



Botanical Name: Salvia officinalis

Common Name: Sage, common sage, garden sage, broad-leaved sage and sawge.

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Family: Lamiaceae

Part used: Leaves

Dosage: (tincture in ml per day) 2-4ml (3 x day)

(dried herb in gram per day) 1-2 tsp (3 x day)

Actions:

- Antimicrobial
- Astringent
- Antiseptic
- Bitter Tonic
- Digestive
- Antioxidant
- Rejuvenative
- Diuretic
- Phytoestrogenic
- Antihydrotic
- Carminative
- Cholagogue
- Vasodilator
- Diaphoretic
- Anti-inflammatory

- Anti-spasmodic
- Anti-catarrhal
- Emmenagogue

Indications:

Digestion:

- Poor appetite
- Poor absorption of fats
- Tension
- Colic
- Bloating
- Wind
- High blood sugar

Mental and emotional:

- Anxiety
- Depression
- Excessive salivation
- Vertigo
- Poor memory
- Mental confusion

Respiratory system:

- Congestion
- Catarrh
- Colds
- Chest infection
- Allergy

Immune system:

- Colds
- Influenza virus II

- Fevers
- Sore throats
- Chest infections
- Candida
- Herpes simplex type 2
- Tuberculosis
- Excess perspiration
- Laryngitis
- Pharyngitis
- Tonsillitis
- Ulcers – mouth, gums and throat

Urinary system:

- Arthritis
- Gout

Reproductive system:

- Night sweats
- Insomnia
- Excessive lactation
- Irregular, scanty, painful periods

Contraindications (when should the herb not be used):

May be toxic in large dosages or over a prolonged period.
Avoid in pregnancy and when breast feeding and with epilepsy.
In rare instances, sage can cause a rash.

External usage:

Hair rinse, abscesses or rheumatic pains, cuts, burns, insect bites, skin problems, ulcers, sunburn, toothache, sprains, swellings, gargle, mouthwash, insect bites, stings.

Botanical description:

Shrub up to 70cm. Several tomentous, gray stems. Leaves peciolate, oblong or lanceolate, downy below. Flower violet, blue or white, pink in loose spikes till 10 flower each. Corolla 3cm, with the upp lip flat. Sticky calyx and twice shorter than the corolla.

Habitat: Common sage is usually kept as a culinary herb in the garden where it is quite hardy and likes some warmth and shade. In the wild it grows in arid areas, especially scree and poor mountain and hillside soil.

Range: Sage grows wild in the Mediterranean but has naturalised in many places throughout the world.

Method of collection: Collect leaves throughout the year if protected during winter, but mainly spring to autumn.

Conservation/cultivation: Can only be grown from cuttings or by layering. Not endangered in the wild.

Traditional uses:

It has been used to treat flatulent dyspepsia, pharyngitis, uvulitis, stomatitis, gingivitis, glossitis, hyperhidrosis and galactorrhoea.

Traditionally used to treat asthma, the dried leaves are still included in herbal smoking mixtures to remedy this complaint.

Observation:

What are your experiences of Sage?

Growing wild:

Smell, taste and feel (fresh plant):

Smell, taste and feel (dried)

References:

Collated by Jacquie Allen (1st year apprentice 2017) – Added to by Laura Carpenter 26/05/17

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