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Isabgol (Pysillium husk): Nutritive Value and Uses

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Psyllium husk, also known as isabgol husk, is a natural polymer composed of the epidermal and adjacent tissues removed from the seeds of the plant *Plantago ovata* (*P. ispaghula* Roxb.). It contains both fiber and mucilage. Mucilage is a colorless gelling agent that can expand to up to 40 times its weight by absorbing water. Dietary fiber obtained from psyllium husk can be used in processed foods, as a food ingredient, and in pharmacological supplements.

Nutritional value of isabgol

Nutrient	Amount per 100g
Energy	274 kcal
Carbohydrates	78 gm
Dietary Fibre	71 gm
Protein	5 gm
Fat	6 gm
Saturated Fat	2.5 gm
Iron	50 mg
Sugar	30 gm
Sodium	50 mg
Potassium	800 mg
Magnesium	300 mg
Calcium	200

The common benefits of isabgol include the following

- Adds a protective layer to the stomach that helps to treat acidity
- Promotes the growth of healthy gut bacteria
- Rid the body of the toxin
- Increase digestion
- Balance cholesterol levels
- Balance sugar lavels
- Blood pressure lowers

Uses of the isabgol

Improving digestion, weight management, blood sugar control, and supporting heart health are all common benefits of isabgol.

1. **Cure Constipation:** Constipation is one of the most common digestive issues affecting people of all ages. A reliable and natural remedy for this condition is isabgol. Rich in dietary fiber, isabgol helps regulate bowel movements and may effectively relieve constipation.

2. **Treats Loose Motions:** Loose bowel movements, also known as diarrhea, can be caused by food poisoning or digestive disorders. It may seem counterintuitive that isabgol helps with both constipation and diarrhea—but it does. As mentioned earlier, isabgol is a water-absorbing substance. This property allows it to soften hard stools in cases of constipation, while also adding bulk to loose stools, helping to manage diarrhea.
3. **Heart health**: Isabgol promotes heart health and helps reduce the risk of cardiovascular problems. Rich in soluble fiber, it has been shown in studies that consuming 5–10 grams of soluble fiber daily can lower cholesterol levels by 5–10 points. Isabgol supports this process by aiding in the breakdown and absorption of bad cholesterol.
4. **Pregnancy:** Isabgol offers benefits for women during pregnancy and breastfeeding. It helps alleviate common gastric issues such as indigestion and constipation. However, since isabgol acts as a natural laxative, it should not be consumed alongside a high-fiber diet, as this combination may lead to loose motions.
5. **Diabetes:** In a study, isabgol was shown to help regulate blood sugar levels in diabetic patients. It not only lowers blood sugar levels but also enhances the absorption of anti-diabetic medications. According to research, a daily dose of 5 grams of isabgol taken twice a day may aid in controlling blood sugar levels in individuals with type 2 diabetes.
6. **Effect on hair:** It provides essential nutrients to the hair follicles, promoting hair growth. Additionally, psyllium husk supports overall hair health by helping eliminate harmful toxins from the body and improving digestion.
7. **Effect on skin**

- Assists in managing acne and blemishes
- Clears blocked pores
- Averts the formation of whiteheads and blackheads
- Alleviates inflammation
- Addresses skin irritations and insect stings

8. **Benefits on sperms health:** Nutrients are essential for maintaining sperm health and play a significant role in treating male infertility and low sperm count. They also contribute to enhancing libido. Isabgol is beneficial for male fertility, as it helps increase sperm count, thicken semen, and prolong the duration of orgasm. Additionally, it may assist in managing premature ejaculation.