

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

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Potential competing interests: No potential competing interests to declare.

The study highlights Shilajit's multifaceted advantages, such as its antioxidant properties and potential to enhance health results when combined with other herbal remedies (such as curcumin, ginseng, guduchi, or others). According to the study, shilajit may also be important in the creation of novel nutraceuticals that have both medicinal and nutritional properties. The study is justified and should provide important information that will aid in the creation of novel, more potent natural health solutions (such as supplements, functional foods, or even medical formulations). The abstract's all-encompassing strategy points to a bright future for fusing cutting-edge scientific research with conventional medical understanding.