



a herbal approach
to a healthy body....



Product Guide



SENNA LEAVES:

SMALL HERB; BIG, RELIABLE IDEA

Many in India, knowingly, or as is mostly the case unknowingly, use this herb for their morning constitutional. The extracts of this herb in its various forms (tablets, powders, syrups and pastes) is a fixture in many households. The herb has also found wide acceptance in medicinal procedures overseas, and is sometimes used to clear bowel before a colonoscopy.

Senna, the miracle herb, arrived in India through Egyptian and Arabian traders, as Alexandrian Senna (Alexandrinische Senna). And today, it's a hot selling product in India and from India, with the country being its largest producer and exporter in the world. Over the years, the senna plant has also come to be considered as one of the most useful crops in the world. Senna, an FDA-



approved non-prescription drug, contains the compound glycosides, which is also known as 'sennosides', and it works as a laxative to ease the bowel movement. Apart from this, the plant is used to treat skin diseases, especially acne and ringworms, and promote excretion of toxins that are thought to contribute to fatigue and general ill-health.

Made for India

The senna plant is a small shrub belonging to the Caesalpiniaceae family (also known as the peacock flower family) and is broadly classified into two varieties – Alexandrina senna and Tinnevely senna. The first variety of senna is found along the Nile River, in Egypt and Sudan, while the second type is widely cultivated in southern and eastern parts of India.



[A farmer harvesting Senna in India](#)

Senna is a warmth-loving crop that requires an abundance of sunlight, and India provides an ideal climatic environment for the cultivation of this plant. In India, Senna is cultivated in Gujarat, Rajasthan (where the sandy soil increases productivity), Tamil Nadu. It is grown as an early

summer (February-March) or early winter (October-November) crop. And under ideal conditions, 15 quintal of dry leaves and 7 quintal of pods per hectare is considered a good harvest.

The shrub normally grows up to a height of three feet, has delicate leaves and bears oblong pods or fruit cases. Leaves and pods – both have medicinal values.



Senna Prime 5



Interestingly, the size of the leaf of a plant is the sole criteria for deciding the purpose for which they are used. Senna leaves are graded as No.1 to No.5 with No.1 being the longest in size. In India, the No.3 type is grown, sold and exported the most, and is ideal for use in the pharma industry. The No.5 type is also extracted for medicinal purpose, while the No.2 type is more used as a flavour. No.1 type is not usually cultivated in India as it is not commercially viable and

requires a lot of care and attention.

Treatment Of Skin Infections:

The anti-bacterial property of senna can help in treating dermatological or skin ailments. The paste made from senna leaves is effective in treating skin infections



Senna Leaves Prime No 3

like acne as well as inflammatory conditions like eczema. Acetone and ethanol present in senna can fight microorganisms that cause acne.

Senna Plant Benefits For Hair:

Senna can be used in a similar manner as henna for healthy hair and treatment of hair problems. Some of its benefits for hair are as follows.

1. Senna For Strong Hair:

Senna can be applied topically to get smooth, shiny, and strong hair. You can prepare a hair pack by mixing senna powder with water and yoghurt. You can add other ingredients like citrus juice, essential oils herbal teas, spices etc for greater effect. Apply it on your hair, taking small sections at a time. Allow the paste to penetrate into the scalp. Cover your head with a plastic bag and allow it to dry. Rinse off after a few hours.

2. Great Conditioner:

Senna can be used as a conditioner to impart shine besides strengthening and **thickening your hair**. It is a great option to minimize the adverse impacts of chemical treatments. Initially, your hair might feel rough and dry but the benefits will appear after a few days.

3. Natural Highlighter:

Senna is a great option to impart natural highlights of ash blonde or lighter shades to your hair. Unlike henna, it does not impart strong color when left for short periods.

Besides, it does not impart a reddish color but more subtle shade. It contains an anthraquinone derivative called chrysophanic acid, which imparts a light yellow color. If you wish to add beautiful blonde or golden highlights to your hair, you can apply senna paste for long periods of time.



Senna Powder



4. Combats Hair Loss:

Senna not only beautifies your hair but also improves scalp condition and treats dandruff. It adds luster and definition to your hair. Being an excellent conditioning herb, it can combat hair loss as well. It cannot lighten naturally dark hair but will definitely provide deep conditioning. It can be combined with other herbs like Amla and Shikakai for conditioning and other benefits to your hair.

Senna Pods



Senna For Constipation:

Being a laxative, senna is [effective in relieving constipation](#). It has been approved by the US FDA as a non prescription drug to treat constipation. Senna stimulates the muscles of the colon to push fecal matter through more quickly. Senna leaf acts on the intestinal walls to cause contractions that lead to bowel movements. It softens stool by enabling the colon to absorb water. It can effectively cure even the most severe cases of constipation. The glycosides in it help transport electrolytes, causing bowel movements within 6 to 12 hours

of its intake. Senna can be bought as an over the counter (OTC) medication for adults and children above 2 years of age.

Great Colon Cleanser:

Senna has been regarded as a “cleansing herb” due to its laxative effects. Senna leaf is used in traditional Chinese medicine to clear away the heat accumulated in the large intestine, helping the body get rid of the stagnant food accumulated in the stomach. Today, it is widely used in cleansing the colon before colonoscopy and other types of colon surgery.

Treatment of Hemorrhoids:

Senna has been found to be effective in the treatment of anal lacerations and hemorrhoids as it helps reduce swelling and facilitates quick healing. Moreover, since it promotes soft stools, it helps cause easy defecation in pathological conditions like anal fissure. This is due to the fact that after oral ingestion, the compounds in senna get absorbed into the intestinal tract, resulting in the separation of non-sugar parts in the colon. These non-sugar components increase the peristaltic movements by irritating and stimulating the intestinal tract. In this way, it speeds up the passage of stools through the intestinal tract.



[Senna Extract \(Sennoside\) For Medicine](#)

Treatment of Intestinal Worms:

The laxative properties of senna have been found to be useful in the [treatment of worms in the stomach](#) and colon.

Senna Tea For Weight Loss:

This benefit of senna is also attributed to its powerful laxative effect. Senna leaf tea is particularly beneficial in this regard. Firstly it helps relieve occasional constipation which often occurs in low fiber weight loss diets. Secondly, being a low calorie, flavorful solution, it helps to boost your fluid intake. Drinking more fluids causes you to eat less. Thirdly, it aids in the elimination of toxins and undigested food in the large intestine. This cleansing and detoxification supports



Senna T-cut for slimming Tea Bag

proper nutrient absorption and optimal metabolism, resulting in weight loss.

Antibacterial Properties:

The essential oils, tannins and other compounds in senna possess anti-bacterial properties. These can inhibit the growth and proliferation of microorganisms such as bacteria, fungi and parasites. Chewing senna leaf like tobacco can cure mouth infections and gingivitis. It also possesses mild inflammatory properties, which can soothe internal and external swelling.

Treatment of Indigestion:

Senna has been found to be effective in providing relief from heartburn, nausea, gas, bloating and belching associated with dyspepsia. Senna, when taken with aromatic herbs like cardamom, fennel, ginger and peppermint, can diminish the build up of gas in the stomach through its strong purgative actions.

CONTACT US NOW.

We enjoy sharing our experience & meeting new challenges



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