



SENNA (*C. ANGUSTIFOLIA*)

DERIVED FROM THE CASSIA SPECIES, MAINLY *CASSIA SENNA* AND *CASSIA ANGUSTIFOLIA*.

- ❖ WIDELY USED IN TRADITIONAL AND MODERN MEDICINE FOR DIGESTIVE HEALTH.
- ❖ NATIVE TO NORTH AFRICA, INDIA, AND PARTS OF THE MIDDLE EAST.
- ❖ THE ACTIVE PARTS ARE THE LEAVES AND PODS.

BIOMARKERS :

CONTAINS ANTHRAQUINONE
FLAVONOIDS AND MUCILLAGES

Senna Leaf Extract

Health Benefits

1. Weight Loss
2. Laxative
3. Treats Hemorrhoids
4. Treats Indigestion
5. Diuretic
6. Skin Care
7. Anti-Parasitic
8. Anti-inflammatory
9. Treats Colon Cancer

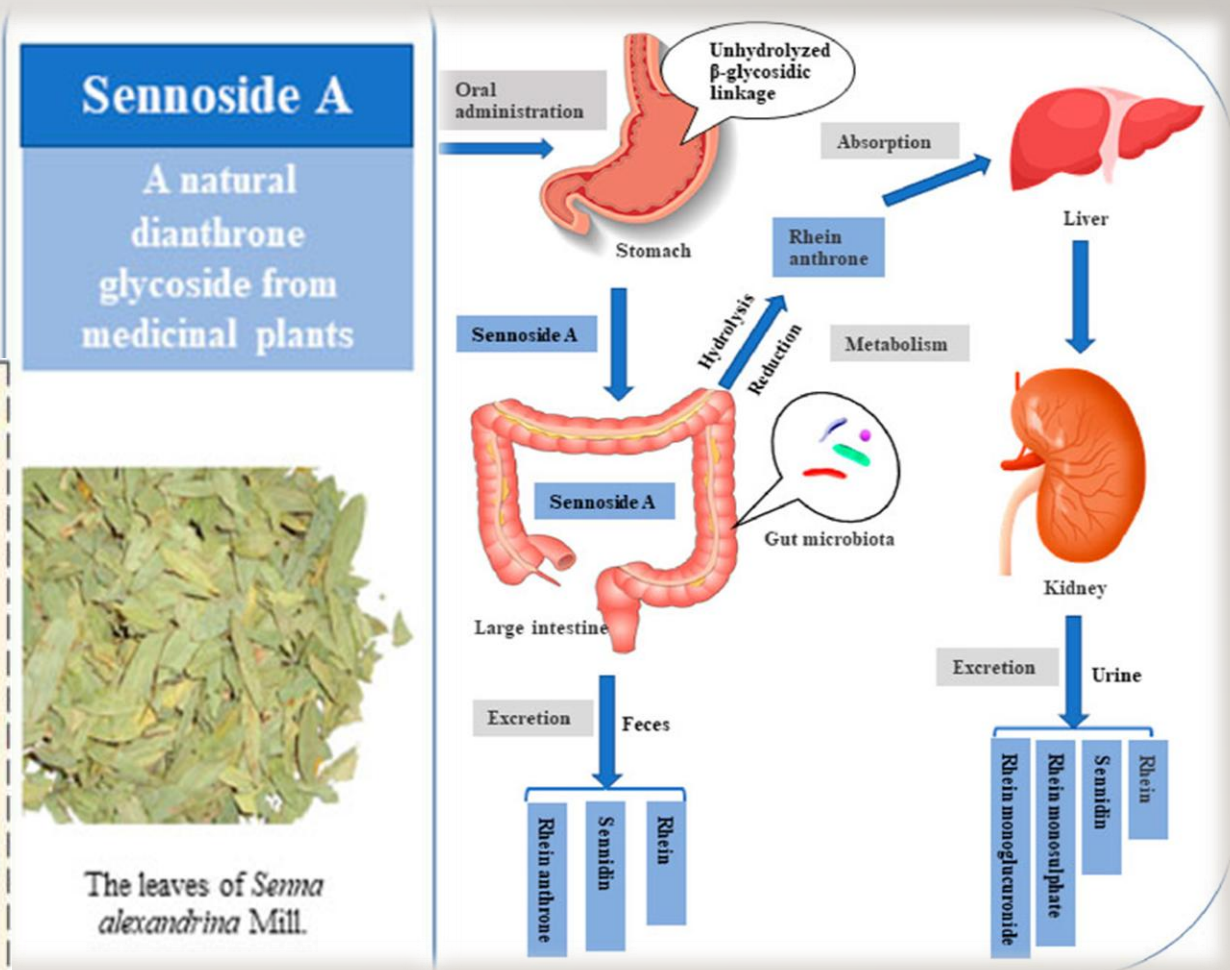
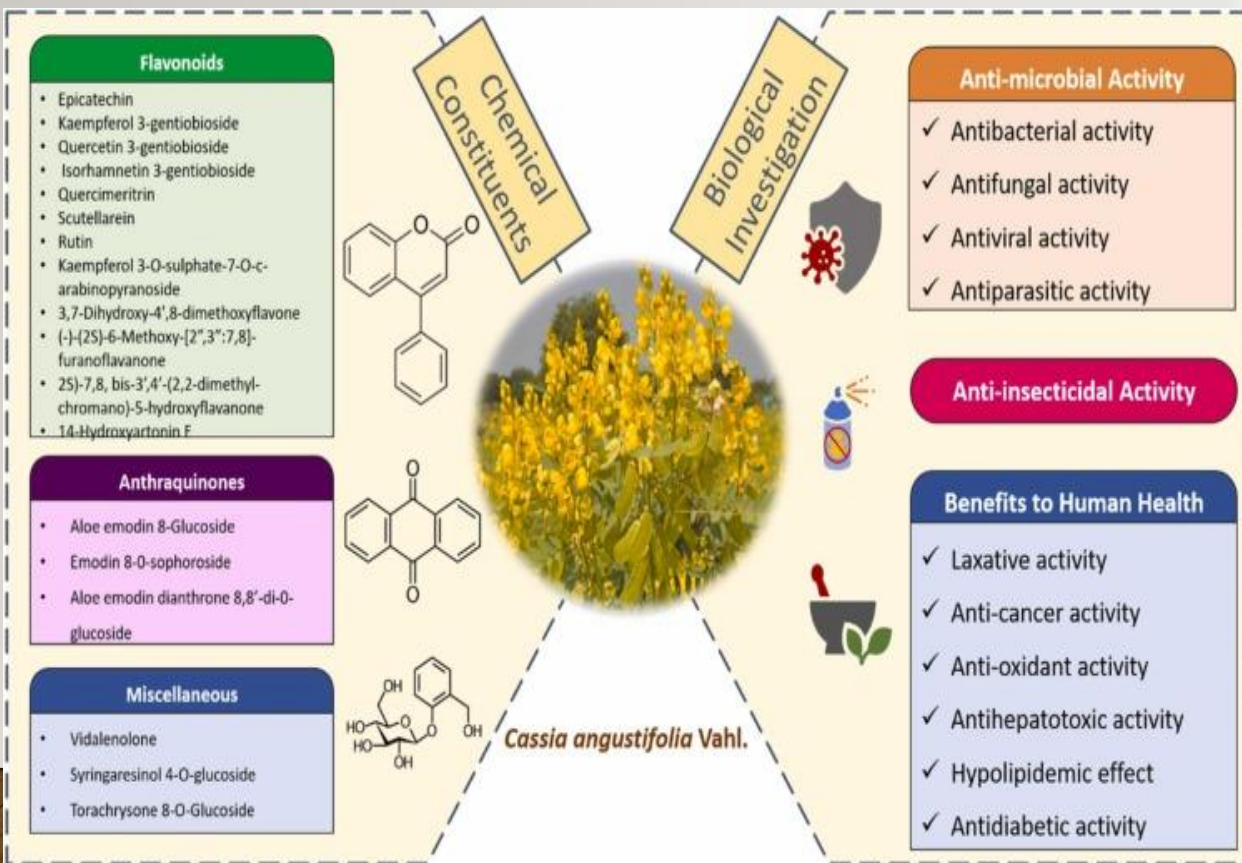


❖ Medicinal Uses

- Primarily used as a natural laxative for constipation relief.
- Helps cleanse the colon before medical examinations.
- Sometimes included in weight-loss supplements.
- Used in traditional medicine for detoxification.

❖ Mechanism of action

- Sennosides are hydrolyzed in the colon by gut bacteria.
- Stimulates peristalsis (intestinal contractions).
- Reduces water absorption in the intestine, softening stool.



❖ Dosage and Administration

Dosage forms: Teas, Capsules, Tablets, and Extracts.
Typical dosage: 15-30 mg of sennosides per day.

❖ Side Effects & Precautions

- Can cause abdominal cramps, diarrhea, and dehydration.
- Long-term use may lead to dependence and electrolyte imbalances.
- Not recommended for pregnant women and individuals with digestive disorders.

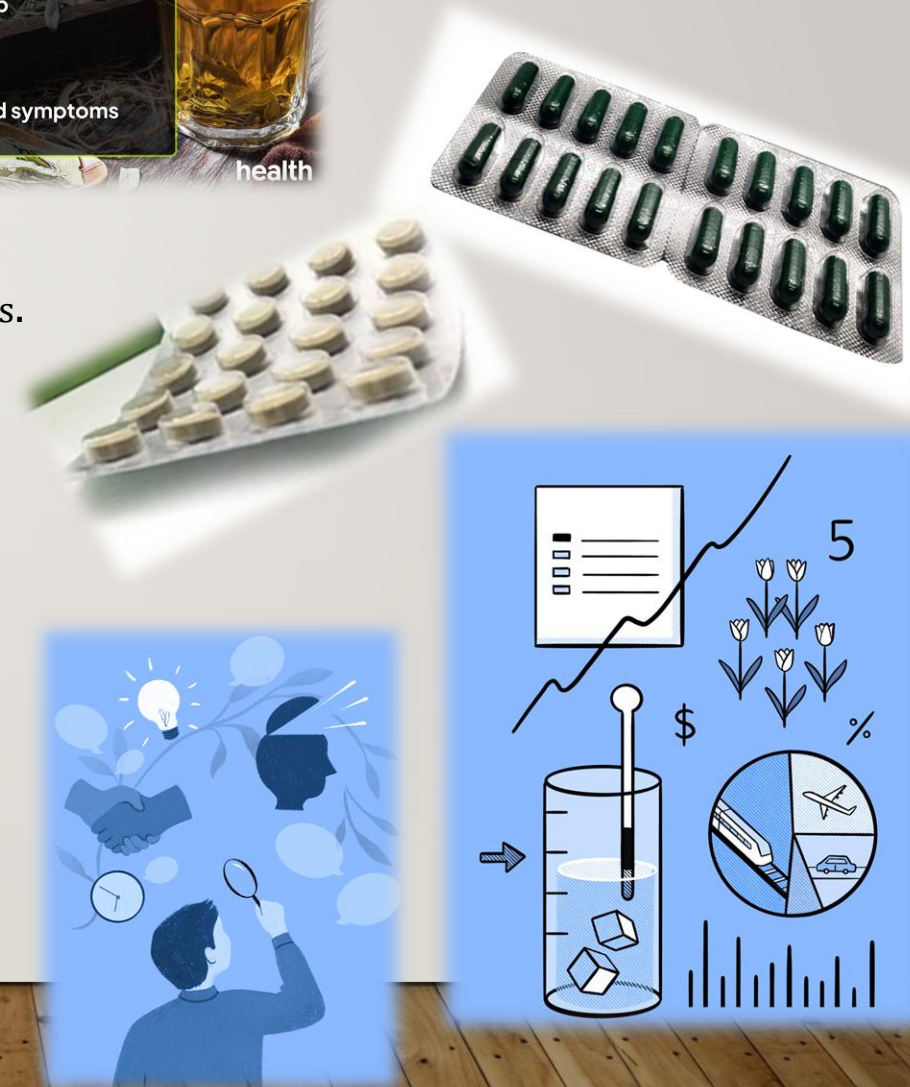
❖ Analysis:

- **Qualitative Tests:**
 - **Alkaloids:** Dragendorff's test, Wagner's test
 - **Flavonoids:** Shinoda test, Alkaline reagent test
 - **Tannins:** Ferric chloride test
 - **Saponins:** Froth test
- **Quantitative Analysis:**
 - **Spectrophotometry (UV-Vis, HPLC, GC-MS)** for anthraquinone content
 - **Gravimetric Methods** for tannins and flavonoids
 - **Chromatographic Techniques (HPTLC, TLC)**

Health Benefits of Senna

- Relieves constipation
- Aids colonoscopy prep
- May help treat IBS
- Might ease hemorrhoid symptoms

health



❖ Few recent studies on SENNA:

• The Antioxidant and Anti-Infectious Properties of Senna Plants

This review emphasizes the in vivo and in vitro antioxidant and anti-infectious properties of *Senna* plant extracts and their bioactive components. Preclinical studies confirmed the beneficial effects of these extracts in promoting health.

• Exploring the Therapeutic Potential of *Senna auriculata* Linn

This comprehensive review focuses on *Senna auriculata*, commonly known as Tanner's Cassia or Avaram Senna. It discusses the plant's traditional uses in Ayurveda and Siddha medicine, highlighting its applications in treating diabetes, microbial infections, and inflammatory conditions. The review also emphasizes the plant's antioxidant properties and potential as a bio-absorbent.

• References:

1. https://www.ijpsjournal.com/article/Exploring%2Bthe%2BTherapeutic%2BPotential%2Bof%2BSenna%2Bauriculata%2BLinn%2BA%2BComprehensive%2BReview%2B%2B?utm_source=chatgpt.com
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