

# SABAL

A sexual nerve tonic for the aged.  
In disorder of prostatic hyperplasia,  
hyperatrophy & inflammation of the  
sexual tissues



## SABAL SERRULATA Ø

Drug Strength 1:10

(A TONIC THAT INCREASE STAMINA)

### DESCRIPTIONS

Being member of Palmae family it is small shrub with palmate leaves. The fruit is prominent dark brown olive like with single large oblong seed. Traditionally it is being used for the prostate glands therapy and is widely being prescribed for benign prostatic hyperplasia. Its berries were also used for respiratory complaints particularly those accompanied by chronic catarrh and condition of genitourinary tract.

### EFFECTS

Reduces inflammation and oedema, reduces smooth muscle spasm, decreases androgen activities. Hence anti inflammatory, endocrine agent, spasmolytic, possibly anti androgenic.

### INDICATED FOR

Mild to moderate benign prostatic hyperplasia inflammation of the respiratory tract, inflammation of the genitourinary tract, especially cystitis, prostatic hypertrophy, atrophy of the sexual tissues, as an aphrodisiac. Non infectious prostates, reduction of inflammation and oedema.

### KEY CONSTITUENTS

Lipid contents; free fatty acids (including lauric, Myristic and Oleic acids) together with triglycerides, diglycerides and monoglycerides, phytosterol (mainly beta sitosterol) and fatty alcohols.

A particularly active lipase which splits the triglycerides into free fatty acids during ripening and drying.  
Flavonoids and polysaccharides.

### PHARMACODYNAMICS

Benign prostatic hyperplasia is a slow, progressive enlargement of fibromuscular and epithelial structure with in the prostate gland. Internally for impotency and low sperm counts causing infertility debility in elderly men; complaints associated with coldness and wasting disease. A tonic that increase stamina.

**CONTRAINDICATION:** None known.

**SPECIAL WARNINGS & PRECAUTIONS:** None required.

**INTERACTIONS:** None known.

**USE IN PREGNANCY AND LACTATION:** No adverse affects expected.

**EFFECTS ON ABILITY TO DRIVE AND USE OF MACHINES:** No adverse effects are expected.

**SIDE EFFECTS:** 20 to 30% cases reported gastrointestinal disturbance after long and continued use for 2 to 3 years.

**OVERDOSE:** Not known

**DOSAGE:** Drops : 20 to 30 drops thrice daily with water.

Tablets : One tablet thrice daily

**PRESENTATION:** 20ml. dropper bottle & Pack of 20 Tablets



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