

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 authors have nicely covered Shilajit, its phytotherapeutic, and pharmaceutical research. However, some aspects can further enhance the article for better readability.

1. Specify if any gaps or areas need further research in long-term safety and efficacy. While many benefits of Shilajit are reported, the exact biochemical and molecular mechanisms are not well-understood. Highlighted studies should aim to elucidate the pathways through which Shilajit exerts its therapeutic effects, particularly its antioxidant and anti-inflammatory properties.
2. There is variability in the composition of Shilajit depending on its geographical source and processing methods. The review should highlight standardized methods for the extraction and preparation of Shilajit to ensure consistent composition and quality.
3. Comparative studies should be reviewed to determine how Shilajit stacks up against existing treatments for various conditions, such as chronic fatigue, cognitive decline, and metabolic syndrome.
4. Please include the patents and products regarding Shilajit. Please include these references as justified due to their methodological and thematic relevance. They will enrich the manuscript by offering comparable frameworks and insights into the use of herbal medicines, specifically their biochemical and pharmacological impacts on lipid metabolism and inflammation.

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