

Isabgol (*Plantago ovata* Forssk.)

Family: Plantaginaceae

Vernacular Names: Hindi – Isabgol, Ashwagol; Sanskrit – Ashvagola, Ishadgola; Gujarati – Umto; Tamil – Iskol

Synonyms: Isabha, Visaphala

Ras Panchak:

Rasa: Madhura, Kashaya, Tikta

Guna: Snigdha, Guru, Picchila

Virya: Sheeta

Vipaka: Madhura

Prabhava: Grahi, Vrishya

Amayik Prayog: Vibandha – constipation, Pravahika – slimy dysentery, Raktatisara, Sotha – swelling, Mutrakriccha, Puyameha. Pacifies Vata by lubricating colon, cools Pitta.

Matra: Seeds/Husk: 5- 10 g. For constipation: 1 - 2 tablespoons powder with water twice daily. For Pravahika: 5 g seeds + sugarcandy 2 - 4 times/day.

Specific Formulation: Upnaha – poultice of seeds for rheumatic swelling. Seeds soaked in water + sugar for constipation.

Chemical Composition: Seed has amino acids – valine, alanine, glutamic acid, lysine; mucilage of xylose, arabinose, galacturonic acid, rhamnose; aucubin – antibacterial; seed coat has linoleic, oleic, palmitic acids. 70 - 80% soluble fibre, arabinoxylans.

