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# Message: from the President of BioNatural Healing College (BNHC)



Greetings!

First and foremost, I am extremely thankful to Almighty God for granting me this opportunity to present the BioNatural Healing College (BNHC), BNHC E-Magazine to our dear readers. Also, I would like to thank you all, especially the dear readers who send us their valuable feedback and support. The information in this magazine is solely for educational purposes.

We hope this BNHC- E-Magazine will be useful to you based on the contribution and dedication of many other respected researchers and colleagues around the globe. Thanking and wish you all the best health and prosperous life.

Best regards,

Dr. Nadir Sidiqi Ph.D.



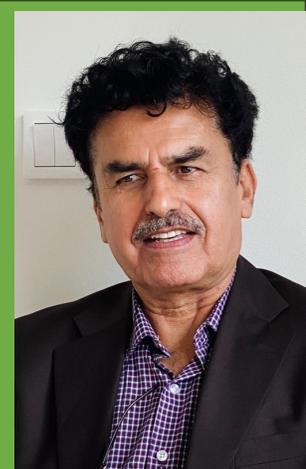
# BioNatural Healing College

## **BioNatural Healing College Stands on Seven Core Pillar Foundations as follows:**

1. All living organisms are made from the water this beautiful connection, connects us to praise the Creator of Creation for the provision of feeding, fueling, and healing to humanity.
2. No harm to public health and environmental health (Biodiversity) including pollinators, surface water, groundwater, soil, and air.
3. A series of complex chains involved with food production from the field to the mouth of the human body desperately needs scientific research to maximize healthy nutritionally food production and end malnutrition and food insecurity.
4. Harmful pests such as insects, and pathogens causing to human and plant health and loss of economic problems. BioNatural chemicals from plants, microorganisms, and ocean-living organisms exist and need further research to discover along with safety to utilize for the health improvement of humans as well as BioNatural Pest Management (insects, fungi, bacteria, various, nematodes, weeds, rodents, etc.).
5. Listen, love, appreciate, and respect with deep conscience and subconscious the connection between the genes of your body and beautifully ecologically in sense of feeling, feeding, fueling, and healing.
6. The brilliant human mind can irrigate with balance drinking clean water as a whole-body system to detoxify the toxicant from their body systems as well as to detoxify the soil, water, and environment from harmful chemicals, particularly pesticides through collaboration, and dedication from the individual, family, community, and scientific community locally and globally.
7. BioNatural Healing College provides a high-quality science base foundation through online education to fit and accommodate the needs of each prospective student for the sustainability and prosperity of his or her own, family, community, and humanity.

# Afghanistan's Momlai: A Natural Remedy in Health Improvement

By: Mr. Gada Mohd Anas M.S.  
(Student of Herbal Science & Master Herbalist Diploma)  
At BNHC



**Introduction:** Mumlai/Momlai or Shelajit is one of the Natural healing medicines used in Afghanistan with a long history back to the Avicenna known in the West (Abu Ali Sina) time. This unique healing medicine has other names well as Momlai: mummy, shilajit, Momlai, mountain sap, natural bitumen, Roman pitch, mineral bitumen, mountain pitch, sea pitch, Kafr Elihud, Faqr Elihud, mineral asphalt, waxy (MUMY) And it is mummy. The word mummy is Greek, it is a chemical substance that comes out in a very small amount from the cracks of the mountain rocks in some parts of the earth. According to history, the brilliant Balkh Afghanistan and Central Asia Avicenna recognized this healing medicine and recommended the treatment of different illnesses and diseases of that time.

**Source of Momlai:** It is a magical natural medicine( people believed) that has a brown to black color secreted from rocks in the high altitude area of Badakhshan province, Afghanistan, and also in other areas of the world especially the Himalayan Mountains. The secreted asphalt, in the beginning, has light brown color as liquid secreted from the cracks of rocks as it flows and drops on the soil and mixes with gravel and soil. Within passing days the color changes becoming dark brown to a black color and After a few months, even years changes to hard and solid stone type stuff.

The secreted asphalt in low altitude areas when it is sacred from rocks eaten by insects, birds, and wild animals but in those high altitude rocks secreted asphalt remains saved, so the hunters and herbs collectors can be reached to those rocks and collect Momlai mixed with soil and gravel and bring it home for cleaning and filtration.

In Badakhshan province, Afghanistan where I grew up, it is a good source of income for some local villagers. Mumlai can be found in all parts of the high-altitude area of Badakhshan province but commonly come to market from Zibak , Ishkashem, sheghnan, Darwaz, Koran, and Yomgan districts. Due to high demand, adulteration is also going on which produces low-quality Momlai and the effectiveness of this valuable healing medicine coming down year by year from inside and outside Afghanistan. As I harvested this medicine from the rocks it looks like the rocks liquid secreted from the deep rocks cracks. I am sure the roots of plants penetrated the rock for long years and melted or fermented the roots with rocks and came out as a liquid Momlai. In those areas also a plant by the name of Shekastaband (local name) also grows in those altitude areas which have deep roots and the fragrance of those plants is similar to Momlai. Momlai. Shekastaband herb is also used for the same purposes but the excreted liquid from rocks has more effectiveness than the original plant. People boil Shekastaband leaves and stems and make Shekastaband Momlai too.

Shekastaband local name(Ajhdom Bota). This plant growing in high altitude area look like snake inside the rocks and have a deep root system.





Filtered and dried Momlai



Broken down as TBT



Prepared as Tablet

**Identification of real Momlai:** The best type of Momlai is dark brown in color and tends to be black, smooth, shiny, and soft and does not have a bad smell and is not mixed with dust or sand. Momlai's medicine can remain for forty years without changes.

Natural processes over hundreds of thousands of years produce high-quality Momlai in a few of the world's oldest mountain ranges from organic matter at extremely high altitudes. Therefore, harvesting of Momlai is difficult and has a short time because of Altitude and cold season conditions. As a result, some people mistake Shilajit for mineral pitch, asphaltum, ozokerite, or even a petroleum-based product similar to mineral oil, but it's none of those things.

Momlai (Shelajit) differs from the above-mentioned substances in that it is made from natural carbon and contains an impressive list of organically derived elements, as opposed to being entirely made up of inorganic materials. Momlai is similar to other humic substances found in soil because it contains about 60-80 percent humus; however, after thousands of years and under exact conditions found at high altitudes, these substances undergo a profound change, transforming into the wonderful pure product ready for human consumption that we all know today.

Beneficial plant alkaloids, amino acids, healthy fat, resins, waxes, and many other natural compounds with beneficial health effects make up the rest of Shilajit that isn't made up of humic and fulvic acids.

## **Real and pure Momolai recognition test:**

If you hold it in your hand, it should soften soon. (like pure beeswax) and smeared on the hand. In nature, animals that are injured or are injured heal themselves as quickly as possible by massaging the injured part with wax boiled from the heart of the mountain and also by eating it. The miracle effects of this natural medicine have been seen in hunted animals in the mountains of the beautiful provinces of Badakhshan, Kunar, and Nooristan by local residents. **Composition of Momlai (Shelajet)**

Momlai consists of 60-80% organic matter, 20-40% mineral matter, and 5% of trace elements. Several reports and scientific data suggest that it contains around 80 bio-active components including fatty acids, benzoic acid, hippuric acid, resin and waxy materials, albuminoids, gums, and vegetable matter.

## **Momlai composed from:**

Albumen, Alumina, Amino acids (cysteine, Lysine, Alanine, Histidine, Arginine, aspartic acid, lysine, glutamic acid, Serine, Tyrosine, Threonine, Proline, Methionine, leucine, valine) Barium, Benzoic, and fatty acids, Beryllium, Bismuth, Calcium, Carbon, Chromium, Cobalt, Copper, Dibenzo-alpha-pyrones, Gallium, Gold, Hippuric acid, Humic and fulvic acids, Hydro-oxidized primary and secondary amide peptide bonds, Iron, Lead, Magnesium, Manganese, Molybdenum, Nickel, Phenolic steroids and pregnane steroids, Phospholipids, Phosphoric anhydride, Potassium, Resins, plant remains, Silicate groups of silicon dioxide, Silver, Small quantities of strontium oxide, Sodium, Sulfur, Tin, Titanium, Vanadium, Wax, and Zinc. This list of elements is roughly the same across all types of Shilajit, with slight differences in the ratios of each depending on the geographical origin.

Momlai or Shilajit from the Caucasus Mountains, for example, contains more iron, copper, and manganese than Central Asian varieties. In the Himalayas, four types of Shilajit have been studied, primarily based on their nutrient ratios: red (gold), blue (copper), white (silver), and black (iron). The colors refer to the color of the ores in and around which the Momlai is found, with fractionally more of that mineral present in the Momlai (eg. red Shilajit comprises a bit of bit extra gold than different varieties). Scientists have spent a significant amount of time testing various types of Shilajit to see if this mineral content material has any distinct advantages. Some of the outcomes are perplexing, particularly amongst various teams of Indian scientists, each of whom appears to have a strong opinion about which one is the best. In Afghanistan unfortunately no proper research and laboratory tests were conducted. Fortunately, the vast majority of these trials conducted throughout Asia have demonstrated that each Shilajit provides nearly identical positive health results. Low altitudes, heat exposure, and poor preservation are the only exceptions to this understanding, all of which reduce efficiency.

### **Usage and preparation**

Momlai is prepared from secreted asphalt rock through the following steps:

- 1- Cleaning Mumlai from soil and gravel
- 2- Putting Momlai in a big pot and boil with water Filtering Momlai liquid with a cloth sieve to remove soil, sand, and dust
3. Mix, boil, stir, and filter the liquid several times commonly seven times by increasing the layer of filter cloths to remove all the dirt each time.

4- After making sure Momlai is cleaned boil the liquid in slow heat to evaporate the water and make it as a past.

According to local people from 8kg Mixed Momlai, they are making 2 kg filtered and cleaned Momlai. When it changes to wax or honey-type liquid, it stops heating and collects the Momlai in small jars or bottles which should be easily usable. It should be clear that Momlai is a sticky past stuff it will become hard and hard by passing the time and become difficult to cut and use. It is different from the famous mummy that is abundant in Arabia used for making dead body mummy treatment to stop body decomposition. Momlai is secreted from rocks eaten naturally by insects (Bees and Ants) and wild animals like deer and rabbits. The hunters have seen the injured deer skipping from the hunted area and reaching Momlai rocks and start licking the Momlai rock to get treatment. They have also seen the injured deer get cured and after several years when they hunted the same deer, they found their injury and healing of bones due to licking Momlai medicine. Ants, other insects, and wild animals have been seen licking the Momlai secrets from rocks. Momlai is a rare and valuable medicine.

**Health benefits of Momlai:** Shilajit (Momlai) consists of several powerful substances including antioxidants and humic and fulvic acid. The plant contains over 80 minerals that support the body, and many have an incredible effect on a man's health. If you're a man, no matter where you live, you'll want to look into shilajit. Here are some of the popular health benefits of Momlai that will hopefully satisfy you:

**1. Help Manage Diabetes:** Those with diabetes may be interested to know that Momlai can help reduce blood glucose and lipid profiles in diabetes patients, particularly when taken along with diabetes medications. Momlai is the main ingredient in a supplement known as D-400, Diabecon, or GlucoCare. This supplement is designed to combine the most powerful Ayurvedic natural treatments into one pill. D-400 decreases blood glucose levels and shows the potential to repair damage to the pancreas caused by diabetes.(1), (2), (3). **2. Supports Fertility:** Research on 60 men suffering from infertility was given shilajit twice daily for 90 days. At the end of the trial period, sperm counts in the men improved by more than 60%, and sperm activity improved by 12% or more. This supports what Ayurvedic doctors have known for centuries. Any man dealing with infertility should consider this safe, natural alternative to address his condition. **3. Supports Skeletal Health:** Momlai may even improve the health of your skeletal system. There is initial evidence that it helps bones regenerate, protecting from and slowing the process of osteoporosis. In a study of obese patients published in the Journal of Medicinal Food, supplementation greatly improved the function and regeneration of skeletal muscles.(4), (5). **4. Promotes Testosterone Levels Naturally:** It does more than increase the number and health of a man's 'swimmers.' Men who take shilajit enjoy a boost to their testosterone levels, and a man needs higher testosterone levels to protect muscle tissue, keep fat off, and maintain a better overall mood and thinking. **5. Prevent and Protect from Cancer:** Interestingly, shilajit has been found to be poisonous to several of types of cancers, including lung, breast, colon, ovarian and liver cancer. Some researchers attribute its toxicity to these cancers to the presence and combination of heavy metals in the substance, making it a potential natural cancer treatment.

Also related to cancer is the ability shilajit has to protect certain body systems from dangerous radiation damage. Research published in the Archives of Gynecology and Obstetrics found that it greatly protected ovaries from radiation-related damage.(6), (7).

**6. Enhances Performance:** Men who take Momlai have more energy and feel generally better. Researchers have determined shilajit acts at the cellular level to improve energy production at its source, the mitochondria. When your cells are nourished like this, you feel more awake, you recover faster, and you have what it takes to go that extra mile.

**7. Fights Inflammation and Viruses:** As part of a diet designed to fight disease-causing inflammation, you may want to consider using Momlai. Research finds that it's effective in healing and preventing gastric ulcers and reducing the inflammation related to them. Not only does it help alleviate inflammation, but it has "broad, yet specific" antiviral properties. One Italian lab study found significant antiviral activity against a number of herpes-related viruses and HRSV, a virus that causes respiratory tract infections, especially in children.(8), (9),(10).

**8. Protects the Heart:** A recent research using animal models tested how well Momlai protects the heart. The animals who received the herb showed less cardiovascular damage, with researchers concluding the effect must come from more than simply its antioxidant activity. 9.

**Supports Memory:** Increased testosterone levels play an important role in how well you think. But researchers have recognized a special effect created by small molecules called dibenzo-alpha-pyrones. These molecules prevent the breakdown of the brain chemicals needed for memory. Other studies report the fulvic acid in Momlai appears to help against some causes of Alzheimer's disease.

**10. Encourages Healthy Aging:** Studies report Momlai antioxidant activity protects against cellular damage, and it's this cellular damage that speeds the aging process in your heart, lungs, liver, and skin. The fulvic acid in Momlai offers antioxidants and minerals directly to cells where they're needed. This keeps them safe against free radical damage and accelerated aging.

**11. Slows Down Aging Process:** One of the primary benefits of Shilajit known to mankind is of its ability to slow down the aging process. There are many ways in which shilajit makes you look younger. It maintains a balanced ratio of calcium in the bones which makes you stronger. It is one natural antioxidant that comes with the goodness of more than 85 minerals in its ionic form. This, particularly, helps in keeping diseases at bay and also makes your immune system strong. The antioxidant activity of Momlai prevents cellular damage. The cellular damage is responsible for speeding up the aging process in your lungs, skin, liver, and heart. The fulvic acid-rich content of Momlai transfers antioxidants where they are needed the most, therefore keeping the body safe from free radical damage and speedy aging.

**12. Fights Ulcers:** Several researchers have claimed that Momlai helps to reduce ulcers with its anti-ulcerogenic activity. It effectively treats peptic ulcers as it contains fulvic acid and several other substances that help reduce acid and pepsin secretion. Pepsin is a kind of enzyme found in the stomach that splits protein into smaller parts to facilitate digestion. Momlai also increases the mucus barrier in the stomach which provides protection against the damage done by other digestive fluids. It also helps in healing digestive disorders like indigestion, constipation, and any other stomach problem that causes pain.

**13. Promotes Tissue Repair and Regeneration:** The incredible regenerative effects of Momlai have been recognized by several researchers over a period of time. It was often used as an anabolic agent for sports and military personnel as it helps in healing muscles and bone tissues. It has also been proved that Shilajit can protect neurons and also increase muscle mass after intense activity.

**14. Improves Memory Function:** Increased level of testosterone in the body plays an important role in improving your concentration and memory. But studies have shown that Momlai has a special effect on small molecules called dibenzo-alpha-pyrones. These molecules prevent the breakdown of the significant brain chemicals which are required for a sharp memory. Also, fulvic acid present in Momlai has depicted a positive effect against some causes of Alzheimer's disease.

**15. Helps Fight Depression:** In case you are suffering from hypertension or are on the edge of being trapped by depression, then it's time for you to start taking Momlai supplements. They boost that feeling of euphoria that helps in removing mental stress, depression, and mental fatigue that have become very common health disorders because of our chaotic daily lives. While this is just a sight of the many benefits of Momlai on the human body, there is a lot that you can experience and explore once you start including it in your daily diet. The process might take some time, but you can rely on the fact that the result will only be positive on your mind, body, and soul.

**16. Alzheimer's disease:** Shilajit with other nervine herbs helps in Alzheimer's disease. The above herbs and combinations also help patients with Alzheimer's disease under the same body type rules. These combinations prevent further changes in behavior and personality and treat all symptoms including anxiety, depression, delusions, mood swings, aggressiveness, and irritability. It needs to choose the right combination of herbs with Momlai for beneficial results. Other herbs may also help along with Momlai.

**17. Breathing Trouble:** Momlai does not have similar action as other herbs used for breathing troubles. It may not open the respiratory tract or provide instant relief in breathing difficulties.

It only works when a person has breathing difficulties due to physical weakness or frequent excessive physical effort. Momlai Shilajit provides strength to respiratory muscles and reduces weakness. It makes a person capable of physical exertion and reduces breathing troubles. It requires long-term use at least for 2 to 3 months to get these benefits. In asthmatic patients, it has similar benefits. It reduces the frequency of asthma attacks and helps in obstinate asthma cases. **18. Reduces Stress:** Momlai is categorized as an adaptogen, which means that it helps the body to better adapt and deal with all sorts of physical and mental stresses. From lowering symptoms of work-related stress to helping you to feel less anxious around environmental stressors (such as high altitudes if you have vertigo), Momlai works with your body to reduce resistance and enhance overall feelings of well-being. **19. Chronic Constipation:** Intestines become weak in chronic constipation. Due to this, peristaltic movements also decrease. Many patients continue taking laxatives, which adversely affects them and lead to chronic and stubborn constipation. In such type of constipation, the patient requires remedies, which strengthen the intestines, restore the natural peristaltic movements and improve bile secretion from the liver and gallbladder. Shilajit is also a liver tonic, but we do not know if it increases bile secretion from the liver. Further research is necessary on this topic. However, Momlai provides strength to the intestines and improves natural peristaltic movements, which help pass stool with ease. These effects become visible after two to three weeks of shilajit therapy. Momlai is also helpful in chronic cases of intestinal gas, flatulence, dull-type abdominal pain, and abdominal heaviness after meals. **20. Hangover Cure:** This miracle resin is helpful to prevent and neutralize those nasty hangovers. This is because of its powerful detoxifying properties which help to flush out waste products from the system.

If you plan on using shilajit for this purpose, we recommend taking a dose before you hit the town, and then another one when you wake up. Dissolve your Momlai (Shilajit) in warm water and blend it into green juice for a double whammy of the good stuff. **21. Boosts Brain Power:** Momlai consists of about 85 minerals and trace elements, shilajit is an intensely nourishing ‘live’ resin that provides the body with numerous of the nutrients that it needs to function optimally. Some users notice an increase in cognitive function, such as having improved memory and mental clarity, more focus, and increased concentration. This benefit, coupled with shilajit’s other health-enhancing properties may help to prevent certain cognitive diseases. **22. Enhances Libido:** Shilajit may not look that appetizing but it will be sure to help you to improve your libido the natural way. In Ayurvedic medicine, shilajit is supposed to enhance the production of ojas, ‘the vital nectar of life’ that is responsible for bringing clarity of mind, vitality, and healthy sexual function. **23. Immune Support:** With its anti-inflammatory properties and its ability to stimulate an immune response, Momlai is a powerful immune-boosting supplement. When the immune system is healthy, it becomes less susceptible to viruses, infections, and illnesses. **24. Chronic Dysmenorrhea or Pelvic Pain:** However, shilajit does not have antispasmodic action, but it provides strength to the uterus and pelvic floor in women. It helps prevent all uterine diseases including dysmenorrhea or chronic pelvic pain. It is effective only in chronic cases. In acute cases, patients require some other Ayurvedic remedies.

**25. Frequent Urination:** However, shilajit initially increases the frequency of urination, but it is only for a short period. After that, it corrects and restores the natural urination process, which helps combat frequent urination. **26. Infertility due to Oligospermia:** Shilajit treats oligospermia by increasing count and maintaining optimum health of the reproductive system. Due to this, it is more famous among men. It also has aphrodisiac action and becomes a crucial ingredient in all men’s supplements.

**27. High Blood Pressure in Alcoholism:** Everything in excess is bad. It is also applicable to heavy alcohol drinkers. Taking too much alcohol increases blood pressure or increases the risk of hypertension in the future. In case, blood pressure is raised due to excessive intake of alcohol, Momlia (Shilajit) or Chandraprabha Vati is a good remedy in this condition. **Recommended use amount of Momlai:** Broken bones or injury: Eating the size of one wheat of Momlai every morning before breakfast with a glass of milk is recommended. Treatment of stomach ulcers: half to an hour before breakfast and half to an hour before dinner, eat the amount of one wheat of Momlai with some water.

**Joint pains:** Use of Momlai oil. Massage the joints in such a way that the fat or oil does not remain on the surface of the skin.

**Treating bruises and injuries of the Muscle or flesh:** Eat the size of a grain of Momlai every morning before breakfast with a glass of milk. Also, the use of this miraculous substance is highly recommended by local Herbalists for those who suffer from respiratory problems, physical disabilities, and sexual disabilities. It treats severe strokes, stops gastric and duodenal bleeding, and stops bleeding from the lungs.

**How to prepare Momlai oil:** Mix 5 grams of Momlai in half a glass of hot water and add 100 grams of animal oil (cow oil or sheep oil) after it dissolves in water and put it on the heat. Once the water dries, the oil and Momlai will be mixed together. That oil is called Momlai oil used for the treatment of physical body pains and injuries.

**Frequent Urination:** For those who have frequent urination, dissolve a little Momlai in animal oil and mix it with a little honey. At night, mix about half a pea of Momlai with a spoonful of honey and a little water and eat it. **Body weakness:**

To treat general body weakness, dissolve Momlai in animal oil and massage the body with it. **To treat bruises:** Dissolve Momlai in camel hump oil and massage it 3 times a day.

**Those who have had a stroke:** Should use it according to method number 1 grain size for 7 days with a glass of milk

**Momlai Oil Messaging:** Mix the amount of two wheat grains with animal oil (cow oil) twice a week and eat it. It cures hemorrhoids.

**To treat diabetes (sugar):** The size of wheat grain should be dissolved in a tablespoon of water three times a day and drunk for a month. If you need to repeat the course after a five to ten-day break.

**Important point:** 1-The use of Momlai is not recommended for those who have high blood pressure, these people should use it with caution. Or use it together with an Aspirin 80 mg tablet. 2- High consumption of Momlai and more than three times a day will cause poisoning in the amount of two grains each time.

**Conclusion:** Momlai is a natural healing medicine that supports our body and heals diseases and unbalanced health problems. This is unique. Medicine needs more research and further development to get approval from High authorities to supply to the Market. Today there is a lot of fraud Momlai supplied and required to stop supplying fraud Momli and produce high-quality standard Momlai to treat problems, satisfy people, and control fraud and alteration.

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# BioNatural Healing College

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**Mission:** BioNatural Healing College is a non-profit public benefit institution that has tax-exempt status under the Internal Revenue Service, Section 501(c)(3) of the United States of America. Our goal is to offer a high-quality education a diploma program as well as holistic health and nutrition conferences, seminars, workshop, and continuing education. The focus of these educational programs is to offer healing and holistic nutrition science through online distance learning. These dynamic online education programs will provide diverse adult learners throughout the world the experience of enhancing their quality of life, their health, and their happiness.

**Vision:** The faculty, staff and management team of BioNatural Healing College are passionately committed to providing the best teaching possible in this field. We seek to encourage, motivate and explain the importance of this field to prospective students so that they may make an informed decision regarding enrollment. We seek an ultimate goal of satisfaction for the student based on responsibility, commitment, respect, awareness and sustainable education for society.

**Accreditation and Recognition:** BioNatural Healing College is based in California. It is an institution that has the goal to deliver on- demand online distance learning around the globe. This education is of high quality and vocational in nature. BioNatural Healing College is a legal business entity that has been approved to operate by the State of California's Bureau for Private Postsecondary Education that set forth in the educational code. BioNatural Healing College is not accredited by the United States Department of Education. BioNatural Healing College is a member of the American Holistic Health Association (AHHA).

