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Anas (may Allah be pleased with him) reported: The Prophet (may Allah's peace and blessings be upon him) used to take a ritual bath with one Sā' up to five Mudds, and he used to perform ablution with one Mudd.

[Authentic hadith] [Narrated by Bukhari & Muslim]

The Prophet (may Allah's peace and blessings be upon him) used to take a bath for Janābah (sexual impurity) with one Sā' to five Mudds and perform ablution with one Mudd. A Sā' equals four Mudds, and a Mudd is the amount that would fill the palms of an average-sized person.

<https://sunnah.global/hadeeth/en/show/8387>

