

GastroLax

Ispaghula Husk, Ispaghula Seed and Tinnevelly Senna Pods

Presentation

Gastrolax Granules: Each sachet contains 0.11 g of Ispaghula Husk, 2.6 g of Ispaghula Seed and 0.62 g of Tinnevelly Senna Pods (Senna fruit extract).

Description

Gastrolax is a combination of Ispaghula Seed, Ispaghula Husk and Tinnevelly Senna Pods (Senna) specially designed to relieve acute constipation. Ispaghula Husk present in Gastrolax contains up to 70% of soluble and 30% of insoluble fibers and is capable of absorbing up to 40 times of water of its own weight. Thus, it acts as a bulking agent. It swells as it absorbs water in the bowel and the increased bulk in the bowel helps regulate bowel movement. Ispaghula Seed also helps relieve constipation. Senna is a stimulant laxative contains sennosides which stimulate the muscles that line our gut and relief constipation. Thus, this combination gives relief from acute constipation.

Indications & Uses

Gastrolax is indicated to treat constipation. Gastrolax is also used to maintain normal bowel action in bed-ridden patients. It can also help reduce pain when emptying the bowels of patients suffering from haemorrhoids (Piles).

Dosage and Administration

The usual dose for adults, the elderly and children over 12 years is one or two sachets once daily at night. Do not take it immediately before bedtime. Take the dose at least ½ to 1 hour before or after taking other medicines. Take the smallest dose to produce comfortable soft stools. Do not use for longer than 2 weeks unless your doctor suggest. The granules of the sachet should be stirred into a glass of water and taken as soon as possible. Take the residual portion (if any) with water. Drink about 5-10 glasses of fluid every day while you are taking this product.

Side-effects

Ispaghula Seed, Ispaghula Husk and Senna are generally safe. Some people may experience mild abdominal distension or flatulence, tummy pain and runny stools. Some may face itching and rash.

Contraindications

The drug is contraindicated if patients are allergic to it, in cases of intestinal obstruction and faecal impaction.

Precautions

Do not take this combination without water. Drink adequate amount of water while you are under therapy of this combination. Do not use for longer than 2 weeks unless your doctor suggests.

Use in Pregnancy & Lactation

If you are pregnant, it is best not to use Gastrolax during the first three months of pregnancy. Senna present in the Gastrolax may cause diarrhea in infants as it may pass through the breast milk. So better not to take this combination while breast feeding.

Drug Interactions

Ispaghula Husk, Ispaghula Seed and Senna may delay gastric emptying time and reduce the absorption of Calcium, Iron and Zinc. Therefore, other agents should be taken half to one hour before or a few hours after taking this drug.

Storage

Do not store above 30° C. Keep out of the reach of children. Protect from moisture and light.


Over dosage

Symptoms of Ispaghula Husk, Ispaghula Seed and Senna overdose may include abdominal discomfort, cramp, diarrhea and flatulence. In case of overdose patient should drink plenty of water.

Commercial Pack

Gastrolax Granules: Each box contains 20 sachets.

Manufactured by

 **Incepta Herbal & Nutricare Ltd**

Dhamrai, Dhaka, Bangladesh