



DOSSIER · SUBSTANCE

Shilajit (Mumijo)

Shilajit is a resin from high mountains of Asia; a few, mostly small studies found more testosterone and muscle strength than with placebo.

1

STUDIES IN
TOTAL

1

IN HUMANS

0

OF WHICH
CONTROLLED

0

IN ANIMALS

0

IN THE LAB

Figures from the IHR study database · Last updated 2026-10-15

How to Read This Dossier

ESTABLISHED

measured in humans, with a comparison group

PLAUSIBLE

supported by mechanism, animal studies or observation

HYPOTHESIS

a likely connection that still needs to be tested

Shilajit (Mumijo) at a Glance

- In two randomized studies, testosterone in healthy men rose more with shilajit than with placebo ⁴¹¹.
- Standardized shilajit resin increased leg strength and muscle endurance in strength-trained men more than placebo ⁴.
- Purified resin lowered markers of oxidative stress in older people with hypertension, but not vascular stiffness ⁹.
- After surgically treated tibial fracture, bone healed faster with shilajit capsules than with placebo in a randomized study ³.
- Studies with combination preparations of shilajit and herbs or chromium do not allow conclusions about shilajit alone ²⁶⁸.

We evaluated 24 human studies on Shilajit (Mumijo), including 10 randomised controlled trials and 0 meta-analyses or systematic reviews; the controlled studies include 829 participants in total. As of 6 October 2026.

1. What Is Shilajit (Mumijo)? Occurrence, Origin and Forms

Shilajit is a dark, sticky, tar-like natural product that seeps from rock crevices in the high mountains of Asia. In Ayurvedic tradition it is regarded as a strengthening tonic (rasayana) and is traditionally taken as a resin dissolved in warm water or milk. Its characteristic constituents are considered to be fulvic acid and minerals.

It occurs in rock crevices and caves of high mountain ranges, among them the Himalayas, the Altai and the Caucasus. It is traded worldwide as a food supplement in resin, powder and capsule form.

The resin is collected by hand from rock crevices; for sale it is usually dissolved in water, heated and filtered, which yields a purified resin. Studies mostly use purified resin as well as powders, capsules and standardised extracts made from it.

Forms and Preparations Studied

- Raw resin as collected from rock crevices
 - Purified resin, dissolved in water, heated and filtered
 - Powder and granules
 - Capsules and tablets
 - Standardised extract with a declared fulvic acid content
 - Liquid preparation, for example as drops or a solution
- Not covered on this page:
- Isolated fulvic acid products that are not derived from shilajit
 - Multi-ingredient formulations of shilajit with other herbs or vitamins; they count as a mixture, not as shilajit alone
 - Asphalt, pitch and other bituminous natural substances from other regions that are traded as substitutes
 - Mineral and trace element products offered as a substitute for shilajit

2. What Does Shilajit (Mumijo) Do? Results by Area

AREA	RESULT IN CONTROLLED STUDIES	STRENGTH OF EVIDENCE	STUDIES	PARTICIPANTS
Skin and connective tissue	mostly improved	moderate	0 meta-analyses · 3 controlled · 1 other	98
Testosterone and male fertility	mostly improved	moderate	0 meta-analyses · 2 controlled · 2 other	100
Muscle strength, fatigue and recovery	mostly improved	moderate	0 meta-analyses · 2 controlled · 3 other	163
Heart, blood vessels and metabolism	mostly improved	low	0 meta-analyses · 1 controlled · 5 other	60
Bone healing	mostly improved	low	0 meta-analyses · 1 controlled · 1 other	160
Cognitive function	reviews only	unclear	0 meta-analyses · 0 controlled · 1 other	0
Other investigations	mostly improved	low	0 meta-analyses · 1 controlled · 7 other	53

How to read the table: counted are human studies whose results concern the area. "High" means at least one meta-analysis and two controlled studies showing improvement, or at least three controlled studies of which three quarters show improvement, with at least 300 participants in total. "Moderate" means at least two controlled studies showing improvement, as a majority, or one meta-analysis alongside controlled studies. "Low" means one controlled study showing improvement. Where an area has no controlled study, the strength of evidence is at most "low" (result "reviews only" or "observational data

only”). Everything else is “unclear”. A study counts as showing improvement when at least half of its outcomes in this area improved. Reviews of combination products do not count as meta-analyses; results that only describe side effects or shares of users do not count as an effect. The same study is counted only once.

3. What the Studies Show in Detail

Shilajit (Mumijo), Skin and Connective Tissue: Human Studies

In young, recreationally active men, a marker of collagen formation increased with both shilajit doses, but not with placebo ¹⁰. With the higher dose, more participants exceeded a threshold considered meaningful than with placebo ¹⁰. In another study, a marker of collagen breakdown decreased with the higher dose, again only in a subgroup ⁷. In healthy middle-aged women, the higher dose improved skin blood flow compared with placebo ¹³. Visible skin changes were not a measured outcome in these studies.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁷ Joshua et al. 2019	randomised controlled · 63 participants	PrimaVie® Shilajit; 250 mg/day (low) or 500 mg/day (high); 8 weeks; vs. Placebo
¹⁰ Neltner et al. 2024	randomised controlled · 35 participants	Shilajit supplement (form not specified); 500 mg/day or 1000 mg/day; 8 weeks; vs. Placebo
¹³ Amitava et al. 2019	controlled	Oral shilajit supplement (form not stated); 125 or 250 mg twice daily; 14 weeks; vs. Placebo and baseline
²⁰ Dr. et al. 2025	review	Standardized Shilajit extracts (purified); 250-500 mg/day; vs. no uniform comparator; review of clinical and preclinical stu

Shilajit (Mumijo), Testosterone and Male Fertility: Human Studies

In healthy middle-aged men, total and free testosterone as well as DHEAS increased more under purified shilajit than under placebo ¹¹. LH and FSH remained unchanged ¹¹. In strength-trained men, standardized shilajit resin also increased testosterone more than placebo ⁴. Under shilajit gummies, testosterone and sexual response increased more than under placebo; in a second study, gummies of the same brand also contained ashwagandha and other herbs ⁵⁶. A systematic review classifies purified shilajit as possibly effective only in men with age-related testosterone deficiency ¹. Regarding fertility, the research found no controlled study.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹ Morgado et al. 2024	review	purified Shilajit extract (PrimaVie™); vs. placebo
⁴ Divya et al. 2026	randomised controlled · 100 participants	TruBIK™ Shilajit resin, standardised (≥60% fulvic acid, ≥10% shilarathenes™); 250 mg twice daily; 90 days; vs. placebo, v
¹¹ S et al. 2015	randomised controlled	Purified Shilajit; 250 mg twice daily; 90 days; vs. Placebo, randomised, double-blind
¹⁹ Ashif et al. 2025	review	Shilajit, purified, various preparations; well tolerated even at very high doses; several weeks continuously; vs. no comp

Shilajit (Mumijo), Muscle Strength, Fatigue and Recovery: Human Studies

In strength-trained men, standardized shilajit resin increased leg strength, muscular endurance and grip strength more than placebo ⁴. Muscle soreness and muscle damage markers also decreased more ⁴. Purified shilajit reduced strength loss after fatigue at the higher dose, but only in a subgroup ⁷. The lower dose did not differ from placebo ⁷. Mixtures with chromium or with ashwagandha and other herbs apply only to the respective mixture ²⁶. An open-label study without a control group showed similar courses, but is not conclusive ¹⁵.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁴ Divya et al. 2026	randomised controlled · 100 participants	TruBlk™ Shilajit resin, standardised (≥60% fulvic acid, ≥10% shilaramphenes™); 250 mg twice daily; 90 days; vs. placebo, dc
⁷ Joshua et al. 2019	randomised controlled · 63 participants	PrimaVie® Shilajit; 250 mg/day (low) or 500 mg/day (high); 8 weeks; vs. Placebo
¹⁵ Divya et al. 2026	study · 25 participants	TruBlk™ Shilajit Resin; 500 mg/day (250 mg twice daily); 28 days; vs. no control group (open-label single-arm)
²⁰ Dr. et al. 2025	review	Standardized Shilajit extracts (purified); 250-500 mg/day; vs. no uniform comparator; review of clinical and preclinical st
²³ Bucci et al. 2000	review	Shilajit or mummio, mentioned only

Shilajit (Mumijo), Heart, Blood Vessels and Metabolism: Human Studies

Purified resin lowered markers of oxidative stress, including oxidized LDL, in older people with hypertension more than the comparison group ⁹. Vascular stiffness and endothelial function, by contrast, did not change ⁹. A study with chromium, Phyllanthus emblica extract, and shilajit found only isolated, partly marginal advantages in overweight people, even with the plant extract alone ². An Ayurvedic formulation with shilajit and agnimantha lowered BMI and cholesterol more than another formulation; a placebo was lacking ⁸. How shilajit alone affects the heart and metabolism therefore remains open.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
⁹ Satish et al. 2023	randomised controlled · 60 participants	Shilajit (Asphaltum punjabianum), purified; 500 mg twice daily; 30 days; vs. antihypertensives only (open-label, parallel a
¹⁵ Divya et al. 2026	study · 25 participants	TruBlk™ Shilajit Resin; 500 mg/day (250 mg twice daily); 28 days; vs. no control group (open-label single-arm)
¹⁶ Singh et al. 2025	case report · 1 participants	Shilajatu Darvi Yoga (Shilajatu plus Daruharidra decoction); 5 mL twice daily with warm water, empty stomach; 3 months
¹⁸ Sharma et al. 2003	study	Shilajit; 2 g daily; 45 days
¹⁹ Ashif et al. 2025	review	Shilajit, purified, various preparations; well tolerated even at very high doses; several weeks continuously; vs. no compari
²¹ 2024	review	Shilajit, rock exudate containing fulvic acid and minerals

Shilajit (Mumijo) and Bone Healing: Human Studies

In a randomized study with 160 people operated on after a tibial fracture, the bone healed faster under shilajit capsules (Momiai) than under placebo ³. Further controlled studies on bone healing are lacking; the dose is shown in the table.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
³ Seyed et al. 2020	randomised controlled · 160 participants	Momiai (shilajit) capsules, 500 mg; two 500-mg capsules twice daily; 28 days; vs. placebo capsules

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹⁹ Ashif et al. 2025	review	Shilajit, purified, various preparations; well tolerated even at very high doses; several weeks continuously; vs. no compari

Shilajit (Mumijo) and Cognitive Function: Human Studies

Whether shilajit improves cognitive performance has not yet been tested in a comparative study; a review suggests benefits ¹⁹.

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON	R
¹⁹ Ashif et al. 2025	review	Shilajit, purified, various preparations; well tolerated even at very high doses; several weeks continuously; vs. no comparison, review	c

Shilajit (Mumijo): Further Outcomes in Studies

Under shilajit gummies, presumably an herbal mixture, fatigue and perceived stress decreased somewhat more than under placebo ⁵. In myofascial pain, the pain decreased markedly under shilajit as an add-on treatment, but there was no comparison group ¹⁴. In healthy women in a radiation-exposed area, low platelet counts rose toward the normal range under mumijo; the study was not randomized ¹².

STUDY	DESIGN · PARTICIPANTS	PREPARATION · DOSE · DURATION · COMPARISON
¹² P.G. et al. 2023	controlled · 53 participants	biologically active supplement (BAD) mumijo; once daily; 30 days; vs. control group without mumijo
¹⁴ Darshan et al. 2026	study · 80 participants	Native Himalayan Shilajit, open-label single arm, add-on therapy; 250 mg daily; 49 days; vs. no control group (single arm)
¹⁶ Singh et al. 2025	case report · 1 participants	Shilajatu Darvi Yoga (Shilajatu plus Daruharidra decoction); 5 mL twice daily with warm water, empty stomach; 3 months
¹⁷ Francesca et al. 2019	case report · 1 participants	Shilajit (Ayurvedic drug)
¹⁸ Sharma et al. 2003	study	Shilajit; 2 g daily; 45 days
¹⁹ Ashif et al. 2025	review	Shilajit, purified, various preparations; well tolerated even at very high doses; several weeks continuously; vs. no comparison, revie
²¹ 2024	review	Shilajit, rock exudate containing fulvic acid and minerals
²² R. et al. 2020	review	Shilajit with Triphala Kwath

4. How Is Shilajit (Mumijo) Dosed? Preparation, Dose and Duration in Studies

Purified or standardized shilajit resin, powder, capsules, and gummies were tested. Some investigations used combination preparations of shilajit with other ingredients such as chromium, Phyllanthus emblica, ashwagandha, ginger, black pepper, Mucuna pruriens, akarkara, or agnimantha. The doses and durations of intake are shown in the table.

PREPARATION OR FORM	DOSE	DURATION	STUDY
Chromium, Phyllanthus emblica and Shilajit (mixture)	400 µg Cr + 6 mg PE + 6 mg SJ or 800 µg Cr + 12 mg PE + 12 mg SJ daily	12 weeks	²
Momiaï (shilajit) capsules, 500 mg	two 500-mg capsules twice daily	28 days	³
TruBlk™ Shilajit resin, standardised (≥60% fulvic acid, ≥10% shilarathenes™)	250 mg twice daily	90 days	⁴
ShilAbsorb™ gummies (Shilajit)	—	90 days	⁵
ShilAbsorb™ gummies (Shilajit plus five other ingredients)	two gummies daily	60 days	⁶

PREPARATION OR FORM	DOSE	DURATION	STUDY
PrimaVie® Shilajit	250 mg/day (low) or 500 mg/day (high)	8 weeks	7
Agnimantha Shilajit Yoga (AS), multi-ingredient formulation containing Shilajit	0.5 g twice daily	—	8
Shilajit (Asphaltum punjabianum), purified	500 mg twice daily	30 days	9
Shilajit supplement (form not specified)	500 mg/day or 1000 mg/day	8 weeks	10
Purified Shilajit	250 mg twice daily	90 days	11
biologically active supplement (BAD) mumijo	once daily	30 days	12
Oral shilajit supplement (form not stated)	125 or 250 mg twice daily	14 weeks	13

5. Is Shilajit (Mumijo) Safe? Side Effects in Studies

In the studies, shilajit was predominantly well tolerated; side effects were no more frequent than with placebo [34](#). Gastric irritation was reported occasionally [14](#), and in one case shilajit is named as a cofactor of exercise-induced anaphylaxis [17](#).

STUDY	REPORTED SIDE EFFECTS
3 Seyed et al. 2020	no significant difference between groups (p = 0.839)
4 Divya et al. 2026	no adverse events in the active group
5 Darshani et al. 2025	No adverse events reported
6 Darshani et al. 2025	safety assessed as outcome, no data in abstract
13 Amitava et al. 2019	No reported adverse effects over 14 weeks
14 Darshan et al. 2026	One Grade 2 event (gastrointestinal irritation, day 28, resolved); no serious events
15 Divya et al. 2026	no serious adverse events; safety labs within normal limits
16 Singh et al. 2025	no reported side effects
17 Francesca et al. 2019	Exercise-induced anaphylaxis with Shilajit as cofactor
19 Ashif et al. 2025	well tolerated; constipation/kidney stones disproven
20 Dr. et al. 2025	described as safe and effective
21 2024	Safety and fewer side effects affirmed

6. What Remains Open: Limits of the Evidence

- Most studies are small and short; long-term data are lacking. Several studies tested brand-name products from individual suppliers; their results do not readily apply to other shilajit products.
- Many findings come from combination preparations and cannot be attributed to shilajit alone.
- The different forms — raw resin, purified resin, standardized extract, powder — are not interchangeable, and controlled data are lacking for some forms.
- The participants were predominantly healthy men; there are only isolated controlled studies on women and people with complaints.
- For cognitive function and bone healing, few or no controlled studies are available.

7. Bottom Line: What Is Established About Shilajit (Mumijo)

In Ayurvedic tradition, shilajit is listed as a rasayana and is traditionally taken as a resin dissolved in warm water or milk. Individual randomized studies found higher testosterone levels, more muscle strength, and less oxidative stress with shilajit than with placebo. These findings come from purified or standardized resin; raw resin and liquid preparations have hardly been tested in controlled studies. Several studies investigated combination preparations; their results apply only to the respective mixture, not to shilajit alone. Tolerability was predominantly good in the studies, but the strength of evidence is limited by small participant numbers, short duration, and different forms.

Frequently Asked Questions

How well has Shilajit (Mumijo) been studied in humans?

We evaluated 24 human studies on Shilajit (Mumijo), including 10 randomised controlled trials and 0 meta-analyses or systematic reviews; the controlled studies include 829 participants in total. As of 6 October 2026.

Does Shilajit (Mumijo) help with skin and connective tissue? What the studies show

We evaluated 3 controlled studies and one further study; the controlled studies include 98 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: moderate. Sources: [7101320](#)

Does Shilajit (Mumijo) help with testosterone and male fertility? What the studies show

We evaluated 2 controlled studies and 2 further studies; the controlled studies include 100 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: moderate. Sources: [141119](#)

Does Shilajit (Mumijo) help with muscle strength, fatigue and recovery? What the studies show

We evaluated 2 controlled studies and 3 further studies; the controlled studies include 163 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: moderate. Sources: [471520](#)

Does Shilajit (Mumijo) help with heart, blood vessels and metabolism? What the studies show

We evaluated one controlled study and 5 further studies; the controlled studies include 60 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: low. Sources: [9151618](#)

Does Shilajit (Mumijo) help with bone healing? What the studies show

We evaluated one controlled study and one further study; the controlled studies include 160 participants in total. Result of the controlled studies: mostly improved. Strength of evidence under our published rules: low. Sources: [319](#)

What is shilajit and how is it traditionally used?

Shilajit is a dark, viscous, tar-like natural product exuding from rock crevices in the high mountains of Asia. In Ayurvedic tradition, it is considered a rasayana and is traditionally taken as a resin dissolved in warm water or milk. Characteristic components are fulvic acid and minerals.

What effects on testosterone and fertility do studies in humans show?

In two randomized studies, testosterone in healthy men rose more with shilajit than with placebo [411](#).

Is there evidence for an effect on muscle strength and recovery?

Standardized shilajit resin increased leg strength, muscle endurance, and grip strength in strength-trained men more than placebo [4](#). Purified shilajit reduced strength loss after fatigue at the higher dose, but only in a subgroup [7](#). Two randomized controlled studies tested mixtures whose results apply only to the respective mixture [26](#).

How safe is shilajit?

In the studies, shilajit was predominantly well tolerated; side effects were no more frequent than with placebo [34](#). Gastric irritation was reported occasionally [14](#), and in one case shilajit is named as a cofactor of exercise-induced anaphylaxis [17](#).

Which forms of shilajit were investigated in the studies?

Purified or standardized shilajit resin, powder, capsules, and gummies were tested. Some investigations used combination preparations of shilajit with other ingredients such as chromium, Phyllanthus emblica, ashwagandha, ginger, black pepper, Mucuna pruriens, akarkara, or agnimantha. Raw resin and liquid preparations have hardly been studied in controlled trials.

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