

ISABGOL

Botanical Name: Plantago agade ovato

Common Name: Isabgol [Poaceae]

Family: Plantaginaceae

Part Use: Seeds and Husk

Origin: The Isabgol plant native to Persia
Now India is a larger producer & exporter
of Isabgol in the world.

→ In many countries of the world like Pakistan, Persia, west Asia, Mediterranean region.

⇒ In India it is known as the cash crop

⇒ In Gujarat, Punjab, U.P., Bangalore

Botanical Characters:

⇒ Isabgol plant is a annual herb from grass family

⇒ Stem- erect, hollow, divided into node & internode, branched at base.

⇒ Leaf- simple, long, ribbon type, decussate, sessile, parallel venation

⇒ Inflorescence- spikelet

⇒ Seed- small and very light

Cultivation

⇒ Isabgol is a rabi crop in north India grow in november

⇒ Propagation by seeds

- ⇒ Seeds are small and light in weight. Therefore they are spread on the soil and covered with a thin layer of soil.
- ⇒ Germination starts after 10-12 days
- ⇒ It requires a cool climate with dry sunny weather
- ⇒ During ploughing farm manure and N, P, K urea is given at time of irrigation
- ⇒ Three irrigations apply 1st at the time of sowing 2nd after three weeks & 3rd at the time of flowering
- ⇒ Isabgol is a 4-5 month duration crop the yellowing of the lower leaves and colour of spikes to brown indicates maturity.
- ⇒ The crop is harvested close to ground in early morning hours to avoid seed shattering
- ⇒ The seeds are separated in grinder in mill
- ⇒ About 30% husk is obtained.

Chemical Composition:

- ⇒ Mucilaginous substance - It is a key component
- ⇒ Polysaccharide especially arabinoxylan which is a type of dietary fibre also contains mucilage, amino acid, fatty acid, & trace amount of other carbohydrates, proteins & ash.
- ⇒ Mucilage is responsible for its bulk forming property

Uses:

- i> Isabgol is also known as Psyllium husk is a dietary fibre
- ii> Isabgol is one of the most commonly used traditional homemade remedies for multiple purposes are following.
 - i> For digesting and constipation
 - ii> Isabgol husk has laxating effect it form bulk of stool, softening it and making it easier to pass
 - iii> It benefit for diabetic patient it slow down breakdown of glucose and glucose absorption and manage blood-glucose level.
 - iv> Weight loss - Isabgol husk is a dietary fibre it can slow down breakdown & absorption of glucose and reduce craving high calories food
 - v> Isabgol help in reducing of bad Cholesterol level and toxic substance
 - vi> It help in reducing cholesterol lowering blood pressure and reducing the risk of heart related diseases
 - vii> By its anti-inflammatory property it help in reducing inflammation of piles, it also helps in absorbing and retaining water.
 - viii> As with Alovera gel it help in managing pimples and skin care