Clinical efficacy of Aspagbol, Ispgbol (Plantago ovata forsk) in Chronic constipation, Chronic dysentery and bleeding piles.

DR. MD. ZAHIDIQBAL

EX-ASSOCIATE PROFESSOR (ILMULADVIAWA SAIDLA)

GOVT. TIBBICOLLAGE & HOSPITAL

KADAMKUAN, PATNA, BIHAR, INDIA

Abstract - Unani Tibb (Desi Tibb) is based upon the Greek Research ori medicinal plant. The Permanent Treatment of Chronic Constipation, and Chronic dysentery, and bleeding piles, by the Aspagbol seeds, and sabus aspagbol.

The essential constituent and principle, by the Ilmul advia pharmacology of unani medicine on classification of umooretabiyah.

Key words- Chronic Constipation and dysentery with bleeding piles of human being.

Introduction:- The, Aspagbol mosallam (Aspghol seeds) sabus Aspagbol (husk of aspagbol seeds). Is based upon the ancient greek Theory of Chronic Constipation, dysentery, and bleeding piles, The essential constituents and working principles of The digestive System of the body, according to unani-tibb can be classified into the Ilmuladvia, and umaortabiya or Seven main group of umooretabiya.

Types- According to the un:aru system of medicine, chronic constipation is only one type due to liver disorder, and chronic dysentery are two type, one is white dysentery and other is bacillary dysentery.

UnaniTibbName :- Aspghol, Bazre Qutuna
Botanical Name :- Phmta goovata Forsk
Family : Plana ginaceae
Synonymous : P. Ispaghul Roxb, Pdecumbens Forsk
English : Spogt, l.H bpliagulHusk
REGIONAL NAMES
Sanskrit: Ishadagola shalak Shnajira. Singdhabija
English: Spogel Husk
Urdu: Isabghul, aspaghol, Subus Isapghol, Ispaghul Husk
Hindi: Isabgol
Bangali: Eshopgol
Bombay: Isapghol
Deccan: Isapghol, Ispoghul
Marathi: Isobagola, Eeshvarbola
Persian: Isapgol, Isbaghol, Is sparzash, Shikam, Danda
Arabic: Bartang, Bazre Qutuna and Bazrekatima
Sindhi: Ispungur
Punjabi: Bartang, Isabghol

HABITAT:
This species is indigenous to Mediterranean Region and west_Asia. Globally distributed from west Asia, to West Pakistan. This herb is found in north west India, Punjab plain and low hills from the subtly west ward smdh and Baluchistan, North Gujrat, western Rajasthan, Utter Pradesh, Cultivated to small extant in west Bengal, Karnataka and Coromandal Coast and Tamilnado.

Period of Occurrence: Flowering occurs from November to January.

Description: A stemless or nearly stemless Softly hairy or woody annual leaves 7.5-23cm long Searcely. Reaching 6mm broad, narrowly linear, or fibiform finely acuminate entire or distantly toothed, attenuated at the base usually - 3 nerved seapes longer or shorter the1;1 the leavers, glabrous or pubescent.

Flower, inovoide or cylingric spikes 1.3-3.8cm long, bi'acts 4nrin long and about as broad as long, broadly ovate or Subordicular, concave membranous except the narrow midrib, Glabrous, Calyx 3mm long usually glabrous, sepals elliptic, obtuse, concave, scabrous, except the midrib1 which is as broad in the inner as in the outer; sepals, corolla lobes rounded 3mm long concave; obtuse apiculate, glabrous, capsules Smm long. The upper half coming of as a blunt co?cinal lead, membranous-glabrous, seeds 3mm longboat shaped; smoo th, yellow1 brown. (Indian MedicinalPlant Page No!"2039 to 2042)
Part Use - Seeds and Husk (Bhoosi) Subus aspaghol.

Part studied. Husk

Procedure and name of Collectlon.

Isubghul is Traditionally Cultivated in North Gujrat; Western Rajasthan and is cultivated in area of about 33600 hectares.

The Time of Collection.

The spikes are harvested the month of March to April when they turned_ harvesting is done in the early morning. When a little due is present which prevent seeds shedding. The material so collected is threshed and winnowed and then sieved repeatedly till the seed is clear.

The plant is self fertile, the plant prefers light, (sandy) medium and heavy, soile and required well drained or moist soile. It can not grow in shed prevention and storage. The seed so obtained are further cleaned, allowed to dry and then stored in air tight container in cool and dry places.

Morphology:-

Macroscopic-The seeds are albuminous long and 1-1.5mm wide smooth boat shaped and translucent. The are yellowish brown in colour. Usually with a pinkish tingle and the convex sid i shaving a faint brown streak.

Microscopic ..;: Transvers section of seeds is oval in out line while the longitudinal section is oblong, elliptical. The T.S. cut throw one end of the seeds shows and central core of radical surrounded by:indo sperm1 while, the-other and shows to flashy cotyledons, The structure of seeds coat is simple..

Medicinal action and uses:-

The planta goovata forsk Le. Ispghol husk temperation' is cold, 3° and moist 2° (degree).

The husk (sabus aspagol) ar coolirig 'demul ent, usefull in bilious derengements of the diegestive organs; applied as poultice tc{rh timatic and gouty swe lings good 'in dysente and Initiatort of the intestinal trac, decoction usefull incough and chronic arrhea, ( Indian medicin plant - Page No.-:2040).
Ispaghul husk has emulcent and diuretic properties and are generally used in the inflammatory condition of the mucous membrane of gastrointestinal and genitor urinary tract. They are generally given in the water of tender coconut. The husk were given in the form of an infusion in cases of specific urethritic and found to relieve.

Ispaghul husk is used in Ayurvedic unani and allopathic medicine due to its properties of absorbing and retaining high amount of water. It is specially used in diarrhoea, dysentery and chronic constipation and bleeding piles.

Therapeutic uses - It is used to cure zaheer (dysentery), Qabz (constipation, sual-e-yabis (dry cough) pleurisy (zatul janb and also bleeding piles.

**Important formulation (Safoof-e-teen)**

Dose - usually 1Ogram with water or soaked in water and after a4din sugar at bed time.

**Substitutes** - Behidana or Tukhme kanocha

**Correctives** - Honey.

**Reference : Bibliography**

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