

# Stool Softener: Powdered Extract from the Indian Cluster Bean better known as Guar Gum.

Natural Laxative



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MAY 21, 2026

Besides undertaking my new endeavor of supplementing my diet with both zinc and copper taken together (never apart) to heal from decades of neural degeneracy, I have had to find a way to help my colon “do its thing” every morning.

Some people swear by prune juice, some by Metamucil, others swear by bran, but my aid to evacuating my colon is guar gum: an extract from the Indian Cluster bean.

It comes as a white powder from the health food store or Amazon. It's not unreasonably priced (as health products go). And it's easy to stir into a cold beverage to thicken it up.

The powdered, gummy extract has no appreciable flavor of its own.



The Indian cluster bean, or guar (**Cyamopsis tetragonoloba**), is a drought-tolerant legume valued for its nutritional, culinary, and industrial uses.

## Botanical and Cultivation Details

The Indian cluster bean, scientifically called **Cyamopsis tetragonoloba**, is an annual legume belonging to the Fabaceae family. It is also known as **gavar, guwar, or guvar bean**. The plant is drought-tolerant and thrives in semi-arid regions, making it ideal for cultivation in areas like Rajasthan, Gujarat, and Kutch in India, which together account for over 80% of global production. Guar is a nitrogen-fixing crop, improving soil fertility and playing a key role in crop rotation cycles. Seeds are typically sown at a spacing of 45–60 × 20–30 cm, with an average yield of 5–6 tonnes per hectare.

## Nutritional Profile

Cluster beans are highly nutritious, rich in **dietary fiber, vitamins (A, B, C), calcium, iron, and essential minerals**. They contain soluble fiber in the form of **guar gum**, which is extracted from the seeds and has multiple health benefits. Per 100 grams, cluster beans provide a mix of nutrients that support digestion, heart health, and overall wellness.

## Health Benefits

1. **Digestive Health:** High fiber content aids digestion, prevents constipation, and strengthens the gut mucosal barrier.
2. **Blood Sugar Management:** Soluble fiber slows sugar absorption, helping stabilize blood glucose levels, beneficial for diabetics.

3. **Heart and Circulatory Health:** Bioactive compounds like saponins and  $\beta$ -sitosterol may help lower cholesterol and support cardiovascular health.
4. **Weight Management:** Low in fat and high in fiber, cluster beans promote satiety and aid in weight control.
5. **Bone and Immune Support:** Rich in calcium, iron, and antioxidants, they contribute to bone strength and immune function.

## Culinary Uses

Young, tender pods are commonly cooked into **dry curries or vegetable dishes (subji)**. They are typically sautéed with spices such as turmeric, chili, coriander, cumin, and garlic. The beans should be cooked before consumption to remove slight natural toxicity in raw pods. Cluster beans are versatile and can be incorporated into traditional Indian meals, salads, and stir-fries.

## Industrial and Economic Importance

The seeds of cluster beans are the source of **guar gum**, a gel-forming soluble fiber widely used in food processing, pharmaceuticals, and hydraulic fracturing (fracking) in the oil industry. India is the leading producer, supplying around 80% of the world's guar, making it an economically significant crop for farmers in semi-arid regions.

## Growing at Home

Cluster beans can be grown in **home gardens, terrace gardens, or containers**. They thrive in warm climates, require minimal maintenance, and produce an abundant harvest of tender, flavorful beans. Growing your own ensures access to

fresh, chemical-free vegetables while supporting sustainable gardening practices.

In summary, the Indian cluster bean is a **nutrient-rich, versatile legume** with significant culinary, health, and industrial value, particularly in India where it is a major agricultural crop.

## Copper with Zinc (at a ratio of 1:15) is a Remedy for the Absorption of Aluminum into our Body. Copper plus Zinc Prevents and Treats the Damaging Influence of Aluminum.

VINYASI · 2:39 AM

Serving Size: 1 Capsule

Amount Per Serving % Daily Value		
Zinc (as Zinc L-Methionine Sulfate)	15 mg	136%
Copper (as Gluconate)	1 mg	111%

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CAPSULE (HYDROXYPROPYLMETHYLCELLULOSE, WATER), AND MAGNESIUM STEARATE (VEGETABLE SOURCE).

NO WHEAT, GLUTEN, SOYBEANS, DAIRY, EGG, FISH/SHELLFISH, PEANUTS/TREE NUTS OR SESAME.

STORE IN A COOL, DRY PLACE.

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