


{والحب ذو العصف..}

معجزة قرآنية

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## منهج البحث

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## لسان العرب:

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## القاموس المحيط:

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**مختار الصحاح:**

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**معجم مصطلحات العلوم الزراعية:**

**Chihabs, Dictionary of Agricultural & allied terminology**

**Husk**

( ) .

**قاموس التغذية وتكنولوجيا الأغذية "أرنولد":**

**Dictionary of Nutrition and food Technology, Arnold Bender.**

( .. )

**Husk or Hull :**

( ) .

**قاموس دورلاندرز الطبي المصور ٢١٩٠ صفحة (أكبر قاموس طبي**

**موسوعي لأكثر من ١٠٠ عام):**

**Dorland's Illustrated Medical Dictionary 2003.**

**Husk** ...

**Psyllium h. (usp)**

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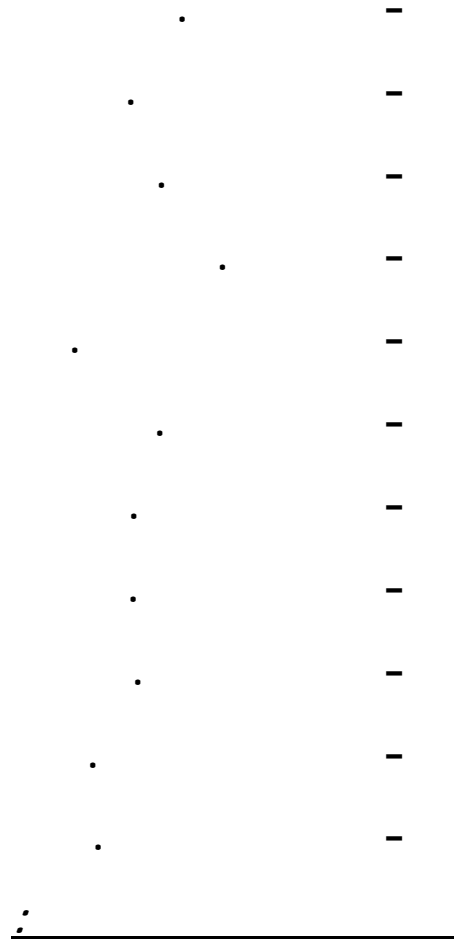
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**The Plantago Ovata Husk**  
**البلانتاجو أوفاتا هسك**  
**قشور بذر قطونة**

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الدراسات الطبية التطبيقية

Medical Reviews : ( )

*(Review of Miettinen 1989)*

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Bile acids

( ) .

*(Swain 1990)*

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*(Romero 1998, Davidson*

*.1998, Mac Mahon 1998, Rodriguez – Moran 1998)*

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**LDL**

( ). **Total Cholesterol**

**Anderson 1999,** \_\_\_\_\_

**.Rodriguez-Moran 1998**

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**Post prandial**

**Fasting**

( ).

:

**.(Bergman 1975)**

**(Psyllium hydrocolloid)**

**Cholic/Chenodeoxy cholic acid ratio**

( ).

:

**.(Schwesinger 1999)**

(Chenodeoxy cholic

(selective)

( ) .acid)

:

*.Irritable Bowel Syndrome (Prior 1987)*

(Time passage of

( ) .

food)

:(*Antidiarreal*)

*.(Washington 1998)*

( ) .(Evacuation)

:

*.(McRorie 1998)*

**(Docusate sodium)**

**Ch. Idiopathic**

**( ) .constipation**

**:**

**.(Hansen 1982; Hansen 1987; Rigaud 1998)**

**( ) .**

**.(Turnbull 1995)**

**( ) .**

**Medical Studies : ( )**

**Plantago Ovata ( )**

**Psyllium Hyper Husk**

**.cholestrolenia Hyper slycemia**

**.( - ) ;\_\_\_\_\_**

**(Arandomized, double - blind, placebo – controlled study)**

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**(5 gm three times daily**

**.Over a 6 week period**

**Placebo**

**controlled group**

)

**Prior to the treatment (**

**.period diet counseling**

**:(The results)**

:

( )

**.Fasting plasma glucose -**

**.Fasting total cholesterol -**

**.Fasting LDL -**

**.Fasting Triyly cerides -**

**.Fasting HDL -**

**Triglycerides**

**LDL**

**( )**

**Plcebo controlled**

**.group**

**.HDL**

**:**

**(Rodriguez -**

**( ) .Moran 1998**

**.( ) :\_\_\_\_\_**

**(Arandomized, placebo – controlled study)**

**•**

**(Plantago Ovata Husk)**

( )

**:The results**

**Plantago Ovata Husk**

**8.9% (P<0.05)**

**13.0% (P<0.07)**

**Post prandial**

**11.0% (P<0.05)**

**19.2% (P<0.01)**

**Psyllium Husk**

( ).Anderson 1999-

.( - ) :\_\_\_\_\_

**Ch. Ulcerative**

:

. **colitis**

**The objective of an open  
label, parallel – group randomized clinical  
trial**

( )

. **remission**

**ch. Ulcerative coliti**

**in**

**remission**

**mesalamine**

**:The results**

**%**



%

%

### .Combined treatment

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موانع الاستعمال لعشبة البلاناجو أوفاتا (سيليوم) :-

**(ileus)**

تحذيرات وتفاعلات عكسية :-

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**Exocrine pancreatic ( )**

**insufficiency**

**(Hansen 1987) .Pancreatic Lipase**

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Chihabs, Dictionary of .  
" " Agricultural&allied terminology  
Dictionary of Nurition " " .  
and food Technology, Arnold Bender  
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Dorland's Illustrated Medical ( .Dictionary 2003  
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