

Mebihusk Sachet

Mebeverine (135mg) + Ispaghula (3.5gm) Sachet – Detailed Information

Composition and Ingredients

Each sachet contains:

- **Mebeverine Hydrochloride (135mg):** A direct-acting smooth muscle relaxant that helps relieve spasms in the gastrointestinal tract.
- **Ispaghula Husk (3.5gm):** A natural fiber that aids in regulating bowel movements and relieving constipation.

Indications and Uses

This combination is commonly prescribed for:

- **Irritable Bowel Syndrome (IBS):** Helps manage symptoms such as abdominal pain, bloating, and irregular bowel movements.
- **Spastic Colitis:** Reduces bowel spasms and discomfort associated with colitis.
- **Chronic Constipation:** Aids in improving stool consistency and promoting regular bowel movements.
- **Other Functional Bowel Disorders:** Helps with conditions characterized by intestinal discomfort and irregular motility.

Mechanism of Action

- **Mebeverine Hydrochloride:** Works by directly relaxing the smooth muscles of the intestine, thereby relieving spasms and reducing pain. It does not affect normal gut motility.
- **Ispaghula Husk:** Acts as a bulk-forming laxative, absorbing water to form a gel-like substance that softens stools and eases passage through the intestines. It also helps regulate bowel movements by promoting the growth of beneficial gut bacteria.

Dosage and Administration

- The sachet should be taken as prescribed by a healthcare professional.

- It is usually recommended to dissolve the contents in a glass of water and consume immediately.
- Best taken before meals for optimal effect.
- Maintain adequate fluid intake throughout the day to enhance the action of ispaghula.

Precautions and Warnings

- **Hypersensitivity:** Avoid if allergic to any of the components.
- **Gastrointestinal Obstruction:** Should not be used in cases of intestinal blockage.
- **Swallowing Difficulty:** Take with plenty of water to prevent choking risk.
- **Severe Constipation:** Consult a doctor if symptoms persist despite treatment.
- **Pregnancy and Lactation:** Use only under medical supervision.
- **Children:** Not usually recommended unless advised by a doctor.

Possible Side Effects

- Abdominal bloating
- Mild cramping or discomfort
- Nausea
- Flatulence
- Rare allergic reactions such as skin rashes or difficulty breathing (seek medical help immediately if severe)

Drug Interactions

- May reduce the absorption of certain medications; take at least 1-2 hours apart from other drugs.
- Should not be used simultaneously with other laxatives without medical advice.

Storage Instructions

- Store in a cool, dry place away from direct sunlight.
- Keep out of reach of children.

Conclusion

Mebeverine (135mg) + Ispaghula (3.5gm) sachet is an effective combination for managing IBS, constipation, and bowel discomfort. It provides relief by reducing intestinal spasms and promoting healthy digestion. Always use it as directed by a healthcare professional.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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