



ESENCO

NATURAL SPECIALTY INGREDIENTS

introduce...



Plant extracts with laxative effects



The number of people suffering from chronic constipation is estimated to be between 3 and 5% of the adult population in occidental countries.

People over 55 years are more affected than younger adults.

A constipated person experiences difficulty in having a bowel movement and in evacuating it. The causes can be numerous: low-fiber diet, insufficient hydration, lack of sporting activity, stress, changes in lifestyle, etc.

In order to relieve these everyday ailments, there are plants with laxative benefits that can reduce constipation.

OUR PLANTS EXTRACTS WITH LAXATIVE EFFECTS, KNOWN AS BALLAST LAXATIVE EFFECT

Psyllium (*Plantago ovata*)

Psyllium (or ispaghul) is a plant which seeds are used as laxative. The seeds contain large quantities of mucilage, which have been proven to be non-irritating. The seed husks effectively relieve constipation thanks to their soluble fibres, which increase the volume and suppleness of the stools.

Tamarind (*Tamarindus indica*)

The pulp of the tamarind pods (fruit) is a mild and effective laxative used against intestinal disorders.

Pinar Kuru. Tamarindus indica and its health related effects. Asian pacific journal of tropical biomedicine. 2014 ; 4(9) ; 676-681

Reinout M. Havinga et al. Tamarindus indica L. : patterns of use in traditional African medicine. Journal of Ethnopharmacology 127 (2010) 573-588



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Triphala

Triphala is one of the most widely used remedies in India and in Ayurveda. It is a complex of three berries that are beneficial for rebalancing the internal functions and energies (the doshas): amalaki (*Embllica officinalis*), haritaki (*Terminalia Chebula*) and bibhitaki (*Terminalia Belerica*).

Triphala, a natural laxative that acts gently on intestinal transit. Triphala regenerates the colon and regulates digestion. It is also a source of natural vitamin C which has antioxidant and tonic effects.

Guggul (*Commiphora mukul*)

Guggul removes toxins from the body and promotes easy digestion of food. It has a mild laxative effect.




STIMULATING THE LIVER TO RELIEVE CONSTIPATION

Desmodium (*Desmodium adscendens*) and rosemary (*Rosmarinus officinalis* L.) do not have a direct laxative effect, but they do have an effect on the liver. Indeed, constipation can also be the result of biliary «sluggishness», particularly following an operation, a period of stress or an inflammatory episode. The use of rosemary or desmodium would help to alleviate these problems.





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