

Gentle Senna™

Dr. Fung's Senna Herbal Supplement

Therapeutic Actions

Treats constipation

Chinese Therapeutic Effects

Clears excess heat

Regulates body's water content

Administration

Internal: 3 tablets before bedtime or 2 to 3 tablets between meals TID

90 tablets, 750mg, 15 day supply

Contraindications: Reduce dosage if diarrhea results.

Ingredients

Microcos paniculata leaf <i>po bu ye</i>	Senna leaf <i>fan xie ye</i>	Pueraria flower <i>ge hua</i>	Aurantium fruit <i>zhi shi</i>
Lonicera flower <i>jin yin hua</i>	Prunus seed <i>yu li ren</i>	Magnolia bark <i>huo po</i>	Rhubarb rhizome <i>da huang</i>

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years' clinical experience.

Constipation is generally caused by three factors. The first is diet imbalance. In addition to providing necessary nutrients, food intake should also contain enough fiber and water content to regulate bodily functions; decrease in fiber and water can result in constipation. Another dietary cause of constipation is excess heat which can result from eating too many fried foods and meat.

The second factor is occupational. Many individuals sit at their jobs for long periods. Thus, constipation results due to inactivity.

Finally, fever or other illnesses can lead to a decrease in the body's water content. In such cases, constipation is a complication, which usually disappears when the illness is resolved.

The ingredients in this formula are aimed at eliminating excess heat, relieving stress caused by sitting for long periods, and supplementing fiber intake. Microcos (*po bu ye*), lonicera (*jin yin hua*) and senna (*fan xie ye*), are herbs that clear heat. Prunus (*yu li ren*) moistens the intestines and unblocks the bowels. Pueraria flower (*ge hua*) relieves abdominal fullness.

Clinical Notes

Take this formula with 64 oz of hot water daily. Consumption of fresh fruits and vegetables should be increased, as should exercise.

Additional Formulas

- Use **Aloe 22** for chronic constipation due to qi stasis or parasites. The two formulas may be combined for chronic constipation
- Consider combining Aloe 22 (2 to 3 tablets TID) with **Eight Treasures** (2 to 3 tablets TID) with seniors who have Qi deficient constipation