

## Flaxseed



**Scientific name:** *Linum usitatissimum* L.

**Common name:** Flaxseed, Lineseed

**Traditional name:** Bazrak, Bazre Katan

**Part used:** Seed

**Description & characteristics:**

Elongated egg-shaped glossy seeds with a slippery flat surface at two different colors (difference in varieties):

- Yellow: yellow bazrak
- Blackish brown and broad: black bazrak

**Temperament:** Hot and dry

**Functions:** *Mohallil* (resolvent), *Jali* (detergent), *Molayyin* (aperient) of temper.

**Traditional uses:**

Pain reliever of joints, sciatica and gout (grain flour poultice with Espaghul), very effective on phlegm coughs (linctus with honey), purifying chest, *Mondij* (coctive agent) and *Mohallil* (resolvent) of liver and internal organs tumefactions, diuretic of milk, urine and menstruation, beneficial for kidney and bladder ulcers , kidney stone removal , stimulating libido (with pepper and honey), improves uterus function (its smoke),for *Kalaf* (skin spot) with figs topically, for *Thalil* (skin warts) in poultice combination with borax and ash , with sesame oil for pains and irritation of wounds.

**Modern uses:**

Treatment of constipation, skin inflammation

**Dosage:**

- For constipation: 1 scoop of whole or crushed seeds (not ground) with at least a cup of liquid, two to three times a day.
- Topically: 5 to 8 scoops of seed powder for a hot wet compress.

**Side effects:**

- No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages and also with simultaneous consumption with a sufficient amount of fluids (in proportion to ten times the seeds).
- Consuming a large amount of seeds with little fluids may cause intestinal obstruction.

**Precautions and warnings:**

- It is recommended that if flaxseed is taken for inflammatory bowel conditions, that the flaxseed be pre swollen before use.
- Due to their high calorie content, people who are overweight should only use whole grains.

**Use in pregnancy and breastfeeding:**

Not enough information is available.

**Contraindications:**

Ileus, stricture of the esophagus and in the gastrointestinal area, acute inflammatory illnesses of the intestine, esophagus and of the stomach entrance.

**Interactions:**

- Due to the presence of mucilage and cellulose, the absorption of other drugs taken simultaneously may be delayed.
- It interacts with acetaminophen, antibiotics, anticoagulants, antidiabetic drugs, estrogens, furosemide, ketoprofen and metoprolol.

**Pharmaceutical forms available in natural products pharmacy:**

- Linseed oil
- Gentle ointment
- Laden compound shampoo
- Omega 3 capsules
- Mega Omega capsule

References:

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