



SIGMA[®]
UNIVERSITY

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**