



**Bulk
Forming
Laxative**



Synergistic Actions for Remedy of Constipation



**Stimulant
Laxative**

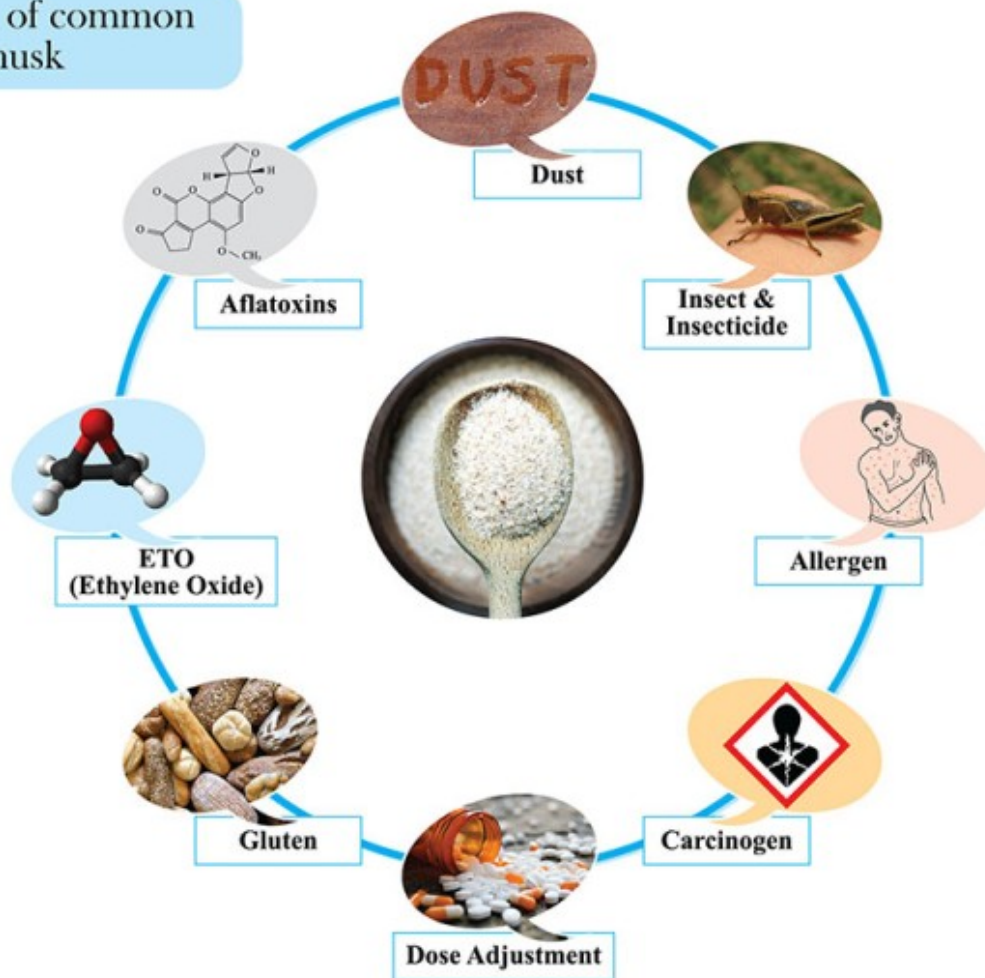
Fast Acting Natural
Laxative

Deeplaid Proudly Introduces...

Senarich

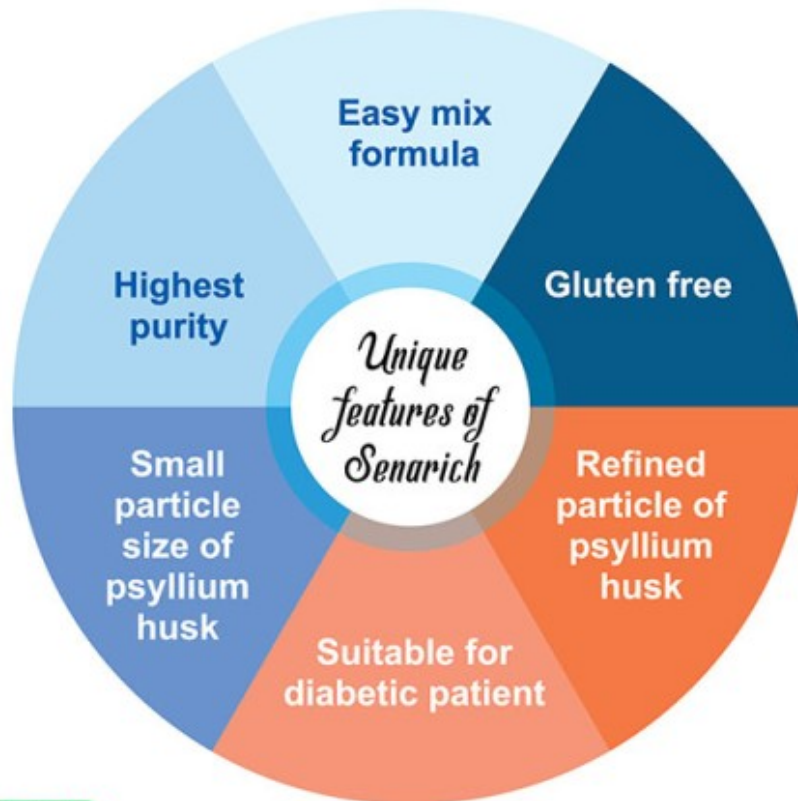


Problems of common
psyllium husk



Orange Flavored

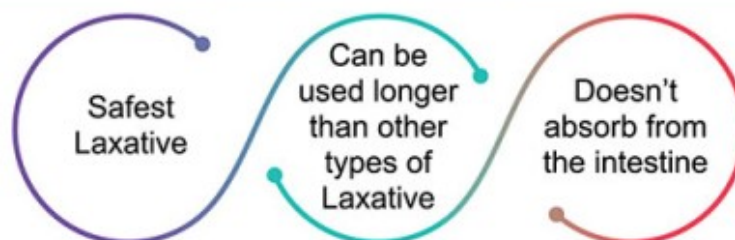
Senarich



Clinical Trial Data¹

Study Type	: In a single-blinded, randomized controlled trial.
Study Population	: Chronic constipation, body weight, glycemic and lipids control in patients with type 2 diabetes (T2D).
Number of Patient	: 51 patients
Treatment Interventions	: 10 g of psyllium husk per day or placebo for 12 weeks.
Result	: The psyllium group showed improvement in constipation symptoms, body weight, glucose and lipid values compared with the baseline and the placebo group.

Additional *Benefits*



Indication & Use

Senarich

Relieves constipation.

Alleviates piles & hemorrhoids.

Eases irritable bowel syndrome.

Helps to control diabetes.

Aids to lower cholesterol level.

Diminishes obesity.

Improves cardiac health.

Dosage & Administration

- **Adult and Child over 12 years:** 1 spoonful (supplied spoon) or 1 sachet Senarich with water 2 times daily in the morning and evening or as directed by the physician.
- **Children 6 to 12 Years:** ½ to 1 spoonful (supplied spoon) or ½ to 1 sachet Senarich with water 2 times daily in the morning and evening or as directed by the physician.
- **Children below 6 Years:** Not recommended except as directed by the physician.

••• **Senarich should be taken after meal. An additional glass of water is helpful after taking Senarich.** •••

Prescribing Information

Composition: Each spoonful/Sachet (4 gm) of Senarich powder contains Psyllium husk 3.00 gm and standardized Senna extract equivalent to Sennoside B 1.00 gm as active ingredients. **Description:** Psyllium husk powder is a mild laxative and it contains 80% soluble fiber and 20% insoluble fiber. Psyllium husk is capable of absorbing up to 40 times of water of its own weight and part of its activity can be attributed to its action as a simple bulking agent. The main chemical ingredient of Psyllium husk is mucilage; very useful in chronic constipation, piles or hemorrhoid. It is also helpful for the treatment of colon cancer. It has also soothing effects on the gastric & intestinal mucosa and hence effective in gastric irritation and ulceration. It works by increasing bile acid loss from the body by trapping bile acids in the small intestine. Since cholesterol is used in the production of bile acids, cholesterol levels in the blood are reduced when more bile acid is made. High-fiber meals of Psyllium husk significantly increase the production of a hormone called glucagon-like peptide-1 (GLP-1), a hormone known to reduce blood sugar levels that are suitable for obese & diabetic patients. Senna Extract act as a Stimulant Laxative contains hydroxyanthracene glycosides as Sennoside B that helps to relieve constipation. **Indication:** • Constipation. • Piles & hemorrhoids. • Irritable bowel syndrome. • Diabetes. • Obesity. • Ulcerative colitis. **Dosage & Administration:** • **Adult and Child over 12 years:** 1 spoonful (supplied spoon) or 1 sachet Senarich with water 2 times daily in the morning and evening or as directed by the physician. • **Children 6 to 12 Years:** ½ to 1 spoonful (supplied spoon) or ½ to 1 sachet Senarich with water 2 times daily in the morning and evening or as directed by the physician. • **Children below 6 Years:** Not recommended except as directed by the physician. Senarich should be taken after meal. An additional glass of water is helpful after taking Senarich. **Use in Pregnancy & Lactation:** Recommended but during the first trimester and last trimester of pregnancy special caution is needed. **Side Effect:** Flatulence, mild abdominal distension & gastro-intestinal obstruction may occur in rare cases. **Contraindication:** Contraindicated in patients who have gastrointestinal tract obstruction or threatening obstruction of the bowel. **Precaution:** Do not take Psyllium husk without water. It is important that each dose of powder is stirred into a glass of water before taking. Do not take this medicine just before going to bed. **Drug Interaction:** No significant interaction has been observed with other medicine. **Overdose:** Symptoms of Psyllium husk overdose may include abdominal discomfort and flatulence. In case of overdose patient should drink plenty of water. **Storage:** Keep out of reach of the children. Store below 30°C. protected from light. **Commercial Pack:** Each plastic container/box of Senarich contains 100 gm orange flavored formulated Psyllium and Senna leaf powder with a dose measuring spoon or 20's Sachet.

References: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5229913/>

For further information please contact:
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SCAN ME