

Plantago ovata

***Plantago ovata* (Desert Indianwheat, Blond Psyllium;** syn. *Plantago brunnea* Morris, *Plantago fastigiata* Morris, *Plantago gooddingii* A. Nels. & Kennedy, *Plantago insularis* Eastw., *Plantago insularis* Eastw. var. *fastigiata* (Morris) Jepson, *Plantago insularis* Eastw. var. *scariosa* (Morris) Jepson, *Plantago minima* A. Cunningham) is a medicinal plant native to Western Asia and Southern Asia. According to Calflora *plantago ovata* is native to California.^[1]

- [Photo gallery](#)

It is a common source of psyllium seed husks, a material used as dietary fiber.^[2]

The plant can be found growing wild in the southwestern United States, where it is considered a possibly introduced species ^[3]

1 Other names

Blond Plantago, Che Qian Zi, Dietary Fiber, Englishman's Foot, Indian Plantago, Ispágula, Isabgola, Isabgul, Ispagol, Pale Psyllium, *Plantaginis Ovatae Semen*, *Plantaginis Ovatae Testa*, *Plantago decumbens*, *Plantago ispaghula*, Ispaghula, Psilio, Psillium Blond, Psyllium, Psyllium Husk, Sand Plantain, Spogel.

2 References

- [1] http://www.calflora.org/cgi-bin/species_query.cgi?where-calrecnum=6622
- [2] Medlineplus. Blond psyllium (a.k.a. *Plantago ovata*). Effectiveness, interactions with medications, etc.
- [3] <http://www.madrean.org/symbflora/taxa/index.php?taxauthid=1&taxon=1597&cl=2720>.

3 See also

- [Psyllium](#)

4 External links

- [Plants For A Future: *Plantago ovata*](#)
- [USDA Plants Profile: *Plantago ovata*](#)
- [Jepson Manual Treatment](#)

5 Text and image sources, contributors, and licenses

5.1 Text

- **Plantago ovata** *Source:* <http://en.wikipedia.org/wiki/Plantago%20ovata?oldid=640950627> *Contributors:* Stan Shebs, Rasbak, Hesperian, Ricardo Carneiro Pires, Eubot, IceCreamAntisocial, Thijs!bot, Mmcknight4, JAnDbot, Koibeatu, LordAnubisBOT, DorganBot, Rajeshodayanchal, Iommi Batujajar, Yone Fernandes, DrFO.Jr.Tn, PixelBot, Addbot, SpBot, Xqbot, Happyme07, GrouchoBot, EmausBot, Look2See1, ZéroBot, ChuispastonBot, عمرو بن لثوم, EvergreenFir, Bethlewitt and Anonymous: 5

5.2 Images

- **File:Commons-logo.svg** *Source:* <http://upload.wikimedia.org/wikipedia/en/4/4a/Commons-logo.svg> *License:* ? *Contributors:* ? *Original artist:* ?
- **File:Verbena_Purple_1.JPG** *Source:* http://upload.wikimedia.org/wikipedia/commons/f/fa/Verbena_Purple_1.JPG *License:* CC-BY-SA-3.0 *Contributors:* http://en.wikipedia.org/wiki/Image:Verbena_Purple_1.JPG *Original artist:* Vtaylor94903

5.3 Content license

- Creative Commons Attribution-Share Alike 3.0