



# *Senna Leaf*

**Benefits and uses:** Senna is a stimulating and powerful purgative that promotes the vigorous evacuation of the bowels and is very helpful in relieving severe constipation or when an easily-passed stool is recommended after rectal surgery or prior to a colonoscopy.

**Information:** Herbs/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbs/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## **Details**

Constituents in Senna leaves include anthraquinone compounds, including dianthrone glycosides, sennosides (aloe-emodin derivatives), flavonoids, naphthalene glycosides, mucilage, tannin, resin and beta-sitosterol.

Senna is an effective and potent purgative with its action being chiefly on the lower bowel. The anthraquinones stimulate the bowel and increase the peristaltic movements of the colon by its local action upon the intestinal wall, leading to evacuation in approximately ten hours. The herb has been recommended for people who require a soft, easily-passed stool, especially when following rectal surgery or preparing for a colonoscopy). This active purgative principle (a glycoside) was discovered in 1866.

As a vermifuge, Senna has been used to destroy and expel worms and parasites from the intestinal tract, possibly due to the herb's powerful laxative action. By cleansing the colon, Senna may have positive results in improving skin afflictions (pimples, acne, etc.) and helping in cases of obesity.

## **Contraindications:**

Great care should be taken with the use of Senna. Pregnant, nursing or menstruating women should not use Senna, and it is not appropriate for children under twelve years of age. People with intestinal blockage, inflammatory bowel disease, intestinal ulcers, undiagnosed stomach pain or appendicitis symptoms must avoid Senna. Senna can cause cramping, nausea and diarrhea, and the urine may take on a reddish hue (which is harmless). Long-term use is not recommended (more than one week at a time), since it may cause dependence and a weakened colon, aggravate constipation and result in a loss of potassium and other vital minerals, which is particularly dangerous to people with heart rhythm irregularities. Chronic constipation is usually indicative of another condition and should always be discussed with a physician.