

# Formulation and Evaluation of Herbal Constipation Tablet

**Prof. Amol A. Ban<sup>1</sup>, Prasad N. Malshikare<sup>2</sup>, Pratik V. Mahadik<sup>2</sup>, Aniket A. Birajdar<sup>2</sup>**

<sup>1</sup>Asst. Prof. Vidya Niketan College of Pharmacy Lakhewadi.

<sup>2</sup>Student, Vidya Niketan College of Pharmacy Lakhewadi, Pune.

**Abstract:** *The present research work tries to solve the problem that associated with Irritable Bowel Syndrome with constipation. Constipation is a prevalent gastrointestinal issue that affects individuals globally. It is typically characterized by symptoms such as difficulty passing stools, hard or lumpy stools, and a persistent sensation of incomplete bowel evacuation. This research seeks to explore commonly used herbal treatments for constipation. The present study focuses on the formulation and evaluation of an herbal tablet for the effective management of constipation using a synergistic blend of Senna, Amla, and Ginger powders. These herbs were selected for their proven laxative, digestive, and carminative properties, respectively. The herbal powders were processed through standard collection, drying, and fine grinding techniques, followed by precise weighing and geometric blending to ensure uniformity. The tablets were then prepared using direct compression. The formulation underwent preformulation studies and was evaluated for physical parameters including weight variation, hardness, friability, and disintegration time, all of which were found within acceptable pharmacopeial limits. This research underscores their potential as effective and safer alternatives for managing constipation.*

**Keywords:** Constipation tablet, Laxative, Bowel syndrome, Herbal formulation

