

Psyllium[®]

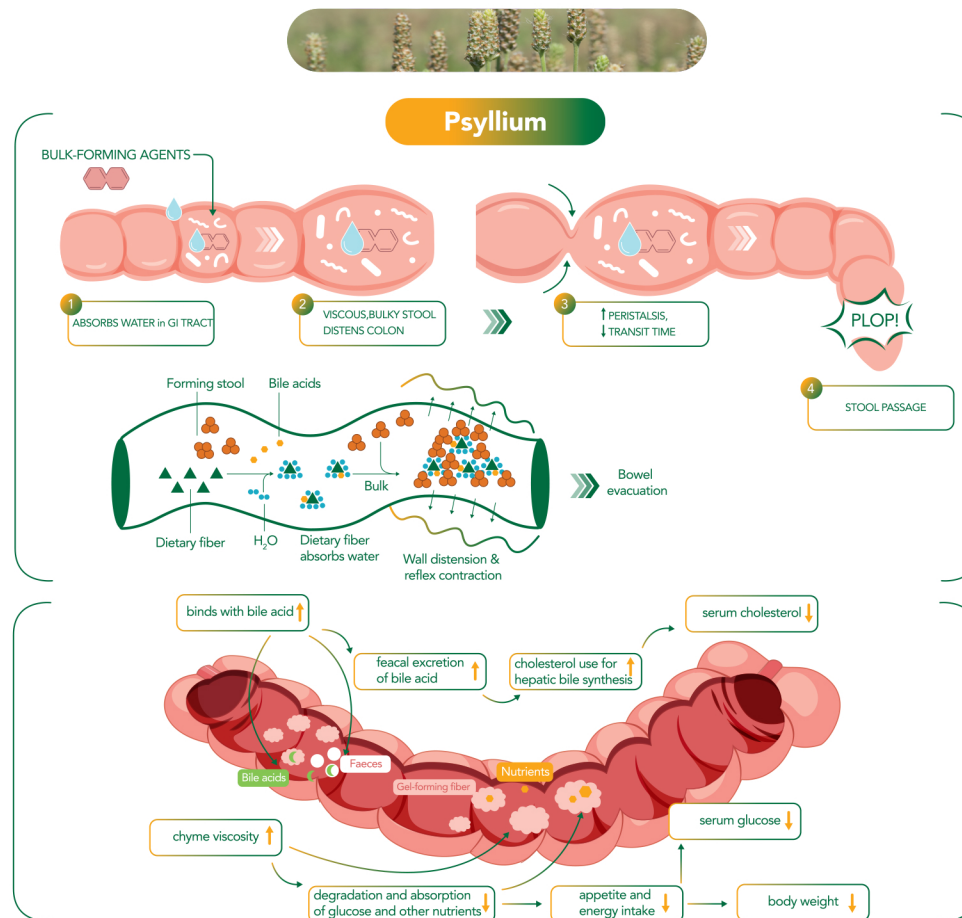
Herbal Bulk Laxative Granule

Pharmacologic actions:

The therapeutic effect of psyllium which is a bulk-forming herbal laxative is mediated by mucilaginous swelling that occurs in the seed husks. This swelling due to the absorption of water leads to an increase in the feces volume and therefore in bowel movements and ultimately facilitates defecation.

Weight Reduction: Psyllium may be a useful supplement in weight control diets as it decreases fat intake, and increases the subjective feeling of fullness. The herb exerts these actions by increasing the time for intestinal absorption by inhibition of pancreatic enzymes such as amylase.

References:
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 2) A. Endogan, S. S. C. Rao, D. Thiruvayaru, Y. Y. Lee, E. Coes Adame, J. Velestin and M. O'Benion, Randomised clinical trial: mixed soluble/insoluble fibre vs. psyllium for chronic constipation, *Aliment Pharmacol Ther.* 2016; 44, 35-44.
 3) M. H. Mahmood, N. Aziz, M. N. Ghayur and A. H. Gilani. Pharmacological Basis for the Medicinal Use of Psyllium Husk (*Isopogon*) in Constipation and Diarrhea, *Dig. Dis. Sci.*, 2011, 56, 1460-147.
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 5) British Pharmacopoeia. (2011), 3611.
 6) British Herbal Pharmacopoeia. (1983), 164-165.
 7) Commission E monographs – Blumenthal, (1998), 192-193.
 8) Martindale: The complete drug reference, thirty – sixth ed. (2009), 1737.
 9) PDR For Herbal Medicines, third ed. (2005), 657-662.
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Active ingredients:

Psyllium seeds and husk 4.2g

(Standardized by swelling index min 10 ml/g).

Indications:

Psyllium is used to treat a variety of constipations, including chronic constipation, constipation during pregnancy, Hemorrhoids & IBS (Irritable Bowel Syndrome).

Administration and Dosage:

- Adults: 3-1 times daily, 1 sachet should be taken in a glass of water, after 10 minutes.
- Children: (12-6 year): Half of adult dose.
- In case of taking other medicines, consult with a doctor or pharmacist.

Pregnancy and lactation:

Psyllium granule can safely be taken by pregnant and breastfeeding women.

Advantage:

- Herbal bulk laxative.
- Treatment of chronic constipation.
- Constipation during pregnancy Hemorrhoids and IBS (Irritable Bowel Syndrome).