

## Role of *Isabgol* (Psyllium Husk) in the Management of *Qabs* (Constipation): A Systemic Review

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Constipation (*Qabs*) is a common gastrointestinal disorder characterized by infrequent and difficult bowel movements. In Unani system of medicine, *Isabgol* (Psyllium husk) obtained from the plant *Plantago ovata* seeds, is widely used for its *Mulayyin* (laxative) properties in managing *Qabs*. This systemic review aims to evaluate the role of *Isabgol* in the treatment of *Qabs* by examining contemporary scientific literature and traditional medicinal texts. A comprehensive search was conducted across various databases, including PubMed, Scopus, and Google Scholar, to identify relevant studies investigating the efficacy, safety, and mechanism of action of *Isabgol* in treating constipation. Search terms such as '*Isabgol*', 'Psyllium husk', '*Plantago ovata*' were combined with '*Qabs*', 'Constipation', and 'Bowel regularity' to retrieve articles published from 2014 to 2024. A total of 34 articles were filtered and reviewed. In the Unani system of medicine, *Isabgol* is used extensively for its various therapeutic actions such as a laxative, purgative, carminative, lubricant, diuretic, anti-inflammatory, anti-microbial, and analgesic agent. The findings indicate that, *Isabgol* effectively improves bowel regularity, stool consistency, and overall digestive health. It primarily works through its high fiber content, which increases stool bulk and promotes peristalsis. Additionally, *Isabgol* exhibits prebiotic properties, enhancing gut microbiota balance. This review also addresses potential side effects and contraindications, emphasizing the importance of proper dosage and administration. In conclusion, *Isabgol* is a valuable therapeutic agent for managing *Qabs*, providing a natural, safe, and effective alternative to conventional laxatives. Further clinical trials and pharmacological studies are recommended to substantiate these findings and explore additional benefits.

**Keywords:** *Constipation, Isabgol, Bowel Regularity, Psyllium Husk, Qabs*