

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

Vinay Kumar Sharma¹

¹ National Institutes of Health

Potential competing interests: No potential competing interests to declare.

Phyto-Therapeutic Potential and Pharmaceutical Impact of Shilajit (Asphaltum punjabianam): Current Research and Future Prospects.

It is surprising that the journal didn't reject this article right away. This article is mostly non-scientific and full of unsubstantiated claims. They have written paragraphs about Indian mythologies (while they were not required in this article) which cannot be allowed in a scientific journal until they provide the proof.

"In classical literature, Lord Shiva described how the drug's origins sprang from the summertime heating of the mountains, which in turn released the extract known as Shilajit, which is Dhatu's exudate. Hindus believe that in the high-altitude Himalayan hills, there are Sadhus and Yogis who have been living and meditating for hundreds of years without ever becoming ill or elderly. Many people claim to have encountered these people. They consume what are known to be Shilajit ingredients, which enable them to endure severe weather conditions with little to no warm clothing and to stay youthful and energetic throughout. Shilajit is said to be the "Amrit" that Lord Shiva gave humanity, giving them endless youth and health. Charaka and Susruta claim that heat was produced and a significant amount of perspiration was made during the Samudra Manthan (ocean churning) event between Gods and Demons owing to friction. The gods regarded perspiration and nectar as divine substances. Shilajit (shila: mountain + jit: winner) is the term given to the divine medication that was given in little amounts to the mountains. However, the substance melted under the sun's rays and took on the appearance of lac or jatu. According to Ayurveda, Shilajit originated flowing from the mountains due to the intense heat of the sun"

They have cited the literature without matching their sentences, for example **"The Indian Ayurvedic and Siddha therapies offer two primary advantages: an improved quality of life and enhanced resistance to sickness. Shilajit, classified as a rasayana in these traditional systems, is believed to contribute to these benefits [5]."** While reference 5 is all about the structure of Asphaltum punjabianam and does not support the authors' claims 'Ghosal, S., Lal, J., Singh, S.K., 1991. The core structure of Shilajit humus. *Soil Biology and Biochemistry* 23, 673–680'.

This article should not be allowed to be published as it promotes non-scientific ideas and false claims are made at several places.

