



**SIGMA**  
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# Senna



## **Synonym:**

Gujarati: Sonamukhi / Sanaya

Hindi: Sonamukhi / Senna

English: Senna / Alexandrian Senna / Indian Senna

## **Botanical name:** *Senna alexandrina*

(Alexandrian Senna), *Senna angustifolia*

(Indian/Tinnevelly Senna)

## **Family:** Fabaceae (Leguminosae)

## **Chemical Constituent:**

- Sennosides A & B – anthraquinone glycosides, primary laxative agents
- Other Glycosides: Rhein, Aloe-emodin derivatives
- Resins & Sterols – minor constituents
- Calcium oxalate – present in leaves

## **Therapeutic Effect:**

- Laxative: Stimulates bowel movement by irritating intestinal mucosa
- Constipation Relief: Used in chronic constipation and irritable bowel syndrome

- Pre-surgical Bowel Cleansing: Administered before rectal surgery
- Weight Management: Sometimes used in slimming teas (though caution advised)

## Marketed preparation:

- Senna Tablets/Capsules – standardized sennoside content
- Senna Powder/Churna – used in Ayurveda
- Herbal Teas – marketed for constipation relief
- Ayurvedic Formulations – combined with other herbs for digestive health

## Key Constituents:

- Sennosides A & B – main active glycosides
- Rhein & Aloe-emodin glycosides – secondary laxative compounds
- Resins & Sterols – supportive constituents

## Uses:

- **Medicinal:**
  - **Relief of constipation**
  - **Bowel cleansing before surgery**
  - **Support in hemorrhoids (to ease defecation)**
- **Traditional:**
  - **Used in Ayurveda for digestive disorders**
- **Caution:**
- **Long-term use may cause dependency and electrolyte imbalance**