

CHAPTER ONE THE FOLKLORE AND COSMETIC USE OF VARIOUS *SALVIA* SPECIES

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SALVIA SPECIES

<i>Salvia acetabulosa</i>	
<i>Salvia acinos</i>	
<i>Salvia acuminata</i> Ruiz & Pav.	
<i>Salvia acutifolia</i> Ruiz & Pav.	
<i>Salvia adenoclada</i> Briq.	= <i>Salvia striata</i> Benth.
<i>Salvia aegyptiaca</i>	
<i>Salvia aegyptiaca</i>	
<i>Salvia aethiopsis</i> L.	
<i>Salvia alata</i> Epling	
<i>Salvia albimaculata</i>	
<i>Salvia albo-caerulea</i>	
<i>Salvia alborosea</i> Epling & Jativa	
<i>Salvia amarissima</i>	
<i>Salvia amethystina</i>	
<i>Salvia amplexicaulis</i>	
<i>Salvia apiana</i>	
<i>Salvia arabica</i>	
<i>Salvia areysiana</i>	
<i>Salvia argentea</i> L.	
<i>Salvia arisanensis</i>	
<i>Salvia arizonica</i>	Arizona sage
<i>Salvia aspera</i>	
<i>Salvia atrocalyx</i> Epling	
<i>Salvia aucheri</i>	
<i>Salvia austriaca</i> Jacq.	
<i>Salvia axillaris</i>	
<i>Salvia ayavacensis</i> Kunth	[Syn. <i>Salvia ayavacensis</i> Epling]
<i>Salvia aytachii</i>	
<i>Salvia azurea</i>	Azure Sage
<i>Salvia azurea</i> var. <i>grandiflora</i>	
<i>Salvia ballotaeiflora</i>	
<i>Salvia ballotiflora</i>	
<i>Salvia bariensis</i>	
<i>Salvia biflora</i> Ruiz & Pav.	= <i>Salvia tubiflora</i> Ruiz & Pav.
<i>Salvia biflora</i> var. <i>glabrata</i> Benth.	= <i>Salvia tubiflora</i> Ruiz & Pav.
<i>Salvia blancoana</i>	
<i>Salvia blodgettii</i>	
<i>Salvia bodinieri</i> Vaniot	
<i>Salvia bogotensis</i>	
<i>Salvia booleana</i>	
<i>Salvia bowleyana</i> Dunn	
<i>Salvia brandegei</i>	

Salvia breviflora
Salvia broussonettii
Salvia bucharica
Salvia bullulata Benth. [Syn: *Salvia bullulata* Benth.]
Salvia cadmica
Salvia caespitosa Montbret et Aucher ex Benth.
Salvia calocalicina Briq. = *Salvia pauciserrata* subsp. *calocalicina* (Briq.)
Salvia calycina
Salvia camporum Epling
Salvia canariensis L.
Salvia candelabrum Spanish Sage
Salvia candica
Salvia candicans
Salvia candidissima
Salvia cardiophylla
Salvia carduacea
Salvia carnea
Salvia carnosae
Salvia cavalerici
Salvia chapmanii
Salvia chia
Salvia chicamochae
Salvia chinensis
Salvia claytoni
Salvia clevelandii (Gray) Greene Blue Sage
Salvia clevelandii Fragrant Sage
Salvia coccinea Blood Sage, Tropical Sage
Salvia coccinea Buc'hoz ex Etlinger
Salvia coccinea var. *pseudococcinea* (Jacq.) A. Gray
Salvia columbariae Benth. California sage
Salvia columbariae Chia, Golden Chia
Salvia compressa
Salvia confertiflora
Salvia consobrina Epling
Salvia corrugata Vahl
Salvia cruikshanksii Benth.
Salvia cryptantha Montbret et Aucher ex Benth.
Salvia cupheifolia Kunth = *Salvia oppositiflora* Ruiz & Pav.
Salvia cuspidata Ruiz & Pav.
Salvia cyanicalyx Epling
Salvia cylindriflora Epling
Salvia cypria Cyprus Sage
Salvia dazlyi
Salvia deserta
Salvia desoleana
Salvia digitaloides Diels
Salvia discolor Kunth
Salvia divaricata
Salvia divinorum Epling et Jativa Mexican Mint, Pipilzintzintli, Holy Sage
Salvia dombeyi Epling [Syn: *Salvia dombeyi* R. & P.]

<i>Salvia dominica</i>	
<i>Salvia dorisiana</i>	
<i>Salvia dorrii</i>	Gray Ball Sage
<i>Salvia dorrii</i> ssp. <i>argentea</i>	
<i>Salvia dorrii</i> ssp. <i>carnosa</i>	
<i>Salvia dorrii</i> ssp. <i>dorrii</i>	Gray Ball Sage
<i>Salvia dorrii</i> ssp. <i>gilmanii</i>	
<i>Salvia dorrii</i> var. <i>carnosa</i>	
<i>Salvia dracocephaloides</i>	
<i>Salvia elegans</i>	Pineapple Sage
<i>Salvia eremostachya</i>	
<i>Salvia ermenekensis</i>	
<i>Salvia esquirolii</i> Lévl.	
<i>Salvia euphratica</i>	
<i>Salvia excisa</i> Ruiz & Pav.	= <i>Salvia tubiflora</i> Ruiz & Pav.
<i>Salvia falcata</i>	
<i>Salvia farinacea</i>	Mealy-Cup Sage
<i>Salvia flava</i>	
<i>Salvia flocculosa</i> Epling & Mathias	= <i>Scutellaria flocculosa</i> Epling & Mathias
<i>Salvia florida</i> Benth.	
<i>Salvia fluviatilis</i>	
<i>Salvia formosa</i> L'Heritier	[Syn: <i>Salvia formosa</i> Gloxin]
<i>Salvia formosa</i> L'Heritier	[Syn. <i>Salvia formosa</i> Ruiz & Pav.]
<i>Salvia forskahlei</i>	
<i>Salvia fruticosa</i> Miller	
<i>Salvia fruticulosa</i>	
<i>Salvia fulgens</i>	Mexican Red Sage
<i>Salvia funerea</i>	Death Valley Sage
<i>Salvia garedzhi</i>	
<i>Salvia gilliessi</i> or <i>gilliesii</i>	
<i>Salvia glabricaulis</i>	
<i>Salvia glutinosa</i>	Hardy Sage
<i>Salvia glutinosa</i>	Jupiter's Distaff
<i>Salvia glutinosa</i>	Yellow Sage, Hardy Sage
<i>Salvia glutinosa</i> L.	
<i>Salvia grahamii</i>	
<i>Salvia grandiflora</i>	Balsamic Sage, Broad-leafed Sage
<i>Salvia grata</i> M. Vahl	= <i>Salvia oppositiflora</i> Ruiz & Pav.
<i>Salvia gravida</i>	
<i>Salvia greatae</i>	
<i>Salvia greggii</i>	Autumn Sage
<i>Salvia grisea</i> Epling & Mathias	
<i>Salvia griseifolia</i> Epling	[Syn: <i>Salvia griseifolia</i> C. Presl ex Benth.]
<i>Salvia guaranitica</i>	
<i>Salvia haenkei</i> Benth.	
<i>Salvia hapalophylla</i> Epling	
<i>Salvia hastaefolia</i> Epling	= <i>Salvia rhodostephana</i> Epling
<i>Salvia hayatana</i>	
<i>Salvia heerii</i> Regel	
<i>Salvia henryi</i>	Crimson Sage

<i>Salvia herrerae</i> Epling	
<i>Salvia hians</i>	
<i>Salvia hidalgensis</i>	
<i>Salvia hirta</i> Kunth	
<i>Salvia hispanica</i> L.	Chia
<i>Salvia horminum</i>	Red Topped Sage
<i>Salvia hualiensis</i>	
<i>Salvia hypargeia</i>	
<i>Salvia hypoleuca</i>	
<i>Salvia hyptoides</i>	
<i>Salvia incurvata</i> Ruiz & Pav.	
<i>Salvia indica</i>	
<i>Salvia innoxia</i> Epling & Mathias	
<i>Salvia integrifolia</i> Ruiz & Pav.	
<i>Salvia jaimehintoniana</i>	= <i>Salvia azura</i> var. <i>mexicana</i>
<i>Salvia japonica</i>	
<i>Salvia jorgehintoniana</i>	
<i>Salvia jurisicii</i> Kosanin	
<i>Salvia keerlii</i>	
<i>Salvia kietaoensis</i>	
<i>Salvia korolkovii</i>	
<i>Salvia lachnostoma</i> Epling	
<i>Salvia lanata</i>	
<i>Salvia lanceolata</i>	
<i>Salvia lanicaulis</i> Epling & Jativa	
<i>Salvia lanigera</i>	
<i>Salvia lavandulae</i>	
<i>Salvia lavandulifolia</i>	Spanish Sage
<i>Salvia lavanduloides</i>	
<i>Salvia lemmonii</i>	Lemmon's sage
<i>Salvia leonuroides</i> Gloxin	= <i>Salvia formosa</i> L'Heritier
<i>Salvia leucantha</i>	Mexican Bush Sage
<i>Salvia leucoclada</i> Benth.	= <i>Salvia cruikshanksii</i> Benth.
<i>Salvia leucophylla</i> Greene	
<i>Salvia limbata</i>	
<i>Salvia lobbiai</i> Epling	
<i>Salvia longiflora</i> R. & P.	= <i>Salvia dombeyi</i> Epling
<i>Salvia longipedicellata</i>	
<i>Salvia longispicata</i>	
<i>Salvia longistyla</i>	
<i>Salvia lupulina</i>	
<i>Salvia lycioides</i>	Canyon sage
<i>Salvia lyrata</i>	Lyre-leaf sage, Wild Sage, Cancerweed, Lyre Leaf Sage, Kasvaa Pohjois-Amerikassa
<i>Salvia macbridei</i> Epling	= <i>Salvia revoluta</i> Ruiz & Pav.
<i>Salvia macrophylla</i> Benth.	[Syn: <i>Salvia macrophylla</i> Benth.]
<i>Salvia macrophylla</i> var. <i>malacophylla</i> Benth.	
	= <i>Salvia macrophylla</i> Benth.

<i>Salvia macrosiphon</i>	
<i>Salvia madrensis</i>	
<i>Salvia major</i>	
<i>Salvia malacophylla</i> Benth.	
<i>Salvia mathewsii</i> Benth.	= <i>Salvia speciosa</i> C. Presl ex Benth.
<i>Salvia medusa</i> Epling & Jativa	
<i>Salvia melaleuca</i>	
<i>Salvia mellifera</i>	Black Sage
<i>Salvia mellifera</i> Greene	California Black Sage
<i>Salvia merjamie</i>	
<i>Salvia mexicana</i>	
<i>Salvia micrantha</i>	
<i>Salvia microphylla</i>	
<i>Salvia microstegia</i>	
<i>Salvia miltiorrhiza</i> Bunge	Danchen, Danshen, Tan Shen, Tan Zhen, Astral Sage
<i>Salvia miltiorrhiza</i> Bunge	[Syn. <i>Salvia tanshen</i> Max.]
<i>Salvia miltiorrhiza</i> Bunge	[Syn. <i>Salvia pogonocalyx</i> Hance]
<i>Salvia mirzayani</i>	
<i>Salvia misella</i> Kunth	[Syn: <i>Salvia misella</i> Kunth]
<i>Salvia mitis</i> Ruiz & Pav.	= <i>Salvia punctata</i> Ruiz & Pav.
<i>Salvia mohavensis</i>	
<i>Salvia montebrettii</i>	
<i>Salvia moorcroftiana</i>	
<i>Salvia moschata</i>	
<i>Salvia mucidistachys</i> Epling	= <i>Salvia ayavacensis</i> Kunth
<i>Salvia munzii</i>	
<i>Salvia myuzii</i> or <i>mynzii</i>	
<i>Salvia nemorosa</i>	Woodland sage
<i>Salvia nemorosa</i> L.	
<i>Salvia neurepia</i>	
<i>Salvia nicolsoniana</i>	
<i>Salvia nipponica</i>	
<i>Salvia nodosa</i> Ruiz & Pav.	= <i>Salvia formosa</i> L'Heritier
<i>Salvia nubigena</i>	
<i>Salvia nutans</i> L.	
<i>Salvia obumbrata</i> Epling	[Syn: <i>Salvia obumbrata</i> Epling]
<i>Salvia occidentalis</i>	West Indian sage
<i>Salvia occidentalis</i> Sw.	[Syn: <i>Salvia occidentalis</i> Ruiz & Pav.]
<i>Salvia ochrantha</i> Epling	
<i>Salvia officinalis</i> L.	Sage, Salvia, Broadleaf Sage, Common Sage, Dalmatian Sage, Garden Sage, Ryytiscalvia
<i>Salvia officinalis</i> var. <i>rubia</i>	Broad-Leafed Sage, Dalmatian Sage, Garden Sage, Red Sage, Sawge, True Sage
<i>Salvia oppositiflora</i> Ruiz & Pav.	[Syn. <i>Salvia oppositiflora</i> Kunth]

<i>Salvia oppositiflora</i> Ruiz & Pav.	[Syn. <i>Salvia oppositiflora</i> M. Vahl]
<i>Salvia oppositiflora</i> Ruiz & Pav.	[Syn: <i>Salvia oppositiflora</i> Hooker]
<i>Salvia oxyodon</i>	
<i>Salvia pachyphylla</i>	Rose Sage
<i>Salvia palaefolia</i>	
<i>Salvia palaestina</i>	
<i>Salvia paposana</i> Philippi	[Syn. <i>Salvia paposana</i> Benth.]
<i>Salvia paryskii</i>	
<i>Salvia patens</i>	Gentian Sage
<i>Salvia patens</i> Cav.	
<i>Salvia pauciserrata</i> Benth.	
<i>Salvia pauciserrata</i> subsp. <i>calocalicina</i> (Briq.) J.R.I. Wood & Harley	
	[Syn: <i>Salvia pauciserrata calocalicina</i> Briq.]
<i>Salvia pauciserrata</i> var. <i>pauciserrata</i>	
<i>Salvia pavonii</i> Benth.	
<i>Salvia penduliflora</i> Epling	
<i>Salvia perlucida</i> Epling	
<i>Salvia persipolitana</i>	
<i>Salvia petiolaris</i> Kunth	= <i>Salvia scutellarioides</i> Kunth
<i>Salvia phlomoides</i>	
<i>Salvia pichinchensis</i>	
<i>Salvia pilosa</i> M. Vahl	= <i>Salvia rhombifolia</i> Ruiz & Pav.
<i>Salvia pinguiifolia</i>	Rock Sage
<i>Salvia pinnata</i>	
<i>Salvia pisidica</i>	
<i>Salvia pitcheri</i>	
<i>Salvia plebeia</i> R. Brown	
<i>Salvia plumosa</i> Ruiz & Pav.	
<i>Salvia pogonocalyx</i> Hance	[Syn. <i>Salvia miltiorrhiza</i>]
<i>Salvia pomifera</i>	Apple-bearing Sage
<i>Salvia potentillifolia</i>	
<i>Salvia praeclara</i> Epling	
<i>Salvia pratensis</i>	Prairie-Meadow Sage, Meadow Clary, Meadow Sage
<i>Salvia pratensis</i> L.	
<i>Salvia prionitis</i>	
<i>Salvia procumbens</i> Ruiz & Pav.	= <i>Salvia occidentalis</i> Sw.
<i>Salvia przewalskii</i> Maxim.	
<i>Salvia pseudococcinea</i> Jacq.	
<i>Salvia pseudorosmarinus</i> Epling	
<i>Salvia psilantha</i> Epling	
<i>Salvia psilostachya</i> Epling	
<i>Salvia puberula</i>	
<i>Salvia punctata</i> Ruiz & Pav.	[Syn. <i>Salvia punctata</i> Ruiz & Pav.]
<i>Salvia punctata</i> Ruiz & Pav.	[Syn: <i>Salvia punctata</i> Epling]
<i>Salvia punctata</i> var. <i>glabra</i> Epling	= <i>Salvia punctata</i> Ruiz & Pav.
<i>Salvia pustulata</i> Benth.	= <i>Salvia bullulata</i> Benth.
<i>Salvia radula</i> Epling	= <i>Salvia styphelus</i> Epling
<i>Salvia reflexa</i>	Lance-Leaved Sage

<i>Salvia reflexa</i>	Rocky Mountain Sage
<i>Salvia regeliana</i>	
<i>Salvia regla</i>	Mountain Sage
<i>Salvia repens</i>	
<i>Salvia revoluta</i> Ruiz & Pav.	[Syn. <i>Salvia revoluta</i> Epling]
<i>Salvia rhodostephana</i> Epling	[Syn. <i>Salvia rhodostephana</i> Epling]
<i>Salvia rhombifolia</i> Ruiz & Pav.	[Syn: <i>Salvia rhombifolia</i> M. Vahl]
<i>Salvia rhombifolia</i> var. <i>glabrior</i> Benth.	= <i>Salvia paposana</i> Philippi
<i>Salvia rhyacophila</i>	
<i>Salvia rigosa</i> (<i>rugosa</i> ?)	
<i>Salvia riparia</i> Kunth	= <i>Salvia misella</i> Kunth
<i>Salvia rivularis</i> Gardner	
<i>Salvia roemeriana</i>	Cedar Sage
<i>Salvia rubescens</i> Kunth	
<i>Salvia rubrifaux</i> Epling	
<i>Salvia rufula</i>	
<i>Salvia rugosa</i>	
<i>Salvia runcinata</i>	
<i>Salvia rusbyi</i> Britton	
<i>Salvia sagittata</i> Ruiz & Pav.	
<i>Salvia saheudica</i>	
<i>Salvia salvatrix</i>	Narrow-leaved White Sage, Sage “the Saviour”
<i>Salvia salviaphilos</i>	
<i>Salvia santolinifolia</i>	
<i>Salvia sapinae</i>	
<i>Salvia sarmentosa</i> Epling	
<i>Salvia scabiosifolia</i>	
<i>Salvia scandens</i> Epling	
<i>Salvia sclarea</i>	Clary, Cleareye, Salvia, Clarry, Christ’s Eye, Clary Sage, Clear Eye, Common Clary, Eyebright, Garden Clary, Orvale, See Bright, Muskatellisalvia, Muscatel Sage, Tout-bonne, Clary Wort, Horminum, Gallitricum, Muskateller Salbei.
<i>Salvia sclarea</i> L.	
<i>Salvia sclareoides</i>	
<i>Salvia sclareopsis</i>	
<i>Salvia scrobiculata</i> Meyen ex Bentham	= <i>Salvia tubiflora</i> Ruiz & Pav.
<i>Salvia scutellarioides</i> Kunth	[Syn: <i>Salvia scutellarioides</i> Kunth]
<i>Salvia serotina</i>	
<i>Salvia sideritidis</i> C. Presl ex Benth.	= <i>Salvia griseifolia</i> Epling
<i>Salvia silvarum</i> Epling	

Salvia sisymbriifolia
Salvia smyrnaea
Salvia somaliensis
Salvia sonomensis
Salvia spathacea Pitcher Sage
Salvia speciosa C. Presl ex Benth. [Syn. *Salvia speciosa* Benth.]
Salvia sphaceloides
Salvia spinosa
Salvia splendens Scarlet Sage
Salvia splendens Ker-Gawler
Salvia splendens Sellow ex Roem. & Schult.
Salvia squalens Kunth
Salvia stachydifolia Benth.
Salvia stenophylla
Salvia stepposa
Salvia striata Benth. [Syn. *Salvia striata* Briq.]
Salvia strictiflora Hooker = *Salvia oppositiflora* Ruiz & Pav.
Salvia styphelus Epling [Syn: *Salvia styphelus* Epling]
Salvia subincisa Saw-Tooth Sage
Salvia subscandens Epling & Jativa
Salvia summa Great Sage
Salvia syriaca
Salvia tafallae Benth.
Salvia tanshen Max. [Syn. *Salvia miltiorrhiza*]
Salvia tenella
Salvia tesquicola
Salvia texana
Salvia tianschanica
Salvia tiliaefolia
Salvia tiliifolia Vahl
Salvia tingitana
Salvia tomentosa Mill.
Salvia tortuosa
Salvia trichoclada
Salvia trifilis Epling
Salvia triloba Spanish Sage
Salvia tubiflora Ruiz & Pav. [Syn. *Salvia tubiflora* Meyen ex Bentham]
Salvia tubiflora Ruiz & Pav. [Syn: *Salvia tubiflora* Benth.]
Salvia tubulosa Epling
Salvia tuerckheimii
Salvia umbratica Epling = *Salvia obumbrata* Epling
Salvia uribei
Salvia urticifolia Nettle-Leaf Sage
Salvia urticifolia kasvaa Pohjois-Amerikassa
Salvia uruapana
Salvia Vargasii Epling
Salvia vaseyi
Salvia verbenaca L. Oculus Christi, Vervain Sage,
Wild English Clary, Wild Clary

<i>Salvia verbenacea</i>	
<i>Salvia verticillata</i>	Lilac Sage
<i>Salvia vestita</i> Benth.	
<i>Salvia virgata</i> Jacq.	
<i>Salvia viridis</i>	Painted Sage
<i>Salvia viridis</i>	Red-topped Sage
<i>Salvia viridis</i>	Salvia Bluebeard
<i>Salvia weberbaueri</i> Epling	
<i>Salvia willeana</i>	
<i>Salvia xanthocheila</i>	
<i>Salvia xanthophylla</i> Epling & Jativa	
<i>Salvia yunnanensis</i> C.H. Wright	

SPECIFIC SPECIES OF SALVIA

Salvia officinalis

Pharmacopoeial status

Salvia officinalis is in the B.P.C. 1934, and the Pharmacopoeias of Austria, Czechoslovakia, Germany, Hungary, Jugoslavia, Netherlands, Poland, Portugal, Roumania, Russia and Switzerland [Martindale, 1967].

Planetary domination

It is under the domination of the planet Jupiter and symbolises domestic virtue [Leyel, 1987].

The derivation of the name

The name of the genus, *Salvia*, is derived from the Latin *salvere*, to save, in reference to the curative properties of the plant, which was in olden times celebrated as a medicinal herb. This name was corrupted popularly to Sauja and Sauge (the French form), in Old English, 'Sawge,' which has become our present-day name of Sage. [Grieve, 1984].

History

Sage has been an important medicinal plant since earliest times. This is a herb that has the reputation as one which wards off evil. It was thought to be efficacious against the biting of serpents and the dispelling of evil spirits [Ceres, 1984]. It was employed in ancient Egypt to increase the fertility of women [Schauenberg and Paris, 1990]. It appears that sage was brought from ancient Egypt to our shores by the Romans. [Onlooker, 1995].

Theophrastus records two sages, one a spineless wild undershrub whose name he gives as Joakos (sphakos), the other resembling it, but cultivated, called (elelispakos) [Theophrastus, 1918]. Pliny the Elder says that this latter plant is called *Salvia* by the Romans, a mint-like, hoary and aromatic and also cultivated more than sphakos of Theophrastus, and used as a diuretic, for promoting menstruation, as a local anaesthetic (numbing the surface of the skin where it is applied), a styptic, and when taken in drink with wormwood, a treatment for dysentery [Pliny]. Monastery gardens in the time of the Carolingian empire of the early Middle Ages were cultivating the plant. Walahfrid Strabao, in his Hortulus, describes it as having a sweet scent and

being of proved value in many human ailments, and he goes back to the Greek root for the name he gives it, *Lelifagus* [Strabao, 1966]. There can be little doubt that, from the time of Theophrastus and Pliny on, the sage cultivated under these different names is *Salvia officinalis*.

An Anglo-Saxon manuscript reads "why should man die when he has sage?" A similar saying exists later since, the Salerno Medical School (11th and 12th centuries) wrote "Why should a Man die, if sage grows in his garden? - No garden medicament can prevail against the power of Death." The treatise closes with the words "Sage, thou healer, Nature's mediatrix"

Among the Ancients and throughout the Middle Ages it was in high repute: *Cur moriatur homo cui Salvia crescit in horto?* ('Why should a man die whilst sage grows in his garden?') has a corresponding English proverb: 'He that would live for aye, Must eat Sage in May.' [Grieve, 1984]. This compares well with one from Germany, which has many proverbs about sage "for a ripe old age, in May you eat sage".

The herb is sometimes spoken of as *S. salvatrix* ('Sage the Saviour'). An old tradition recommends that Rue shall be planted among the Sage, so as to keep away noxious toads from the valued and cherished plants. It was held that this plant would thrive or wither, just as the owner's business prospered or failed, and in Buckinghamshire, another tradition maintained that the wife rules when Sage grows vigorously in the garden. [Grieve, 1984]

Sage was one of the ingredients of Four Thieves Vinegar, a blend of herbs believed to protect the user against the plague. It was supposedly created around 1630 by four robbers from Toulouse who waited for plague victims to be removed for burial, and then entered their houses and looted them. They were eventually caught and sentenced to death, but so great was the need to find protection against the plague, that they were given their freedom in exchange for the recipe, which apparently left them untouched by the disease. It consisted of thyme, sage, lavender, rosemary and other herbs [Dragoco, 1996].

In the Jura district of France, in Franche-Comte, the herb is supposed to mitigate grief, mental and bodily, and Pepys in his Diary for April 26th, 1661 said when travelling from Gosport to Southampton: "In our way....we observed a little churchyard, where the graves are accustomed to be strewn with sage." [Grieve, 1984]

The following is a translation of an old French saying: 'Sage helps the nerves and by its powerful might, Palsy is cured and fever put to flight,' [Grieve, 1984]. A possible reference to Gerard, who recorded: '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 members.' [Gerard, 1990]

Dioscorides, Pliny and Galen all recommend sage as a haemostatic, diuretic, tonic and emmenagogue. Pliny tells us that it is good for cleansing snakebite.

Walafridus Strabo sings the praises of sage in his gardening book "Hortulus" and Charlemagne in the "Capitulare" decrees that sage must be cultivated on every farm. Folklore also said that that sage would make women fertile and arouse love for a person.

Country women would take sage to church with them, and if they got sleepy would have a sniff to wake them up!

In the United States Pharmacopoeia, the leaves are still officially prescribed, as they were formerly in the London Pharmacopoeia, but in Europe generally, Sage is now neglected by the regular medical practitioner, though is still used in domestic medicine.

Traditional uses of sage

In small doses it is anti-inflammatory.

Perspiration and fever

It is antihydrotic, and it reduces perspiration when taken as a tea, the action starts about 2 hours after drinking an effect which can last for several days [Fluck, 1988; Leung, 1989; Lust, 1986]. This may be achieved by depressing fever control centre in the brain, as well as by relieving spasm in the smooth skeletal muscle [Winter-Griffith, 1988]. New Orleans Blacks with either Cajun or Creole blood mixtures or both kinds in them, have used sage to reduce perspiration. Sage seems to have a calming effect on their sweat glands and effectively reduces outbreaks of sweat whether they occur in the underarm area, on hands, feet, or the entire body. A tea made of either the dried or fresh leaves and one cup of the same drunk each day in small doses quickly controls excessive sweating. [Ayensu, 1981].

Oral preparations

It has value as a carminative, spasmolytic, antiseptic, astringent, and is used in a variety of complaints, the most relevant being inflammation of the mouth, tongue, and throat, as a gargle or mouthwash [British Herbal Pharmacopoeia, 1983]. It will soothe the soothes the mucous membrane and be of benefit for inflamed and bleeding gums and good for mouth ulcers [Hoffman, 1987]. It has been cited for use in bad breath [Buchmann, 1987]. It contains bactericidal principles. It is useful for sore throat [Leung, 1989] and good results have been seen with peritonsillar abscesses as sage will give subjective relief and promote healing (gargle needs to be hot and repeated every 2 hours) [Weiss, 1986]. It is even said to be able to regulate the flow of saliva [Bunney, 1984]. The fact that infusions of the herb are effective mouth washes and gargles in household medicine indicates fairly good bactericidal value in the oil [Arctander, 1960]. Use of the leaves, liquefied, to treat laryngitis, is mentioned in China [Flora Yunnanica, 1977:3].

It is also used to make a tooth-powder (stain remover). Sage leaves and common sea salt are blended together and baked until hard, then the aggregated mixture is ground down and used as a tooth powder (Bairacli Levy, 1991)

Indigestion

Sage has some value in relieving indigestion with gas or spasmodic pain [Evans, 1989].

Cautions

Avoid during pregnancy since it stimulates the muscles of the uterus. Large doses are toxic [Fluck, 1988; Mills, 1989]. Sage should not be taken in large doses for a long period because of the thujone it contains [Leung, 1989], this is said to be neurotoxic (Talalaj, S. & Czechowicz,

A.S., 1989). The volatile oil is said to be a violent epileptiform convulsant, resembling the essential oils of absinthe and nutmeg [British Pharmaceutical Codex, 1923].

Sexual debility

Phelps-Brown (1993) said in 1875 "It is called by some a most capital remedy for spermatorrhoea, and for excessive venereal desire, and I am one of those who know from experience in my practice that it is grand for what is termed sexual debility when its use is indicated."

Skin care

For large pores, sage can be of benefit as a compress or infusion. It can be used for similar purpose as a face pack. Sage cream can be used for cold sores near the mouth [Back, 1987]. Elderly blacks living in Michigan have utilised crushed fresh sage leaves to get rid of warts on the face, neck, throat, hands and arms. An herbal wash of the same fresh leaves has been used to relieve bumps, sores, wounds, cuts and other skin injuries [Boyd, 1984].

Sage and rosemary are two herbs which some American Blacks in various Southern States consider to be "soul cosmetics" just as they regard different kinds of food as being "soul food". [Watt and Breyer-Brandwijk, 1962]

Bathing and washing

It is an antifungal. It is also used in baths to treat skin problems. [Stuart, 1986]. Another source gives the following external properties, astringent, healing (cicatrising), antiseptic, tonic, antirheumatic in baths, for atonic wounds, sores, ulcers, dermatosis (eczemas) [Valnet, 1986].

Rheumatism

Good embrocation for use in cases of rheumatism [Grieve, 1984]. Sage embrocation is helpful for easing muscular pain, for sciatica and for loosening stiff and painful joints [Back, 1987].

Wound treatment

Because of the tannin content it is astringent and anti-inflammatory. It is also used as a lotion or compress for wounds. [Fluck, 1988]. It is also an excellent lotion for ulcers and to heal raw abrasions of the skin [Grieve, 1984].

Varicose veins and leg conditions

The use of sage has been recommended for varicose veins and leg ulcers [Trattler, 1985], as well as warts on the legs [Buchmann, 1987].

Hair care

The common sage is one of the best plants for darkening and toning hair. An infusion of the fresh leaves or tops is used [Genders, 1985]. It has also been popularly used to darken the hair when applied to the scalp [Grieve, 1984]. It is used in cases of alopecia [Valnet, 1986]. Sage is a good

hair tonic and the infusion, used as a hair lotion, can be rubbed on to the scalp every other day to ensure healthy shining hair. It is particularly good for dark hair, strengthening the hair and deepening the natural colour [Back, 1987]. A mixture of garden sage and rosemary has been used by some of the Elderly blacks living in Michigan in the past to maintain the sheen of their dark, curly hair and to strengthen and stimulate further hair growth, this is probably attributable to the volatile oil in the plant [Lewis, 1977].

A recipe for hair tonic and setting lotion: Cut up a handful of sage leaves and tops and the same quantity of rosemary. Place in one pint of cold water and bring slowly to the boil. Simmer for three minutes (keeping covered). Remove from heat and allow to steep for three hours. Massage into scalp and hair every night. [Bairacli Levy, 1991].

Insects

It has been used for wasp stings and insect bites [Valnet, 1986; Leung, 1980]. Dabbed onto insect bites it takes away the sting and the itch [Ceres, 1984]. It is stated that the oils is used in insecticidal preparations. The volatile oile in this and other labiates is known to be obnoxious to insects and to reduce their presence in gardens, ot the parts of gardens, where these herbs are planted [Council of Scientific, 1972:2].

Nervous conditions

It is also used in nervous conditions, trembling, depression, and vertigo. [Lust, 1986]

Mental conditions

The use of sage in age, now seems to have some technical corroboration. Workers at the Neurochemical Pathology Unit maintained by the MRC at Newcastle General Hospital have discovered evidence that Common Sage (*Salvia officinalis*) might prove useful in the struggle against Alzheimer's disease. The oil produced by this plant inhibits the activity of acetylcholinesterase, which may plat a role in the loss of memory associated with the disease. In Alzheimer's disease the progressive deterioration of memory is associated with a fall in the brain concentration of acetylcholine. This may be brought about by excessive activity of esterase, and progressive memory loss can be slowed by some sufferers by administration of the the antagonist tacrine [Onlooker, 1995]

It is said to improves brain nourishment and is known as the 'thinker's tea' [Mindell, 1992]

Nursing mothers

Nursing mothers have used sage to stop the flow of milk [Leung, 1980].

Feet and pedicular problems

A sage lotion made in large quantity can be used for a foot bath while it is still hot, for weary, sore and strained ankles and feet [Ceres, 1984].

Posology

According to Then, Lemberkovics, and Marczal (1996) dosing of *Salvia officinalis* L is described in Erg.6.* as the following:

4-6 g of leaf

0.1-0.3 g/day of volatile oil

2.5-7.5 g/day of alcoholic extract

1.8-3.0 g/day of fluid extract

* Ergänzungsbuch zur 6. Ausgabe des Deutschen Arzneibuches.

According to Grieve (1984) and confirmed by Wren (1958), when a more stimulating effect to the throat is desirable, the gargle may be made of equal quantities of vinegar and water, 1/2 pint of hot malt vinegar being poured on 1 oz. of leaves, adding 1/2 pint of cold water. The infusion when made for internal use can be made simply by pouring 1 pint of boiling water on to 1 oz. of the dried herb, the dose being from a wineglassful to half a teacupful, as often as required, but the old-fashioned way of making it is more elaborate and the result is a pleasant drink, cooling in fevers, and also a cleanser and purifier of the blood. Half an ounce of fresh Sage leaves, 1 oz. of sugar, the juice of 1 lemon, or 1/4 oz. of grated rind, are infused in a quart of boiling water and strained off after half an hour.

Buchmann (1987) steeps 2 tablespoons of leaves in a pint of boiling water for 7-10 minutes and points out that the infusion will become too bitter if steeped too long in boiling water. The pulped leaves of sage can be applied as a poultice to painful stings and bites..

Phelps Brown, O. (1993) has a similar recipe in the section "Things for the Sick room", where he describes Sage tea as being dried leaves of sage, half an ounce; boiling water, one quart. Infuse for half an hour and strain; may add sugar if desired.

In the Merck Index (1940) the average dose is given as 4 g of the dried leaf.

The leaves may be administered in powder or as an infusion (1 in 20). The dose is 1 - 4 g [BPC, 1923]. According to Mills (1989) the dosage of the dried leaves is 0.5-3 g three times per day.

The dose of the powdered leaves is from 1.3 - 1.95 g, the infusion made by macerating 1 oz. of the leaves in a pint of boiling water, of which 60 g may be administered at once [Wood and Bache, 1883].

As a tonic, helpful for colds, coughs, influenza, sore throats, constipation, digestive disturbances and caolmoing for nervous conditions. Take as many sage leaves as will loosely fill a 2 pint (1.14 L) saucepan; 3 lb (1.36 kg) sugar; 1 gal (4.5 L) water. [Law, 1973]

***Salvia bowleyana* Dunn**

The species is apparently confined to China, where it is found south of the Yangtze in the central and south-eastern provinces, at altitudes of 30-960m., on hillsides, in woodland, and beside water [Iconographia, 1974 No.5293].

It is very similar to *S. militorrhiza* Bunge. Its name in Chinese means Southern miltiorrhiza. It is used in medicine in the same way, discriminating very slightly. [Fu-chien, 1982:1]

Salvia coccinea

In Mexico, the flowers rubbed onto the cheeks instead of rouge [Reis and Lipp, 1982].

In South America several large plants are boiled in one gallon of water for 10 minutes and used warm to bathe varicosities, blood clots and congested blood [Arvigo, 1993].

Salvia columbariae

It is an annual herb native to south-western USA and northern Mexico. The Spanish name "Chia" is also used to refer to other species of *Salvia* which are used in the same way. This is more commonly referred to as "Golden Chia".

It was an important food plant for the native American tribes of south-western USA and northern Mexico, who believed that as little as a tablespoon of the seed would sustain a tribesman for 24 hours on an arduous march. It was also used in folk medicine for the treatment of diarrhoea.

The early Spanish settlers found it made one of the best poultices for the treatment of gunshot wounds, once ground and moistened.

It was also used to treat eye inflammation. The seed absorbs water to form a mucilaginous coating around itself and when the seed is placed under the eyelid this gelatinous coating removes any foreign body that may be causing irritation without causing damage itself. [Fletcher, 1991]

***Salvia digitaloides* Diels**

The species is found in mountainous country in northern and central Yunnan, on grassy slopes or in coniferous woodland, at altitudes of 2.500-3.400m. Seeds were sent to England by George Forrest [Cowan, 1952]. A variety occurs in south-western Sichuan.

The root is used in medicine, for the same purpose as that of *S. miltiorrhiza* Bunge, namely to stimulate the circulation, treat women's diseases, clear extravasated blood, and regulate the senses, also to allay the pains of swellings and clear out pus. Recently, it has been found eminently successful for use in cardiovascular and coronary heart disorders. [Flora Yunnanica, 1977].

Salvia divinorum

The Mazatec Indians of Oaxaca used leaves of the plant *Salvia divinorum* as the basis of an infusion known as "poyomatli" or "pipilzintzintli" [Mann, 1989]. It has been used by them as a vision-inducing plant in ritual curing [Reisfield, 1993].

Salvia hispanica

Salvia hispanica was also known as Chia, which was so highly regarded by the Aztec tribes of Mexico that their rulers took this crop as annual tribute from the peoples of their vast empire. Today the seeds are ground and served in nutritious drinks in Mexico and South America. They are still extensively used by native Americans as a food source [Noll, 1994].

Oil of chia was used as a base for face and body paints, and for paints used on wall murals, lacquerware and pottery, as well as in manuscripts with decorative or ceramic stamps. The Aztec words *chiactic*, *chiaoacai* and *chiauzaio* refer to oily or greasy skin.

The seeds were used by the Aztecs to produce an oil they called *chiamatl*, which was mixed with an insect fat called *aje* (or *axin* as the Aztecs called it) as well as vegetable and mineral pigments to produce a highly coloured salve. This brightly coloured face and body paint was used by both men and women to denote their position in society.

The flowers were used by both sexes often in the form of ointment or pomade, where oil of chia was used for its emollient properties.

In medicine, chia was used to stimulate saliva, to relieve pain of the knees, for injured feet, as a lotion for stricken patients and for eruptions of the skin. Combined with a white willow, it was a cure for intestinal disorders and fevers.

The Aztecs has extensive knowledge of many medicinal herbs and would use Chia (in the form of a porridge or gruel) as a soothing base for their infusions.

Chia seeds yield 25 to 30% extractable oil, which is rich in essential fatty acids. (20% linoleic acid, 60% linolenic acid). Chia meal, an ingredient potentially useful in facial scrubs, contains 20% protein and is high in amino acids (lysine, methione, cystine). Currently under study are chia's naturally occurring lipid antioxidants which provide oxidative stability. In water chia seeds form a mucilage rich in polysaccharides and mucopolysaccharides [Wilson, 1993].

This desert plant has been shown to be an excellent source of antioxidants. A major portion of the antioxidant activity of oil-seed and oil-seed flowers and concentrates is attributable to flavonoid and hydroxylated cinnamic acids [Pratt, 1992].

Salvia horminum

A south European species *Salvia horminum* or the red-topped sage has been used by putting the leaves and seed into the vat of fermenting wine to increase the inebriating quality of the liquor. An infusion of the leaves has been considered a good gargle for sore gums, and powdered makes a good snuff.

Salvia lavandulaefolia

Salvia lavandulaefolia or Spanish Sage is closely related to *Salvia officinalis* or Garden Sage. It grows wild in Spain and southwest France. Spanish Sage contains a volatile oil composed of highly variable amounts of camphor (11-34%), cineole (18-35%), limonene (1-41%), camphene (5-30%), alpha-pinene (4-20%), beta-pinene(6-19), linalool, linalyl acetate, borneol and others. It is reported to have antimicrobial properties. It was non-irritating and non-sensitising to human skin and non phototoxic [Leung, 1980]. It is used as a perfume component and flavouring.

Salvia multiorrhiza

[Syn. *S. pogonocalyx* Hence]

The species is widely distributed in northern China from eastern Gansu to the province of Shangdong, extending north to the southernmost province of north-east China, Liaoning, and south to the Huai river area in the Middle Yangtze province of Hubei. It grows also in Japan.

The root of this plant is most often used to encourage tissue growth, to invigorate and nourish the blood, and reduce swellings. It is antibacterial, antifungal, vasodilator, good for burns, ringworm, acne, hair loss, itching and urticaria. [Leung, 1980]

It is employed as a female tonic in amenorrhoea, metrorrhagia, gastralgia, mastitis. Dose: 5-10 g. [Keys, 1976]

Extracts from *Salvia miltiorrhiza* ("Danshen") are widely used in China to treat coronary artery disease, particularly angina pectoris and myocardial infarction [Guo-Qing Liu, 1995]. One of the components of this extract, Tanshinone IIA (TS IIA) is a coronary vasodilator and antiischemic agent. It also has sedative and tranquilising effects and is employed in the treatment of neurasthenic insomnia (the component miltirone may contribute to the sedative effects of the extract).

The plant is a molluscicide reported to obtain up to 50% mortality [Kuo Yuang Hua, 1982].

Anti-microbial properties are reported in the species. Extracts are said to be effective against drug-resistant *Staphylococcus*, the name of the species not being given. Dihydrotanshinone I, hydroxytanshinone II-A, kryptotanshinone, methyl tanshinone, and tanshinone II-B are reported to be bacteriostatic against *Staphylococcus aureus*. [Duke & Ayensu, 1985].

Medicinal use of the root in China goes back at least to the 1st millennium B.C. It is considered to be a tonic, employed specifically to stimulate the circulation and regulate the menses [Chiang-su, 1982], curtail uterine bleeding, and relieve abdominal pain, and relieve also depression and insomnia [Barefoot, 1978]. Current Chinese-language regional Floras state that it has recently been used with eminent success in the treatment of cardiovascular and coronary heart disorders [Flora Yunnanica, 1977]. Beneficial effect on the heart as a property of plant is a belief of long standing in China. Li Shih-chen in his 16th century Pen-ts'ao kang-mu, in describing the traditional functions of five shen or ginseng-named plants, states that the root of tan-shen (*S. miltiorrhiza*) operates upon the heart [Bretschneider, 1895].

In pharmacological activity, the constituent tanshinone is said to be anti-inflammatory in rats with infective arthritis [Duke & Ayensu, 1985].

***Salvia plebeia* R. Brown**

The species is widespread as a weed in southern and eastern Asia. In India it occurs throughout the plains, and up to 1,900m, in the hills [Watt, 1893]. In China it occurs throughout the country, except in the north-west and Tibet [Iconographia, 1974 No. 3298], and in this part of Asia it extends to Korea. In the Philippines it occurs in Luzon, in and about towns at low altitudes [Merrill, 1923]. Confinement to these localities suggests that the species has been introduced at some early date, and has escaped into the wild. It is not known to be in medicinal use now in the Philippines. In the Indo-Chinese region it is found in Vietnam and Cambodia [Lecomte, 1927].

The whole herb contains flavones, homoplantagenin, hispidulin, nepetin, nepetin, nepetrin, and eupafolin and its 7-monoglucoside among them. It also contains protocatechuic acid, 4-hydroxypropionic acid, volatile oil and saponin. Sterols are few, but there are several terpenes [Fu-chien, 1982:2].

The seeds contain 15% of a fatty oil [Flora Hainanica, 1977].

Anthelmintic properties are reported in the herb, both in India [Council of Scientific & Industrial Research, 1972] and Korea [Perry, 1980].

The plant is reported to be bacteriostatic against *Staphylococcus aureus*, *Aspergillus fumigatus*, Phyllody disease, and *Pseudomonas* [Fu-chien, 1982:2].

The oil from the seeds can contribute to the manufacture of soap in China [Flora Hainanica, 1977]. In India, the mucilaginous properties of this oil cause it to be used to anoint women's hair, hold it in place, and keep it glossy [Watt, 1893].

Pharmacological action of the plant, in experiments with rats is reported as antitussive, antiasthmatic, and anti-inflammatory, when used in decoction, and as a cure for bronchitis [Fu-chien, 1982:2].

Medicinal use of the seeds, and of the other above-ground parts of the plant, are distinct. In the Indo-Chinese region of plant provides a tisane against stomach-ache [Lecomte, 1927], and the whole plants and the flowers are reportedly prescribed to treat choleric, cholera, and dysentery [Perry]. In India the leaves are said to relieve toothache; further, the herb is employed there as a diuretic and astringent [Fu-chien, 1982:2].

The mucilaginous seeds have long been used in native medicine in that country to treat gonorrhoea and menorrhagia [Watt, 1893], to which conditions [Chopra, 1958] adds diarrhoea and haemorrhoids. In China [Chiang-su, 1982:2] the plant is used as a febrifuge, detoxifier, diuretic, blood cooler, haemostatic, and for the reduction of swellings. It relieves painful swellings, bleeding piles and inflammation of the mammary gland. A decoction taken hot is used to treat tonsillitis, haemorrhage in pulmonary consumption, and sluggish blood developing slight erythema.

Salvia pomifera

Salvia pomifera, the applebearing sage, has a very peculiar growth and is common on some of the Greek islands. It has firm, fleshy protuberances which are about 2 cm thick and swell out from the branches of the plant. They are produced in the same manner as oak apples by the puncture of an insect of the *Cynips* genus. These excrescences are semi-transparent like jelly and are called Sage Apples, which is the name by which they are sold in the market. They are candied with sugar and made into a kind of sweetmeat and conserve which is highly regarded by the Greeks as a delicacy (also said to possess healing and salutary qualities). It has an agreeable and astringent flavour. This plant is considerably larger than the common garden sage and it has a flavour and more powerful smell, which is a cross between lavender and sage. It grows very abundantly to the size of a small shrub in Candia, Syros and Crete. The leaves are collected annually, dried and used medicinally as an infusion. The Greeks are particular as to the time and manner in which they are collected, the date being May 1, before sunrise. The infusion produces

profuse perspiration, languor, and even faintness if used to excess. There is a smaller Greek salvia in Greece, the *Salvia candica*, which does not have excrescences.

Salvia repens, Salvia rugosa, Salvia runcinata, and Salvia sisymbriifolia

Salvia repens, Salvia rugosa, Salvia runcinata, and Salvia sisymbriifolia - have all been used at various times by different Southeastern African tribes for treating bed sores, herpes lesions, stinging nettle rash, and swellings due to insect or mosquito bites and wasp stings. They are all used as decoctions, teas or simple lotions. Sometimes milk would be used to steep the sage in, with excellent results.

Salvia sclarea

The herb is antispasmodic and balsamic in nature and has been used both fresh and dry for digestive difficulties as a stomachic. It has also been employed in kidney disease with good results. The mucilage of the seeds has been used in ophthalmic disorders and a decoction of the herb was considered by herbalists to be efficacious in any complaint of the eyes [Wren, 1994].

Mucilage of the seeds is used in tumours [Leung, 1980].

Cold extract of clary will help draw out thorns and splinters and reduce inflammation. The dried roots, crushed and powdered, can be used like snuff to clear the head and ease a headache. An ointment made with clary leaves will help draw out inflammation and bring boils and spots to a head [Back, 1987].

This herb was first brought into use by the Germans who added it to Elderflowers and then infused them and added the liquid to the Rheinish wine which then became a Muscatel [Grieve, 1984].

It was used by the native Jamaicans, who considered it cooling and cleansing for ulcers, and who also used it for inflammation of the eyes. A decoction of the leaves boiled in coconut oil was considered beneficial for the stings of scorpions [Grieve, 1984].

The oil has come under increasing attention for its use in aromatherapy. It is said to act on the brain's thalamus similarly to the oils of grapefruit, rose and jasmine. The same action also helps relieve anxiety states, including those involving fear, paranoia and delusions [Holmes, 1993]. These properties have been examined scientifically [Stanassova- Shopova, 1970].

It is a good relaxing oil with euphoric effect on sensitive people and may help with insomnia [Hoffmann, 1991]. It is also described as uplifting, especially if feeling weepy [Tisserand, 1985].

The oil is also used for its antidepressant, antiphlogistic, antiseptic, antispasmodic, astringent, carminative and deodorant properties. These properties make it useful in the treatment of boils and infections as well as useful in skin care. In cosmetics and toiletries, a clary sage bath is warming and very relaxing. Externally it cools inflammation, and is much used in skin care because of its scent. It is useful for inflamed, normal or over-hydrated skin. [Tisserand, 1987]

It is particularly valued for inflamed and mature skins. [Price, 1987]

Except being moderately irritating to rabbit skin, available data indicate the oil to be generally non-toxic [Leung, 1980]. Used as a fragrance component. It is a flavouring in the food industry. After the essential oil is removed the crude material is a source of sclareol which is converted to the sclareolide; both are used to flavour tobacco. Sclareolide is also used in the production of an ambergris substitute.

Salvia serotina

Salvia serotina is used in the form of either a tea or lotion for treating scratches, eczema, rash, itching, cuts, and burns on the skin by native blacks throughout the West Indies.

Salvia verbenaca

Salvia verbenaca or Wild Clary has properties similar to Garden Clary, but the wild variety is considered to be more potent. The seed is mucilaginous, and the mucilage was used to soothe the eye [Potterton, 1983]. In another reference the mucilage is used to cleanse the eye [Grieve, 1984].

***Salvia yunnanensis* C.H. Wright**

[Syn. *S. bodinieri* Vaniot; *S. esquirolii* Lévl.]

The species goes under various book-names and local names in china, many of them having Lake Tien miltiorrhiza [Iconographia, 1974 No. 5292], Lake Tien being the major lake in the eastern Yunnan, near Kunming, and among other names in Yunnan Small miltiorrhiza and Purple miltiorrhiza.

The species appears to be confined to south-western Provinces of China, where it occurs in south-western Sichuan, Guizhou in the western part, and from the north of Yunnan, through such central districts as Dali, to the south-east of the province. The type was obtained from Mengtsh, not so far from the Vietnam border.

A national Flora [Iconographia, 1974 No. 5292] states succinctly that the root is used for that of *S. miltiorrhiza* Bunge. In Yunnan, recorded uses of the root in medicine lie in stimulating the circulation, regulating the menses, clearing fresh extravasated blood, stopping pain, and calming the spirits by lowering the effects of stress, [Flora Yunnanica, 1977:2], all of them properties attributed also to *S. miltiorrhiza*.

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