

Psyllium, Isabgol - seeds



1 packet contain upto 10gm seeds of "Isabgol"

Rating: Not Rated Yet

Price

145

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Description

Psyllium seed husks, also known as ispaghula, isabgol, or psyllium, are portions of the seeds of the plant *Plantago ovata*, (genus *Plantago*), a native of India, Bangladesh and Pakistan. They are hygroscopic, which allows them to expand and become mucilaginous.

Common name: Indian plantago, or isabgol

Color: white

Bloom time: may

Height: 30-45 cm.

Difficulty level: easy to grow

Planting & Care

Psyllium seed husks, also known as ispaghula, isabgol, or psyllium, are portions of the seeds of the plant *Plantago ovata*, (genus *Plantago*), a native of India, Bangladesh and Pakistan. They are hygroscopic, which allows them to expand and become mucilaginous.

Sunlight: Full Sun

Soil: well-drained soil

Water: Medium

Temperature: 30°C-35°C

Fertilizer: Apply any organic fertilizer

Care:

- Seed produced from P.
- ovata is known in trading circles as white or blonde psyllium, Indian plantago, or isabgol.
- Isabgol, (or Ispaghul in Pakistan) the common name in India for P.
- ovata, comes from the Persian words asp and gul, meaning "horse flower", which is descriptive of the shape of the seed.

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Harvesting: Harvest in Isabgol Cultivation:- Isabgol crop will be ready for harvesting in 5 to 6 months after sowing

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Special Feature:

The laxative properties of psyllium are attributed to the fiber absorbing water and subsequently softening the stool.

Use

Medicinal use:

- Seed produced from P.
- ovata is known in trading circles as white or blonde psyllium, Indian plantago, or isabgol.
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Note:

No serious insect or disease problems.

Reference:

<http://www.flowersofindia.net/risearch/search.php?query=Indian+plantago%2C+or+isabgol&stpos=0&stype=AND>