

Plantago psyllium (Plantaginaceae)

Common name(s)

Riblah; Zaragatona; Psyllium; Karniyarik; Zibad

Use	Country/Region	Reference
Antidiarrheic	Elsewhere	ANON. 1978. List of Plants. Kyoto Herbal Garden, Pharmacognostic Research Lab., Central Research Division, Takeda Chem. Industries, Ltd., Ichijoji, Sakyoku, Kyoto, Japan.
Antitussive	Elsewhere	ANON. 1978. List of Plants. Kyoto Herbal Garden, Pharmacognostic Research Lab., Central Research Division, Takeda Chem. Industries, Ltd., Ichijoji, Sakyoku, Kyoto, Japan.
Cancer(Uterus)	Europe	Hartwell, J.L. 1967-71. Plants used against cancer. A survey. Lloydia 30-34.
Demulcent	Elsewhere	
Emollient	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Expectorant	Elsewhere	
Inflammation	Elsewhere	
Laxative	Mediterranean	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Laxative	Iraq	Al-Rawi, Ali. 1964. Medicinal Plants of Iraq. Tech. Bull. No. 15. Ministry of Agriculture, Directorate General of Agricultural Research Projects.
Laxative	Spain	Font Query, P. 1979. Plantas Medicinales el Dioscorides Renovado. Editorial Labor, S.A. Barcelona. 5th Ed.
Laxative	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Laxative	Elsewhere	
Purgative	Iraq	Al-Rawi, Ali. 1964. Medicinal Plants of Iraq. Tech. Bull. No. 15. Ministry of Agriculture, Directorate General of Agricultural Research Projects.
Rheumatism	Elsewhere	