

CLARY SAGE

Latin Name: *Salvia Sclerea L.*

Botanical Family: [Lamiaceae syn. Labiatae]

Other Common Names: Clear eye, See bright, Eyebright, Europe Sage, Clarywort

Extraction Information

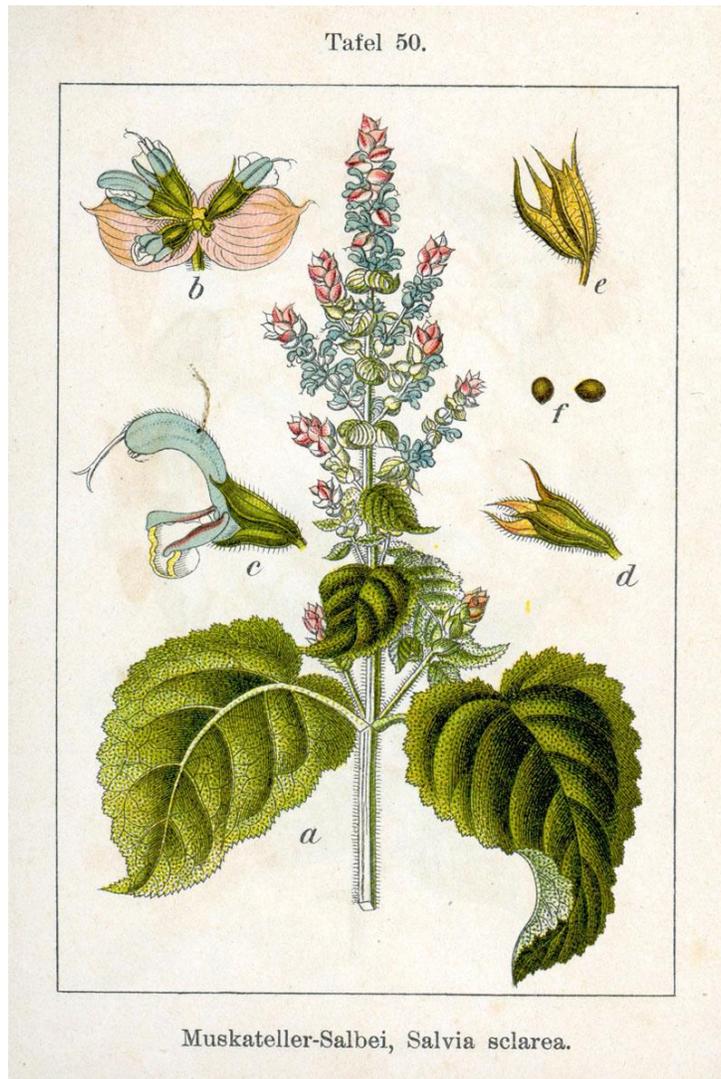
Country of Origin:	France, Germany, Russia
Part of Plant Used:	Flowering Tops
Extraction Method:	Distillation
Oil Content:	0.12 – 0.15%
Color of Oil:	Colorless to pale yellow

Blending Information

Odor Description:	Sweet, Nutty, Floral, Earthy
Blending Factor:	2
Note:	Base to Middle
Energy:	Balancing

Blends Well With: Lavender, German Chamomile, Tarragon, Ginger, Peppermint, Citrus Essential Oils

Indicated For: Eczema caused by stress or anxiety, inflamed skin conditions, mature skin, wrinkles, excessive sebum production, dry itchy skin



Safety Information: None Given

Contraindications: None Known

GRAS status:

KEYWORDS:

Feminine (hormone balancer), Euphoric, Aphrodisiac, Antidepressant, Antispasmodic, Wonderful Nervous System Relaxant

Botany:

Salvia sclarea is a medium-sized perennial or biennial, which can grow up to 2 – 3 feet. It is native to Mediterranean countries. Clary Sage has an abundance of small blue to purple and white flowers that grow out of large pinky/purple bracts. The leaves are medium sized heart-

oblong shaped and are slightly wrinkled. It grows well in loose, dry soil. It is cultivated in Central Europe, England, Morocco, the United States, and parts of the former Soviet Republic.

History + Myth

The English name Clary is derived from the Latin name *sclarea*, a word derived from *clarus* meaning "Clear". Clary Sage has been called "Clear Eye" due to the effects the infused seeds have for clearing the sight from any irritation or infection. Clary Sage was listed in the herbals of Hellenic and Roman times, and it has a long history of use in both official Greek/Western medicine and in the unofficial, unwritten tradition of European wise woman healers. Clary sage has been used to make beer in the U.K. and was considered to be quite intoxicating and exhilarating. A wine has also been made with the herb.

It was employed during the Middle Ages for its medicinal benefits. Clary sage seems to have fallen into disuse over the years although it continues to be employed in perfumes for its fixative properties and by tobacco companies for its relaxing effect on the nervous system.

Therapeutic Actions

Anticonvulsant, **antidepressant**, **anti-inflammatory**, **antispasmodic**, aphrodisiac, deodorant, emmenagogue, euphoric, hypotensive, **muscle relaxant**, **nervine**, parturient, sedative, stomachic, uterine relaxant

Chemical Feature:

Linalyl acetate (ester) (up to 76%)
Linalol (alcohol) (up to 20%)

Chemical Composition

Chemical Composition of *Salvia sclarea*

Monoterpenes	α -pinene (0.063-0.07%), β -pinene (0.122-0.13%), terpinolene (0.056), limonene (1.797-1.8%), b-myrcene (1.032%), (e)-b-ocimene (0.673), (z)-b-ocimene (0.284%)
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Sesquiterpenes	β -caryophyllene (1.146-1.69%), germacrene D (1.91%), β -bourbonene (0.1-0.21%), a-farnesene (0.123%), delta-cadinene (0.134%)
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Monoterpenols	linalol (12.33-20.66%) , α -terpineol (3.03%), nerol (0.044-1.15%), geraniol (2.81%)
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Sesquiterpenols	diterpenol: sclareol (0.2-2.19%), spathulenol (0.035%)
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Esters	linalyl acetate (74.56-74.61%) , geranyl acetate (0.3-2.96%), neryl acetate (0.13-1.08%)
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Oxide	eucalyptol (0.047%)
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www.florihana.com/en/essential-oils/clary-sage-organic.html.VEJRY4fWBjs and www.stillpointaromatics.com/clary-sage-Salvia-sclarea-essential-oil-aromatherapy?keyword=clary%20sage

Core Aromatic Applications:

Circulatory: Varicose veins, hemorrhoids (particularly when spasm is present), Broken Capillaries

Musculoskeletal: Aches and Pains, Arthritis, Rheumatism, Powerful Muscle Relaxant, Shin Splints, Spasms, Cramps, Sciatica, Carpal Tunnel Syndrome, Plantar Fasciitis

Nervous: Sedative, Nerve tonic especially when nervous system is exhausted, anxiety, tension, migraine, headaches, debility, convalescence, insomnia

Reproductive/Endocrine: Menstrual Cycle Irregularities, PMS and related upsets, cramps, menopause, childbirth/labor, impotence, dysmenorrhea, hot flashes, night sweats, hormonal irritability and imbalance, amenorrhea

Skin: Eczema caused by stress or anxiety, inflamed skin conditions, mature skin, wrinkles, excessive sebum production, dry itchy skin.

Psyche/Emotion: Euphoric, Calming, Good for Irritation, Anger, Mental Fatigue, Frigidity, Nervous Anxiety, Insomnia, Depression, Postnatal Depression, Exhaustion from Overwork, Sexual Problems, Hyperactivity, Imbalanced Emotional States, Stress, Can help distance people from problems, as well as put a person in touch with their dreams

Subtle/Energetic: Clary sage quickly dispels shallow feelings and emotional posturing and can give wings to true feelings, heightening them to euphoria. Ultimately, clary sage achieves a harmonizing effect between earth and fire, between our physical body, our feelings, and our aspirations

Ayurveda: Imbalance in vyana vata, bhrajaka pitta, tarpaka kapha and shleshaka kapha. Could be beneficial when there is excess vata presenting excitability, irritability, pain, spasms, tremors, or seizures. Useful for excess pitta expressing anger and irritability.

TCM: Strengthens Qi-energy that is depleted and relaxes and circulates Qi-energy that is "stuck". It can smooth the flow of Qi-energy in the stomach and intestines. Nourishes the Blood and regulates menstruation. Nourishes the Heart Blood to calm the mind.

Additional Notes:

Some Research on Clary Sage (*Salvia sclarea*)

- **Clary Sage (*Salvia sclarea*) exhibits anti-inflammatory and moderate peripheral analgesic activity.**
The anti-inflammatory and moderate peripheral analgesic activity was found to be due to the synergistic activity between linalool, linalyl acetate, α -terpineol and methyl chavicol. These components showed less anti-inflammatory activity when measured separately.
- **Clary Sage exhibits antidepressant activity.**
Our findings indicate that clary oil could be developed as a therapeutic agent for patients with depression and that the antidepressant-like effect of clary oil is closely associated with modulation of the DAnergic pathway.
- **Clary sage (*Salvia sclarea*) exhibits moderate peripheral analgesia.**
- **A combination of Lavender, Clary sage, and Rose decreases menstrual cramps.**
Aromatherapy was applied topically to the experimental group in the form of an abdominal massage using two drops of lavender (*Lavandula officinalis*), one drop of clary sage (*Salvia sclarea*), and one drop of rose (*Rosa centifolia*) in 5cc of almond oil. The menstrual cramps were significantly lowered in the aromatherapy group than in the other two groups. These findings suggest that aromatherapy using topically applied lavender, clary sage, and rose is effective in decreasing the severity of menstrual cramps. Aromatherapy can be offered as part of the nursing care to women experiencing menstrual cramps or dysmenorrhea.