

# Laxisoft™

Ishobgul (*Plantago ovata*), Senna (*Cassia angustifolia*), Haritaki (*Terminalia chebula*), Sonali (*Cassia fistula*), Josthimodhu (*Glycyrrhiza glabra*), Mouri (*Foeniculum vulgare*)

**Composition:** Each **Laxisoft™** 5 gm powder in sachet contains Ishobgul (*Plantago ovata*) 2.0 gm, Senna (*Cassia angustifolia*) 0.75 gm, Haritaki (*Terminalia chebula*) 0.50 gm, Sonali (*Cassia fistula*) 0.50 gm, Josthimodhu (*Glycyrrhiza glabra*) 0.25 gm, Mouri (*Foeniculum vulgare*) 0.05 gm as active ingredients.

**Description:** **Laxisoft™** is a multi-herbal laxative powder formulated with Ishobgul (*Plantago ovata*), Senna (*Cassia angustifolia*), Haritaki (*Terminalia chebula*), Sonali (*Cassia fistula*), Josthimodhu (*Glycyrrhiza glabra*) and Mouri (*Foeniculum vulgare*). The bulk-forming action of Ishobgul and the stimulant effect of Senna work together to facilitate smooth bowel movements, while Haritaki and Sonali support intestinal motility and stool consistency. Josthimodhu and Mouri provide mucosal-soothing and digestive support. **Laxisoft™** relieves constipation, promotes regular bowel function, and supports digestive comfort.

**Active Constituents:** **Laxisoft™** is a multi-herbal laxative powder combining bulk-forming and stimulant actions with supporting demulcent and carminative agents. Ishobgul (*Plantago ovata*) provides mucilage that absorbs intestinal water, increasing stool bulk and softness and facilitating easier evacuation (bulk-forming mechanism). Senna (*Cassia angustifolia*) supplies hydroxyanthracene glycosides (sennosides) that act on the colonic mucosa to enhance peristaltic activity and normalize bowel transit through stimulant mechanism. Haritaki (*Terminalia chebula*) and Sonali (*Cassia fistula*) contribute mild laxative and intestinal tonic effects that support regular motility and stool consistency. Josthimodhu (*Glycyrrhiza glabra*) exerts demulcent and mucosal-soothing effects, helping to reduce irritation of the gastric and intestinal lining. Mouri (*Foeniculum vulgare*) functions as a carminative and digestive adjunct, reducing bloating and promoting comfortable intestinal passage.

**Indications:** **Laxisoft™** is indicated for-

- Constipation
- Intestinal inflammation
- Irritable bowel syndrome (IBS)
- Ulcerative colitis
- Hemorrhoids or Piles

**Dosage & Administration:** **Adult:** 1 sachet (5 gm) powder with 150-200 ml water 1-2 times daily. **Children (6-12 years):** ½ to 1 sachet (2.5 to 5 gm) powder with 150-200 ml water 1-2 times daily. **Children (Under 6 year):** As directed by the physician. ½ sachet (2.5 gm) powder with 150-200 ml water 1-2 times daily.

**Adverse Reactions & Precautions :** Some individuals may experience side effects, which can include flatulence, stomach irritation and, in rare cases, intestinal obstruction. Ishobgul may delay the absorption of orally administered medications; therefore, it should be taken at least 1–2 hours before or after other medicines. Senna, when used for prolonged periods, can cause electrolyte imbalance, particularly hypokalemia, which may be aggravated in patients on diuretics, corticosteroids or cardiac glycosides. Josthimodhu may increase blood pressure and reduce potassium levels, so individuals with hypertension, renal impairment or electrolyte disturbances should use it with caution. People with gastrointestinal obstruction, severe abdominal pain of unknown cause or chronic constipation should avoid use unless directed by a physician.

**Contraindications:** **Laxisoft™** is contraindicated in individuals with known hypersensitivity to any of its ingredients.

**Drug Interactions:** Ishobgul may delay the absorption of orally administered drugs, particularly those with narrow therapeutic indexes such as warfarin, lithium and thyroid hormones. Senna may reduce potassium levels, which can enhance the effects and toxicity of cardiac glycosides and increase the risk of adverse effects with diuretics or corticosteroids. Josthimodhu may potentiate hypokalemia when combined with diuretics, corticosteroids or stimulant laxatives and may reduce the effectiveness of antihypertensive medications.

**Pregnancy and Lactation:** Do not use during pregnancy or lactation.

**Storage:** Store below 25°C in dry place. Keep away from light. Keep out of reach of children.

**How Supplied:** **Laxisoft™:** Each box contains 15 sachets (5 gm each sachet).



Manufactured by  
**SQUARE PHARMACEUTICALS PLC.**  
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