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

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] [Agreed upon]

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.

http://www.sunnah.global/hadeeth/en/show/8387