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Plantago amplexicaulis

ISAFGHOL (English, Punjabi) is native to India. It has small heads of tiny, brownish-white flowers, with many long stamens.

It is also known as Ispaghul (English, Urdu), and Ispaghula.

Amplexicaulis is derived from Latin *amplexi-* (embrace) and *cauli-* (stem) components meaning 'stem-clasping'.

The seeds are often sold in Indian bazaars under the name of ispaghula, more commonly associated with a closely related species.

Medicinally, in India it is used to treat intestinal disorders and dysentery, as well as fever and snake bites.