

## Psyllium, Isabgol - seeds - buy 1 get 1 free



1 packet contain upto 10gm seeds of "Isabgol"

Rating: Not Rated Yet

**Price**

Sales price R 150

Discount

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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

**Care:**

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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>

**Reviews**

There are yet no reviews for this product.