

Toxicity of Ground Psyllium Seeds (Qatuna)

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Praise be to Allah, Lord of the worlds, and may prayers and peace be upon our master Muhammad. To proceed:

The advice **not to grind psyllium seeds (Qatuna)** is supported by **strong, well-established evidence unanimously agreed upon** in both **classical and modern medical literature**, whether through proven experimentation or through the statements of **trusted physicians**. In such matters, **the reference must be evidence**, not conjecture that leads its adherents to opinions contradicting the consensus of ancient and contemporary medical scholars.

Some people mistakenly believe that **crushing psyllium seeds and drinking them with water causes severe diarrhea**, and they assume this to be a great benefit. **This is incorrect**. Rather, this diarrhea occurs **due to toxicity resulting from grinding psyllium seeds**, prompting the intestines to expel their contents in an attempt to rid the body of this toxicity.

Because of this, the notion has spread that grinding psyllium seeds is beneficial for constipation. **This is a dangerous misconception**, as the powdered product of psyllium seeds **is not free from harm**. Out of concern and compassion for our brothers and sisters, we warn against promoting it without knowledge. Unfortunately, some people engage in such promotion, causing **harm to others**, as they refuse advice and rely on personal opinion without evidentiary support, thereby destroying themselves and harming others.

In any medical matter, **evidence must be present**. Whoever wishes to debate must rely on **reliable references**; otherwise, one should refrain from speaking to avoid falling into error. A fair-minded person should not be fanatical about personal opinions nor follow personal whims, but should accept the truth when it becomes clear.

There is **consensus among both classical and modern scholars** that **grinding psyllium seeds is incorrect**, as it leads to **toxicity and serious harm to the body**.

Evidence from Classical Medical Texts

Ibn al-Bayṭār

In *Al-Jāmi‘ li-Mufradāt al-Adwiya wa al-Aghdhiya*, he states:

“One should beware of grinding it and of excessive drinking of it, for it may cause severe harm, and may even kill the one who consumes it.”

2 Al-Antākī

He mentions that if psyllium seeds are crushed and taken excessively, they can cause severe nausea and may lead to death.

3 Dioscorides

In *On the Treatment of Poisons*, he states:

“If psyllium seeds are consumed, they may cause coldness throughout the body, nausea, shortness of breath, and a fall in strength and pulse.”

4 Al-Rāzī

He states:

“It may cause fainting, shortness of breath, and loss of strength, and may even kill the one who drinks it.”

5 Ibn Sīnā (Avicenna) – *The Canon of Medicine*

He states:

“Excessive consumption of psyllium seeds may cause loss of strength and pulse, coldness of the body, shortness of breath, anxiety, and fainting.”

Evidence from Modern Medicine

Herbal Medicinals: A Clinician's Guide (1998)

Lucinda G. Miller – Wallace J. Murray

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“The seeds should not be ground or chewed because they release a pigment that deposits in the renal tubules.”

Dietary Supplements and Multiple Sclerosis: A Health Professional's Guide (2004)

Allen C. Bowling – Thomas M. Stewart

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“Psyllium seeds should not be crushed since this may release a nephrotoxic pigment.”

📌 Meaning: grinding or chewing psyllium seeds causes the release of a **pigment that settles in the renal tubules**, resulting in **toxicity to the kidneys**.

👉 **Dr. Hani El Batal**