



# SHILAJIT

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# RASAYANA

With The Quotes Like “Pashyem Sharadah Shatam, Jivem Sharadah Shatam” Vedas Advocate That Leading A Happy Life Is The Fundamental Duty Of Human Being. But In Present Day Scenario, Sedentary Lifestyle Habits Are The Cause Of Increase In Lifestyle Disorders. Rasayana Is The Measure Which Delays The Process Of Ageing Both Chronologically As Well As Qualitatively.

Rasayana Literally Is Ayana To Ras Of Life I.e. The Path To A Healthier And Happier Life. Among The Different Rasayana Dravyas, Shilajatu Has Been Given Very Much Importance In Ras Granthas As Well As Brihtrayi.



# THE STORY

As folklore would have it, shilajit, traditionally referred to as "The Destroyer of Weakness", was found by the ancestors of the langur monkeys. The story goes that the villagers of the Himalayan region observed these white monkeys prying at the cracks of the mountains to retrieve a black tar that was infused within the rock and gravel. During the summer months when the tar/rock was most accessible due to the heat, the monkeys would show up and gather it. Curiosity arose within the people making them ask, what made this substance so naturally attractive to these primates? What was the purpose? One thing led to the next and the observers began to harvest this organic attraction and unleashed its power.

**The rest is history!**



ORIGIN

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**Created from the slow decomposition of plant material over many centuries, deep in the rocks of high mountainous regions across the world.**

In essence Shilajit is a natural concentrate of plants of the regions of the Himalayas, and is found in the Himalayan ranges in India, Nepal, Pakistan, China, and Tibet. The flora of the Himalayas is rich and varied, and for thousand of years the plants have come to life, absorbed nutrients from the soil, and then died out. This is a process which has been repeated again and again countless times, and continued for millennia.

It is believed that Shilajit found in the Himalayas are the decomposed form of those plants, and the particular biosphere of the Himalayas created them and bestowed medicinal qualities to them.

### **EXUDES FROM THE ROCKS**

As it develops, it becomes a sticky, mineral-infused substance. Eventually, stimulated by the intense heat of summer, it seeps out through the rocks.



# SYNONYMS

**In Sanskrit Means: "conqueror of mountains and  
destroyer of weakness".**

In Sanskrit, it is also called Shilajatu, Shilaras, Adrija and Girija.

In Arabic arakul-dzhibol means 'sweat of mountains'.

Tibetan or Mongolian brag-shun or brag-zhun means  
'juice of rock'.

Burmese kao-tui or chao-tui implies 'blood of the mountains'.

Tamil language implies that it is the 'essence from the mountain'.

**Second-most common name in Russian being mumie, mumiyo or  
mum- miyo means 'mountain balsam' or 'mountain tears'**



## COMPOSITION

### **Trace Minerals, Organic Acids & Organic Compounds.**

One of the reasons that Shilajit is such a powerful healing substance is that it is packed with beneficial minerals, including silica, iron, calcium, copper, lithium, magnesium, manganese, phosphorous, sodium, and zinc. Not only is Shilajit rich in organic trace minerals (in this case, “organic” means plant-derived), but it also contains fulvic acid, humic acid, amino acids, and plant-based antioxidants.



# WHAT IT DOES FOR YOUR BODY ?

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### **Holistic Metabolism Support**

Shilajit provides a number of minerals, organic acids and other organic compounds that play relevant roles in body metabolism. Metabolism is a complex web of biochemical processes where the nutrients derived from ingested food are converted into forms that can be utilized by the body and eventually trigger most of the body's functions including those of the immune and nervous systems.

### **Bioavailability Enhancement**

Not only does Shilajit contain its own wealth of nutrients, some of the nutrients it has, such as fulvic acid improve the absorption and usage (bioavailability) of other consumed nutrients.

### **Rasayana**

In the Ayurvedic discipline, Rasayana refers to both the teaching of rejuvenation and a category of substances and protocols for vigour, vitality, and strength. Shilajit is considered a Rasayana supplement, an adaptogen. It has been used for millennia as an ancient tool to rebalance the body's inner energies and enhance overall wellbeing.



# FULVIC ACID

## The Elixir Of Life

Fulvic Acid is termed a Super Cell Conductor – it has the vital capability of realising the potential of all nutrients we consume. When minerals and trace elements from food come into contact with it, they are dissolved into a form that makes them more active and more available to the body. These minerals fuse with it and because of its molecular size, it has the ability to take these nutrients directly to all the cells of our bodies. Additionally, this compound makes the cells more permeable and receptive to these nutrients. Essentially, Fulvic Acid mobilizes food to become our medicine.

**“You can trace every sickness, every disease, and every ailment, ultimately to a mineral deficiency“.**



## IN AYURVEDA

### Yoga Vahi !

Shilajit includes four of the six Ayurvedic tastes—pungent, bitter, salty, and astringent—and carries a pungent, heating energy, or vrya. While it is considered balancing for all three doshas of Vata, Pitta, and Kapha, its gentle heating nature can become aggravating for pitta if used in excess.

Traditionally, Shilajit is known as yoga vahi—which means “joining carrier”—because of its ability to carry and drive nutrients deep into the body so they can work most effectively. As a yoga vahi, shilajit can be taken with other herbs and supplements to enhance their effectiveness.



# SOURCING & PURIFICATION



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## **Handpicked stones from highest reaches of Himalayas !**

Golden brown rocks from, which are rich in Fulvic Acid & Minerals, from the highest reaches of Himalayas i.e. 16,000 – 18,000 ft. above the sea level are handpicked during the month of summers.

These rocks are then purified and prepared according to traditional Ayurvedic methods to remove any impurities and ensure the Shilajit is safe for consumption. This method of purification involves a non-alcoholic extraction and filtration process using Triphala.

# Shodhana

## The Traditional Ayurvedic Way !

Shilajit being a natural exudation from rocks containing a large amount of contaminants like rock pieces, heavy metal ions, vegetable compounds, reactive free radicals, toxins and soil particles etc, which cause illness. Hence it is necessary to purify the Shilajit before using it for therapeutic purpose.

These rocks are the purified and prepared according to traditional Ayurvedic methods to remove any impurities and ensure the Shilajit is safe for consumption. This method of purification involves a non-alcoholic extraction and filtration process using Triphala.



# OUR SHILAJIT



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**Golden brown rocks from high altitude.**

**Made the traditional Ayurvedic way.**

**Purified to perfection.**

**Lab tested for purity & safety.**

**Highly Concentrated.**

**Rich in Fulvic Acid.**

**Sustainably sourced from locals.**

No low grade rocks.

No alcoholic extraction.

No high heat cooking & drying.

No fillers & additives.

No added color & adulteration.



BRAND IT YOUR WAY!



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## AVAILABLE FORMATS



Resin/Paste



Liquid Drops



Capsules



Tablets



Extract Powder



Gummies

\* Above formats can be supplied in bulk and customized packaging as per the requirements.

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