



# Sage and Treatment of Diseases: A Mini Review

Sama Rahimi Devin<sup>1\*</sup>, Khalil Rahimi Devin<sup>2</sup> and Mansureh Tamizgran<sup>2</sup>

<sup>1</sup>Department of Horticultural Science, Shiraz University, Iran

<sup>2</sup>Ministry of Education, Iran

\*Corresponding author: Sama Rahimi Devin, Department of Horticultural Science, College of Agriculture, Shiraz University, Shiraz, Iran.

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## Abstract

Sage (Saliva) species potentially propose new natural remedies to diminish or treat many important and life-threatening illnesses like depression, dementia, obesity, diabetes, heart disease, and cancer. This article presents the comprehensive medicinal perspective of sage.

**Keywords:** Saliva, Obesity, Diabetes, Heart disease, Cancer

## Introduction

The genus Sage (Salvia) is the largest member of the mint family. Flowers in different colors [1]. Some species of sage are used as condiment spices and prevalent medicines [1]. Sage tea is traditionally used to treat bronchitis, asthma, cough, excessive sweating, angina, depression, many diseases [2]. Essential oils of Sage have been used to remedy some diseases such as nervous system, heart and digestive disorder and metabolic diseases.

### Diabetes

S. officinalis used as a cure for diabetes in some countries and its glucose-lowering effects have been shown in animals [4]. Extract of S. officinalis was detected to notably alleviate serum glucose in type I diabetics in mice without affecting the insulin production [4].

In one study, drinking sage tea (300 ml, twice daily) showed an increase in antioxidant defense and improved lipid profile, without any adverse effects as changes in blood pressure, heart rate, and body weight.

### Cholesterol

The characteristics of the metabolite S. miltiorrhiza (SM)

is resembling those of common sage. It has been indicated to be capable to reduce the plasma cholesterol, low-density lipoprotein (LDL), and triglycerides (TGs), moreover the levels of high-density lipoprotein (HDL) incremented in lipidemic mice [4].

### Cancer

Cancer is described by the uncommon growth of cells that tend to proliferate uncontrollably [6]. The effect of sage tea (S. officinalis) on the inhibition of colon cancer in mice has been approved. S. officinalis extract was found to diminish DNA damage [7].

Salvia libanotica is the most used species of sage in the prevalent medicine and has been used to treat diseases such as headaches, abdominal pains, indigestion, and heart disorders [8]. Oil extract of this species has antitumor agents [8].

### Memory

Sage species are recognized for their effective effects on memory irregularity, depression, and cerebral ischemia [9]. Common sage (S. officinalis), Spanish sage (Salvia lavandulaefolia) have been used for centuries to fix lost noetic functions as Alzheimer's disease [10].

## Obesity

Obesity causes some disorders, such as type II diabetes, dyslipidemia, high blood pressure, etc., all of which are significant risk agents for serious diseases such as cardiovascular disease etc. [11].

Several studies on anti-obesity compounds showed that *S. officinalis* leaf extract had an inhibitory effect on pancreatic lipase activity and was ultimately effective in weight loss and obesity [12].

## Hot Flashes

Based on the studies, the use of sage in medicine has provided options for patients seeking alternative therapies for menopausal hot flashes [13].

## Toxicity of Sage

There has been no notice of adverse side effects of *S. lavandulaefolia* or *S. officinalis* despite their use for centuries [14]. Regular use of sage is secure. However, the use of large amounts of *S. officinalis* may be harmful due to its thujone [15].

## Antibacterial Activity

Antibacterial activity of *S. officinalis* essential oil proved that the sage essential oil in high thickness display better performance than antibiotics [16,17].

## Conclusion

With incrementing pharmacological science about the useful effects of sage (*S. officinalis*), this vegetal medicine has been efficient with antibacterial, anti-inflammatory, free radical whisk and anti-tumor activities have been found to use in the increase of new natural remedies to hamper and treat some health difficulty and intricate diseases such as diabetes, Alzheimer's and cancer.

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