

## Medicinal sage

**Medicinal sage** or scented sage, fragrant sage, in lat. **Salvia officinalis**. Perennial and honey-like, semi-bushy plant with a height of 30 to 60 cm of strong root. The



lower parts of the stem are woody, and the upper herbaceous. The leaves are long, oval-shaped, and the flowers are dark purple. **Sage** is a wild plant, but it is also grown because of the sought-after and appreciated essential oil. The Latin name Salvia, from which the native sage originates, comes from the Latin word salvara, which in translation means to save, save

or cure, because the **Romans** used it 2000 years ago for treatment. The second part of the Latin name, officinalis, translated as "official" meaning it was used as an official drug in pharmacies. Sage is used as a spice in many of the world's kitchens. Essential oil sage is used in medicine and cosmetics. It belongs to high honeybees. The **leaf** is used exclusively from sage.

The most healing leaf is obtained when the sage begins to bloom, and this is most often in **May**. The leaf is harvested, dried and stored carefully. The main medicinal ingredient of sage leaf is evaporative fragrant etheric oil. The pungentness and healing properties of the leaf come from tannins.



**By Ante Golem 7.b**