SENNA CLEANSE

Ibrahim bin Abu 'Ablah said:
"I heard Abu Ubayy bin Umm Haram, who had prayed with the Messenger of Allah (ﷺ) facing both the Qiblah, saying: 'I heard the Messenger of Allah (ﷺ) say:" You should use senna and the Sannut, for in them there is healing for every disease, except the Sam. " It was said: "O Messenger of Allah, what is the Sam?" He said: "Death." (One of the narrators) 'Amr said: "Ibn Abu' Ablah said: the 'Sannut is dill." Others said: "Rather, it is honey that is kept in a skin (ie, receptacle) used for ghee." *

(Sunan Ibn Majah, 3457)

Uses: It is Sunnah to treat constipation with Senna. It can also be used as a prevention and intervention herb for dis-ease. To prevent dis-ease (if Allah wills) Senna may be used to detoxify the body which will in-turn strengthen the immune system. As a dis-ease intervention method Senna gently cleanses the gut allowing rest for the digestive system, and giving the sick person the opportunity to replenish and balance the gut flora through supplementation (short term method) and healthy eating according to Qur'an & Sunnah (long-term).

How to Perform the Senna Cleanse:

Duration: 4-7 days (prevention & intervention)

Pre-cleanse: (Prevention) Drink plenty of water, juice (if possible) at least 3 days prior to the cleanse. (Intervention) Eat and drink as you feel the need. A sick person should not be forced to eat or drink at any time.

Cleansing: During the cleansing process follow the Sunnah of eating (⅓ air, ⅓ food, ⅓ water).

Senna Cleanse Formulation (Adults & Children over 12 years):
(Makes 3 Cups)
1-2 grams of Senna (those over 200 lbs should go for the higher dosage to start.
26 oz. Water
Bring to a boil then quickly reduce. Allow tea to simmer on low for 15-20 minutes. Can be infused in a mason jar. Add honey to taste and drink 3 cups per day. This formulation should not be given to children below the age of 12 without the recommendation of a doctor or knowledgeable herbalist.