

PSYLLIUM



What is Psyllium?

Psyllium husk is derived from the seed of the plantago ovata plant. Psyllium is also known as ispaghula and isabgol. Isabgol comes from the Persian words *asb* and *ghol*, meaning "horse flower," which is descriptive of the shape of the seed.

India provides about 85 percent of the psyllium available in the world market, USA being the world's largest importer of psyllium husk. Some well known Psyllium brand names across the world are: *Metamucil, Fiberall, Bonvit, Konsyl, Modane Bulk Powder, Perdiem Fiber, Serutan, Siblan, Fybogel*.

Psyllium husk has a long history of use in traditional and herbal medicines in the Middle East, United States, Europe, India, and China.

Properties of Psyllium Husk

- High Affinity to Water
- Non-habit forming
- Non-Toxic
- Chemically inert, purely mechanical action (not assimilated by the body)
- Completely Natural



Benefits & Applications of Psyllium

Clinical studies have shown that, taken daily, 7 grams of soluble fiber from Psyllium husk may help reduce heart disease risk by lowering cholesterol. *Because of its high content of soluble fiber of almost 70%, the US FDA has approved its use as a supplement effective in reducing the risk of heart disease by lowering total cholesterol and low density lipoprotein or LDL (bad cholesterol) levels.*

Termed a 'true' dietary fiber, Psyllium is not digested by action in the small intestine. The purely mechanical action of Psyllium mucilage absorbs excess water while stimulating normal bowel elimination. In the USA, Psyllium husk is most often used as a bulk-fiber laxative, in foods or in various fiber supplements because of its water-holding properties. (Other fibers that belong to the class of bulk-forming fibers are cellulose, methylcellulose, carboxymethylcellulose sodium, karaya, malt soup extract, polycarbophil, and wheat bran). In fact, Psyllium is a source of both soluble and insoluble fiber. It can be called a neutral natural fibre as it is used in both dysentery and diarrhea.

Pharmacological Actions & Uses

Laxative, Demulcent, Expectorant, Emollient and Astringent. Used in the treatment of Chronic constipation, Colitis, Diarrhea, Dysentery, Arthritis, Cystitis, Ulcers, Gastritis, Blood cholesterol LDL level, High triglycerides, Irritable bowel syndrome.

Commercial Applications

- Used to improve fibre content as well as the bulk in breads, biscuits, jams, instant noodles, breakfast cereals etc.
- Used as a thickener and stabilizer in ice creams and frozen desserts. 1.5% weight/volume ratio of Psyllium mucilage exhibits binding properties that are superior to a 10% weight/volume ratio of starch mucilage.
- Used in health drinks, beverages, chocolates, horse-feed, cosmetics etc.
- Psyllium may also be added to fresh fruit drinks and flavored drinks to improve the smoothness and impart richness and good consistency.
- Industrial Grade Kha Kha powder (by product) is used as animal feed (horse-feed in particular), in veterinary medicines, as thickening agent during capsule formulation and in preventing soil erosion.

Hydrochem Products (India) Pvt. Ltd.

Head Office: 20B, British Indian Street, 3rd floor, Suit- 3B. Kolkata- 700 069.INDIA.
Tel- 91-33-2248-4792. Fax: 91-33-2248-5860. E mail: info@hydrochem.in www.hydrochem.in
Works: E-41C, RIICO Indl. Area Khushkhera, Bhiwadi Dist. Alwar (Rajasthan).INDIA