

# Review of: "Phyto-Therapeutic Potential and Pharmaceutical Impact of Shilajit (*Asphaltum punjabianum*): Current Research and Future Prospects"

C. K. Katiyar

**Potential competing interests:** No potential competing interests to declare.

The review article on Shilajit is exhaustive in nature, covering chemical and therapeutic aspects and also touching on pharmaceutical aspects of it. The authors have missed discussing the uncertain origin (botanical or mineral) of Shilajit; that is why they have used *Asphaltum punjabianum* as its scientific name. Shilajit is always used in Ayurveda after the Shodhan process by its treatment in a Triphala decoction and is then called "Shuddha Shilajit" or "Pure Shilajit," while actually it is fortified with Triphala.

Regarding Chemistry, the authors have discussed it in detail. We need to understand that chemistry is directly linked to the quality of the product. Authors would have done a great service to the industry by touching on the subject of its quality control and reviewing the methods of estimation of ingredients like fulvic and humic acids, besides benzopyrones.

Authors have provided multiple therapeutic uses of Shilajit, highlighting its pleural pharmacological profile. . A detailed description of the uses of Shilajit as per the Charak Samhita and Rasa Tarangini using the same Ayurvedic terminology would have added value to the article.

The first half of the review, up to page 10, is focused on Shilajit, the topic of the review, but in the second half, authors have digressed into discussing the nature and merits/demerits of polyherbal formulations and the use of metallic ingredients in Ayurvedic products, diluting the focus on Shilajit.

Few grammar mistakes have been noticed in the article, requiring their attention.

Overall, the review is quite thorough and informative. We hope the scientific community will make full use of it.