

SAGE



By Kurt Stüber

Scientific name

Salvia officinalis

Common names

Sage, Garden Sage, Salvia,
Meadow Sage

Where found

Native to the Mediterranean; now cultivated all over the world. There are an estimated 500 species of *Salvia*, with at least 280 found in Mexico alone.

Therapeutic ingredient

Rosmarinic acid

Used to treat

Alzheimer's disease

Sage is singularly good for the head and brain, it quickeneth the senses and memory, strengtheneth the sinews, restoreth health to those that have the palsy, and taketh away shakey trembling of the [limbs].

John Gerard 1545-1611, English herbalist

The use of the word 'sage' to mean a wise person comes from the belief that the sage plant was thought to impart wisdom and improve memory. Both botanical and common names are derived from the Latin *salvere* ('to save'), referring to the long-believed healing properties of sage.

Salvia officinalis has been used since ancient times in herbal remedies. The Romans likely introduced it to Europe from Egypt as a medicinal herb. The Emperor Charlemagne recommended the plant for cultivation in the early Middle Ages, and during the Carolingian Empire, it was cultivated in monastery gardens.

The plant had a high reputation throughout the Middle Ages, with many sayings referring to its healing properties and value. It was sometimes called *S. salvatrix* (sage the savior), and was one of the ingredients of Four Thieves Vinegar, a blend of herbs that was supposed to ward off the plague.

Modern evidence shows several possible uses of sage, including as an antibiotic and antifungal agent. In a double blind, randomized and placebo-controlled trial, sage was found to be effective in the management of mild to moderate Alzheimer's disease, a degenerative brain disease that leads to dementia.

http://en.wikipedia.org/wiki/Salvia_officinalis-cite_note-7