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Safīnah (may Allah be pleased with him) reported: The Messenger of Allah (ﷺ) used to perform Ghusl (ritual bath) from Janābah (major ritual impurity) using one Sā‘ of water, and he would perform Wudū’ (ablution) with one Mudd.

[Authentic] [Narrated by Muslim]

The Prophet (ﷺ) used to take a bath from Janābah with one Sā‘ and perform ablution with one Mudd. One Sā‘ equals four Mudds, and one Mudd is the amount that would fill the palms of an average-sized person.

http://sunnah.global/hadeeth/en/show/65371