

# SAGE

*(Salvia officinalis)*

## Clinical Summary

### Actions

- Antihydrotic
- Cognitive Enhancing
- Anxiolytic
- Antispasmodic
- Antioxidant
- Astringent
- Antimicrobial
- Antiseptic

### Indications

- Excessive perspiration and salivation, sweats and hot flushes associated with menopause
- Dysmenorrhoea, to cease lactation
- Flatulent dyspepsia, lack of appetite, diarrhoea
- Memory enhancement, dementia, lowering cholesterol
- Tonsillitis, as a gargle or mouthwash to relieve inflammation of the mouth and throat such as gingivitis

### Traditional Use

Sage has a long history of use in traditional medicine as an antispasmodic and carminative, to relieve excess sweating and as a gargle for inflammations of the mouth.

### Energetics

Warming, drying, pungent, bitter.

### Constituents

Volatile oil (camphor, geraniol, limonene, camphene, linalool, rosmarinic acid, luteolin, thujones), acids (phenolic – caffeic, ellagic, ferulic, gallic, rosmarinic), flavonoids, terpenes (monoterpene glycosides, diterpenes (carnasol), triterpenes, oleanolic acid), tannins, beta-carotene.

### Use in Pregnancy

Traditionally sage is reported to have abortifacient properties. Its use in pregnancy is therefore not recommended.

### Contraindications and Cautions

When used in appropriate doses sage appears to be a safe herbal medicine.

### Drug Interactions

Caution with acetylcholinesterase inhibitors, anticholinergic, antidiabetic, cholinergic and central nervous system depressant drugs. Due to the tannin content, sage may reduce the absorption of iron, calcium, magnesium. Separate doses by two to three hours.

### Administration and Dosage

Liquid extract 1:1 in 45% alcohol  
15 to 80mL weekly