Herbs & Botanicals

Senna (fan xie yi)

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What is senna? What is it used for?

Senna is a small woody shrub native to southern Europe and northern Africa. It has been used historically as a laxative and “cleansing” herb because of its cathartic properties. A decoction of the leaves and flowers is used as a mild cathartic for the relief of constipation.

How much senna should I take?

The safe dose of senna has not been determined. It is generally agreed that senna should not be taken for more than 10 days consecutively. Chronic use of senna can cause liver, heart, and kidney damage, which can lead to inflammation and muscle damage. Therefore, it is important to follow a prescribed course of treatment and to consult a healthcare professional if you have any concerns.

What can happen if I take too much senna? Are there any interactions I should be aware of? What precautions should I take?

If you take too much senna, you may experience abdominal pain, diarrhea, and other digestive issues. Senna can interact with other medications, so it is important to consult with a healthcare professional before taking it. It is also important to follow a prescribed course of treatment and to consult a healthcare professional if you have any concerns.

Death Handling and Safe Storage

How do I store senna? How do I store a senna supplement?

Senna should be stored in a cool, dry place to maintain its potency. Senna supplements should be stored in a cool, dry place as well.

References


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