

Customer Information

Senna

- Senna is a naturally occurring compound extracted from the fruit of the Cassia Senna plant. Senna leaves are recognised as one of the most popular and reliable natural laxatives. They act on the large intestine to stimulate peristalsis (the muscular activity of the colon leading to elimination).
- Senna is probably one of the best known herbal medicines, not at least because it is still widely used in conventional medicine. Senna is a small perennial shrub growing to one meter with a straight woody stem and yellow flowers. It is a very efficient laxative and is a particularly useful remedy for the occasional bout of constipation.
- Active Substances
Pods are milder in effect than the leaves. Sennosides have been extensively researched during the last fifty years resulting in a clear understanding of senna's action. The sennosides irritate the lining of the large intestine, causing the muscles to contract strongly, resulting in a bowel movement about 8-10 hours after the dose is taken. The sennosides also stop fluid being absorbed from the large bowel, keeping the stool soft.
- Each chocolate square or tablet contains 12mg Sennosides A and B.

What is constipation?

Constipation is a symptom, not a disease. It is defined as having fewer bowel movements than usual, with a long or hard passing of stools.

Signs and Symptoms

- Straining to pass a bowel motion
- Discomfort when trying to pass a bowel motion
- Motions are harder or less frequent than normal
- Stomach cramps or bloating
- An uncomfortable feeling or pain in the lower back or stomach
- Other symptoms of constipation are headache, foul breath, furred tongue, loss of appetite, insomnia and a general feeling of ill health.

Methods of prevention

- Diet – include more fibre from fruit, vegetables and grain products in addition to drinking 6-8 glasses of water a day
- Exercise – go for a walk after main meals and exercise frequently

