminthic, antipyretic, appetiser and cures skin diseases.

11) **Shirish** – It has *Shothhar*, *Tridoshaghna*, *Vishaghna* and *Varnya* properties.

12) **Asana** – having *Pittahar*, *Sarak* property and useful in *Kushtha*, *Meha*, *Visarpa*, *Shvitra Roga*.

13) **Dhava** – It possess *Pitta-kaphahar*, *Ruchya*, and *Deepan* properties.

14) **Arjun** – It has *Kaphapittahar*, *Hridya* and *Vrana-nashak* property.

15) **Tala** – having *Shukral*, *Brihan*, *Krimighna*, *Pitta-vatahar* properties.

16) **Shaka** – having *Kaphapittahar* and *Raktaprasadaka* properties.

17) **Naktamal** – having *Kandughna* and *Vishaghna* properties.

18) **Agaru** – having *Kaphapittahar*, *Twachya* and *Shirovirechaka* property.

## MEDICINAL USES

*Salsaradi gana bhavit Shilajeet* is an effective treatment for *Diabetes mellitus*.



According to one research study, it significantly decreased blood glucose level in diabetic patient. According to study *Salsaradi gana bhavita shilajeet* has better efficacy on symptoms of *Prabhuta mutrata* (Polyurea), *Avila mutrata*, *Trishnadhikya* (Polydipsia), *Kshudhadhikya* (Polyphagia), *Kara-pada-tala daha*, *Daurbalyata* (weakness) and *Pindikodwestana* (Cramps). This was found also effective in *Klaibya*. It increases Hb level and decreases serum cholesterol, serum creatinine, blood urea<sup>7</sup>. According to classical texts it is also useful in *Sharkara* and *Ashmari* (renal calculus) and enhance *Varna*, *Bala* and longevity of life.

## CONCLUSION

*Shilajeet* comes under the group of *Maharasa varga*. It is a herbomineral drug. *Salsaradi gana bhavit Shilajeet* is nothing but the *Rasayan kalpa* which has *Bhavana* of various herbs with different type of medicinal properties. *Bhavana* is a *Samskara* i.e. it induces new properties or enhances the original properties of main drug, hence decoction of *Salsaradi dravya* enhance the original properties of *Shilajeet*. The ingredients of *Salsaradi gana* possesses majorly *Kashaya*, *Tikta rasa* and *Katu vipaka* which pacify the *Kapha dosha* and *Meda dhatu*. *Kapha* and *Meda dhatu*

are included in *Dushya Samgraha* of *Prameha*. Hence *Salsaradi gana bhavit Shilajeet* shows *Pramehaghna* as well as *medohar* properties.



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