



ASPAGHOL

Seed

The drug *Aspaghul* consists of mature dried seeds of *Plantago ovata* Forssk. (Plantaginaceae); the herb is found in North-West India, cultivated to a small extent in West Bengal, Karnataka and Coromandal coast. The plant occurs during winter season, lowering takes place during November to January while fruiting occurs during March - April.

- **Temperament:** Cold 3° Moist2?
- **Action(s):** Soothing agent (Musakkin), Resolvent (Mohallil), Laxative (Mulaiyin)
- **Therapeutic Use(s):** Dysentery(Zaheer), Constipation(Qabz), Dry Cough(Sual Yabis), Pleurisy(Zat-ul-Janb), Colic(Qulanj), Uvulitis (Waram-e-Luhath), Polyarthritis(Waja-ul-Mafasil)
- **Dose:** 4.5 - 7 g.
- **Important Formulation(s):** Habb-e-Sil, Qurs-e-Kafoor, Qurs-e-Munawwim Barid, Qurs-e-Sartan, Qurs-e-Shadnaj, Qurs-e-Tabasheer, Mulaiyin, Qurs-e-Ziabetus-Khaas, Shiyaf-e-Abyaz, Laooq-e-Behidana, Marham-e-Dakhilyun, Sufoof-e-Moya, Sufoof-e-Teen.