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INTRODUCTION:

Salvia officinalis (sage, also called garden sage, common sage, or culinary sage) is a perennial, evergreen subshrub, with woody stems, grayish leaves, and blue to purplish flowers. It is a member of the mint family Lamiaceae and native to the Mediterranean region, though it has naturalized in many places throughout the world. It has a long history of medicinal and culinary use, and in modern times as an ornamental garden plant. The common name "sage" is also used for a number of related and unrelated species



HISTORY

Sage is an aromatic herb native to the lands surrounding the Mediterranean Sea. Sage has been utilized by mankind for both health and food since the first people began to settle in the Fertile Crescent, along with other powerful herbs and spices of that region such as Thyme and Saffron.

Sage grew naturally in this region as a wild bush that thrived in all climates from the arid regions of the Middle East to the more temperate Islands of Greece to the subtropical shores of Spain.

The medicinal properties of this herb was already being explored during the Ancient Egyptian civilization as evinced by their attempts to increase their women's fertility with sage tea. The Ancient Greek civilization was the first to establish and define the true medicinal properties that still hold true by modern pharmaceutical standards, The Greek Physician and Father of Western Medicine Hippocrates said "Boil water with sage and drink two cups a day to cease perspiration.

During the Roman the Latin term for this remarkable herb was "Salvia Salvatrix" which translates to "Sage the Saviour" referring to its healing properties as "Salvia" is derived from the term "Salvere" which means "health" in Latin.

Description

Cultivars are quite variable in size, leaf and flower color, and foliage pattern, with many variegated leaf types. The Old World type grows to approximately 2 ft (0.61 m) tall and wide, with lavender flowers most common, though they can also be white, pink, or purple. The plant flowers in late spring or summer. The leaves are oblong, ranging in size up to 2.5 in (6.4 cm) long by 1 in (2.5 cm) wide. Leaves are grey-green, rugose on the upper side, and nearly white underneath due to the many short soft hairs. Modern cultivars include leaves with purple, rose, cream, and yellow in many variegated combinations



Cultivars

In favorable conditions in the garden, *S. officinalis* can grow to a substantial size (1 square metre or more), but a number of cultivars are more compact. As such they are valued as small ornamental flowering shrubs, rather than for their herbal properties. Some provide low ground cover, especially in sunny dry environments. Like many herbs they can be killed by a cold wet winter, especially if the soil is not well drained. But they are easily propagated from summer cuttings, and some .cultivars are produced from seeds

Named cultivars include:

Alba', a white-flowered cultivar'

Aurea', golden sage'

Berggarten', a cultivar with large leaves, which rarely blooms, ' extending the useful life of the leaves

Extrakta', has leaves with higher oil concentrations'

Icterina', a cultivar with yellow-green variegated leaves'

Lavandulaefolia', a small leaved cultivar'

Purpurascens' ('Purpurea'), a purple-leafed cultivar'

Tricolor', a cultivar with white, purple and green variegated ' leaves



Berggarten



Icterina



purpurascens



Tricolor

Benefis

Skin Benefits Of Sage

Sage can keep your skin healthy and beautiful Its plant derived chemical compounds, essential oils, and vitamins make it .beneficial in skin care in the following ways

1:Anti-ageing Benefits .

The antioxidants in sage reverse the signs of ageing such as wrinkles, fine lines, and age spots. These antioxidants provide protection against free radicals that damage skin cells, causing premature ageing of the skin. This herb is loaded with calcium and vitamin A, which protect your skin against the assault of free radicals and aid in daily cell regeneration, minimizing and .delaying the onset of facial wrinkles

2:Toner for Oily Skin .

Sage oil benefits as a great toner by regulating sebum production in oily complexion. You can prepare a home-made toner by boiling a spoonful of sage in about 250 ml water. Steep for 30 minutes and strain the concoction. Dab it on your .face after cooling

3:Treatment of Skin Problems .

The antibacterial properties of this amazing herb prevent the occurrence of skin infections. It also possesses antiseptic and anti-inflammatory properties, which help cure acne as well as relieve the symptoms of eczema and psoriasis

Hair Benefits Of Sage

Sage herb and its extracts have been found to be beneficial for hair in many ways. Some of the benefits of sage for hair are as follows

4:Treatment of Hair Loss .

Sage has been used since ancient times to combat hair loss and baldness. Sage contains beta-sitosterol, a 5-alpha reductase compound which has been found to be effective in treating male pattern baldness. It is advisable to mix 3 to 4 drops of sage essential oil with equal amounts of rosemary and peppermint essential oils and dilute in 1 tablespoon olive oil. .Massage your scalp with it twice a day

5:Sage Hair Rinse for Shiny Hair .

Sage tea can be used as a hair rinse to impart shine and luster to your locks. You can prepare it by boiling 1 tablespoon of dried sage leaves in a cup of water. This sage herb tea benefits .to ward off dandruff

6:Stimulates Hair Growth

A combination of sage and rosemary is excellent for making your hair thicker, shinier and stronger. Sage is particularly effective in encouraging new hair growth as it improves circulation to the scalp, providing more nutrition to the hair follicles

7:Darkens Hair .

Sage can be used to darken and intensify hair color. All you need to do is use it as a final rinse after shampooing. An infusion of fresh sage leaves can darken grey hair as well as .deepen the color of brown or black hair and impart shine to it

8:Sage Lotion

Sage can be used to prepare a setting lotion to make your hair .manageable and improve its texture

9:Anti-inflammatory Properties .

According to research conducted by the University of Vienna in Austria, sage possesses amazing anti-inflammatory properties. Sage tea is often used as a rinse or gargled for soothing inflammations. Sage extracts, tincture and essential oil are easily available in medical stores. They are used in medicines meant for the treatment of mouth and throat inflammation. This herb has been recommended for external use by the German Commission for treating inflamed mucous membranes .of the mouth and throat

10:Treatment of Excessive Sweating .

A recent German study has indicated that taking either a dry leaf extract or an infusion of sage leaf can reduce sweating by as much as 50%. It is a great deodorizer that dries perspiration .and helps to eliminate body odor

11:Treatment of Indigestion and Dyspepsia .

Sage can be used internally for the treatment of mild gastrointestinal problems and dyspepsia. It is a great stimulant tonic which can treat debility of stomach and weakness of digestive system. Sage tea or infusion is particularly effective in this regard. Its carminative effect can remove symptoms of

indigestion by stimulating upper digestive secretions, bile flow,
.intestinal mobility and pancreatic function

12:Treatment of Sore Throat .

Sage infusion has been found to be effective in the treatment of inflamed throat and tonsils as well as ulcerated throat. For this purpose, you can boil a pinch of dried sage leaves in about 100 ml of water and infuse for 15 minutes. Strain the concoction and sweeten it with some honey. Using this as a .gargle twice a day will provide relief

13:Dental Health .

This herb can play an important role in your dental routine. It can be used as an effective mouthwash to treat gum disease, throat infections, and cankers. If you are troubled by cankers, you can simply gargle strong sage tea or freeze it into ice cubes. .Pop one of these cubes in your mouth to soothe cankers

14:Treatment of Asthma .

The anti-spasmodic effect of sage reduces tension in smooth muscles and can be used for steam inhalation to prevent asthma attacks. It is effective in removing mucous congestion in .the airways as well as preventing secondary infections

15:Prevents Diabetes .

Several studies have proved that sage leaf extract has anti-hyperglycemic properties which lower blood glucose levels by blocking the release of stored glucose from the liver. In simple words, it is effective in lowering cholesterol and triglyceride levels in type 2 diabetics. However, further research is needed .to substantiate this claim

16:Neurological Benefits .

Regular intake of sage can improve memory and information processing among people suffering from Alzheimer's. This may be because the essential oil from sage has been found to improve acetylcholinesterase (Ach) levels in the brain. This Ach enzyme improves concentration and helps in the treatment of .memory loss associated with Alzheimer's

17:Beneficial for Women .

This benefit can be attributed to the presence of astringent tannins in sage. Its estrogenic effect has been found to be beneficial for women wishing to dry up their breast milk supply or relieve hot flushes during menopause. However, there is lack .of clinical data to substantiate this claim

18: Treatment of Depression .

Sage infusion is often referred to as “thinker’s tea” as it contains Thujone which is GABA and Serotonin (5-HT3) receptor antagonist. Besides improving concentration and .attention span, it helps to deal with grief and depression

19: Cardiovascular Benefits

Three lobed sage contains a flavone called salvigenin. Its vascular relaxant effect provides protection against .cardiovascular diseases

20: Other Benefits .

Sage oil contains volatile essential oils such as camphene, cineol, borneol and bornyl acetate, which are known for their tonic, astringent, diaphoretic, and stimulant properties. This oil can be used externally to soothe painful ailments like muscle stiffness, rheumatism, and other neuralgic conditions. Apart from this, it is used in aromatherapy to cure nervousness, stress, fatigue, tiredness, headaches, and anxiety. Sage infusion or sage tea is considered a useful medicine for the treatment of typhoid fever, biliousness, liver problems, kidney troubles, .haemorrhage of lungs or stomach and measles

Insufficient Evidence for Lung cancer. People who regularly use sage as a spice seem to have a 54% lower chance of developing .lung cancer compared to those who don't use sage

Sunburn. Applying 2% common sage (*Salvia officinalis*) extract to the skin after UV exposure seems to reduce the .development of skin redness



Side Effects & Safety

Sage is LIKELY SAFE in amounts typically used in foods. It is POSSIBLY SAFE when taken by mouth or applied to the skin in medicinal amounts .(short-term (up to 4 months

However, sage is POSSIBLY UNSAFE when taken by mouth in high doses or for a long time. Some species of sage, such as common sage (*Salvia officinalis*), contain a chemical called thujone. Thujone can be poisonous if you get enough. This chemical can cause seizures and damage to the liver and nervous systems. The amount of thujone varies with the species of plant, the time of harvest, growing conditions, and other factors

Special Precautions & Warning

Pregnancy and breast-feeding: Taking sage during pregnancy is LIKELY UNSAFE because of the possibility of consuming thujone, a chemical found in some sage. Thujone can bring on a woman's menstrual period, and this could cause a miscarriage. Avoid sage if you are breast-feeding, too. There is some evidence that thujone might reduce the mother's milk supply

Diabetes: Sage might lower blood sugar levels in people with diabetes. Watch for signs of low blood sugar (hypoglycemia) and monitor your blood sugar carefully if you have diabetes and use sage. The dose of your diabetes medications may need to be adjusted by your healthcare .provider

Hormone-sensitive condition such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids: Spanish sage (*Salvia lavandulaefolia*) might have the same effects as the female hormone

estrogen. If you have any condition that might be made worse by exposure to estrogen, don't use Spanish sage.

Seizure disorders: One species of sage (*Salvia officinalis*) contains significant amounts of thujone, a chemical that can trigger seizures. If you have a seizure disorder, don't take sage in amounts higher than those typically found in food.

Surgery: Common sage might affect blood sugar levels. There is a concern that it might interfere with blood sugar control during and after surgery. Stop using common sage as a medicine at least 2 weeks before a scheduled surgery.

Interactions

Medications for diabetes (Antidiabetes drugs) interacts with SAGE

Medications used to prevent seizures (Anticonvulsants) interacts with SAGE

Sedative medications (CNS depressants) interacts with SAGE

Sage might cause sleepiness and drowsiness. Medications that cause sleepiness are called sedatives. Taking sage along with sedative medications might cause too much sleepiness

Some sedative medications include clonazepam (Klonopin), lorazepam (Ativan), phenobarbital (Donnatal), zolpidem (Ambien), and others

dosing

BY MOUTH:

For treating Alzheimer's disease: 1 gram of sage per day. A dose of sage extract, gradually increased over time to 2.5 mg three times daily, has also been used

APPLIED TO THE SKIN

For treatment of herpes labialis (cold sores): A cream containing 23 mg/gram each of sage extract and rhubarb extract has been applied every 2 to 4 hours while awake, with treatment starting within 1 day of the first symptoms and continuing for 10 to 14 days

What is Sage Tea?

Sage tea (*Salvia officinalis*) is made from the leaves of the sage plant, which is native to the Mediterranean region and has become one of the most beloved herbs used in culinary applications around the world. However, the high concentrations of vitamin A, C, B-family, K, and E, as well as copper, fiber, calcium, iron, and magnesium make this a very popular herb in medicinal applications

How to Make Sage Tea?

Making sage tea is quite easy at home, and requires nothing more than fresh or dried sage leaves, water, and honey if you want to sweeten the strong flavor. If you have sage in your herb garden, simply pick some of these leaves, wrap them in a damp towel and refrigerate until you are ready to use them. You can also purchase dried sage leaves, which should be stored in an airtight container in a cool, dark, and dry place

Health Benefits of Sage Tea

1_Reduces Menopausal Symptoms

Studies have shown a definitive drop in hot flashes in menopausal women using this tea on a regular basis. Additionally, it also reduces other menopausal symptoms, such as mood swings and overactive bladders

2_Weight Loss

Although sage tea can be an appetite stimulant, it is also well known to reduce levels of LDL (bad) cholesterol, which can help reduce obesity and fasten metabolism

3_Detoxifies the Body

As a natural diuretic and stimulant for the liver and kidneys, sage tea is able to speed the process by which toxins are eliminated from the body through urination. This can lower the strain on the lymphatic system, as well as the kidneys and liver

4_Boosts Circulation

Significant levels of iron in sage tea mean that it can help to stimulate circulation since iron is a key component in red blood cells

5_Relieves Anxiety

Sage tea is considered a stimulant, but it can also have relaxing qualities on mood and nerves, while also improving focus and memory. Sage can also increase performance in high-stress situations and reduce chronic anxiety

SUMMARY:

Sage is an aromatic herb native to the lands surrounding the Mediterranean sea

During the Roman the Latin term for this remarkable herb was "Salvia Salvatrix" which translates to "Sage the Saviour" referring to its healing properties as "Salvia" is derived from the term "Salvere" which means "health" in Latin

In a favorable conditions in the garden *S. officinalis* can grow to a substantial size (1 square meter or more) with variable leaf and flower color with many variegated leaf types.

Sage isn't just for cooking, it has an extensive history as a medicinal herb . It was used by the ancient egyptians to improve fertility . Herbalists have used sage for treating different conditions such as swelling, asthma and excessive menstrual bleeding.

Sage is **LIKELY SAFE** in amounts typically used in foods. It is **POSSIBLY SAFE** when taken by mouth or applied to the skin in medicinal amounts short-term (up to 4 months) **BUT** in Pregnancy and breast-feeding it is **UNSAFE** because of the possibility of consuming thujone, a chemical found in some sage.

Sage tea has the importance in reducing menopausal symptoms, weight loss , detoxifies the body and relieving anxiety.

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