**What is Salt in Bcrypt?**

* **Salt** is random data added to the password before hashing. It ensures that even if two users have the same password, their hashed passwords will be different.

**What Does 10 Mean?**

* The number 10 specifies the **cost factor** or the number of **salt rounds**.
* **Salt rounds** determine how many times the hashing algorithm is applied.
* A higher number means more rounds, making the hash more secure but also slower to generate.
* 10 is generally considered a good balance between security and performance.

In your code:

javascript

Copy code

userSchema.pre('save', function(next) {

this.password = bcrypt.hash(this.password, 10);

next();

});

* **this.password** is being hashed using 10 salt rounds, making it secure but not excessively slow.
* **next()** ensures that the middleware moves to the next step in the process once the password is hashed.

If you want more security, you can increase the number, but it will take longer to hash the password.