

Plantago Ovata or Isabgol

Latin Names: Plantago Ovata

English Name:

Sanskrit / Indian Name: Isabgol



Cure for: It contains natural fibers that are helpful in regulating bowel functions, curing constipation and motivating nutritional program of digestive system. According to Ayurveda the seeds are effective as laxative, demulcent and astringent, particularly in chronic colitis. It also helps to reduce risk of heart attack by decreasing serum cholesterol through proper excretion of bile acids. It also eliminates accumulated toxic, chemicals and excessive waste products from the body. It does not cause any side effect either used daily for long durations.