Review Article

Psyllium Husk (*Plantago ovata*) as a Potent Hypocholesterolemic Agent in Animal, Human and Poultry

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Abstract

Medicinal plants have gained great popularity and their importance is realized world over. *Psyllium* (*Plantago ovata*) is a native plant of India. The hydrophilic mucilloid, water-soluble fiber derived from psyllium husk and seed had been used since ancient times as vital curative agent for constipation, mainly as a part of the traditional Indian Ayurvedic medicine. Psyllium is a rich source of fiber and has numerous other therapeutic impacts such as cholesterol lowering, antidiarrhoeal, laxative, antidiabetic, energy increasing, hemorrhoid remedy, soothing inflammation and weight loss agent. Psyllium husk plays a key role in lowering serum cholesterol, so psyllium is being considered as a potential supportive agent in the therapy of hyperlipidemia. The cholesterol level is lowered in different animal models by the binding of psyllium husk with bile acids in the small intestine and thus reducing its absorption. The husk of psyllium could be used as an additive in milk replacer of the neonatal dairy calves to improve the physiological functions and enhance the performance and health status. Psyllium may also has positive impacts in growth and productive performance of different poultry species. The main aim of this review was to discuss the role of psyllium in managing the hypercholesterolemia in humans and the application of psyllium husks a safe feed additive in poultry farming for the production of organic and low cholesterol designer egg and meat.

Key words: Psyllium, ispaghula, dietary fiber, hypocholesterolemic, poultry


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