

Clary Sage

Salvia sclarea - Lamiaceae (Labiatae)

Native of southern Europe and Syria, it is a biennial species growing 1 - 1.2 metres tall with velvety hairy leaves which are arranged in pairs and can be as large as a hand, oblong and heart-shaped. Bees love the large spikes of pale mauve flowers and the whole plant has a strong aromatic scent.

<u>Place of Origin</u>	<u>Part of plant used</u>	Flowering tops, leaves Steam distillation
France, Russia, Morocco, UK	<u>Method of Extraction</u>	0.1%
<u>Characteristics</u>	<u>Yield</u>	
Colour: Colourless-pale yellow	<u>BF</u>	2-4
Perfume notes: Top, middle	<u>TR</u>	D
Aroma:		

Chemical Composition

Monoterpenes	myrcene germacrene	% 1-2	Sesquiterpenes Diterpenols	beta-caryophyllene sclareol	% 3
Monoterpenols	geraniol linalool nerol	1-5 24 1-2	Aldehydes	geranial	
Esters	linalyl acetate geranyl acetate neryl acetate	20-70 1-5 1-2	<i>Plus numerous trace compounds</i>		

Properties: Antispasmodic, antidepressant, emmenagogue, euphoric, hormone stimulant, nervine, tonic, antifungal, astringent, carminative, stomachic

Precautions: Avoid alcohol when using clary as its euphoric action can aggravate drunkenness.

Caution in cases of manic / psychotic disorders

Sclareol is *thought* to produce hormone stimulation

Caution in oestrogenic sensitive conditions e.g. breast cancer

*Notable emmenagogue action. Caution in pregnancy and during menstruation

Salvia sclarea- Lamiaceae (*Labiatae*)

Indications

Circulatory

Digestive

Colic, cramps, dyspepsia, flatulence

Genito-Urinary / Gynaecological

Dysmenorrhoea, PMS, scanty periods, menopausal irregularities, labour

Immune System

Musculo-skeletal

Headaches, cramps, muscular aches & pains

Nervous

fear, paranoia, depression, panic, hysteria, anxiety, post-natal depression, stress related tension, insomnia

Respiratory

Antispasmodic effect can help in treatment of asthma together with associated emotional anxiety

Skin

Scalp stimulant, greasy hair, dandruff

Clinical Research

An 8 year study looked at using essential oils during labour, to reduce stress levels, anxiety and pain. High levels of satisfaction among mothers and delivery team were reported for the following oils: clary sage, lavender, peppermint, eucalyptus, mandarin, jasmine, rose, chamomile, rose, frankincense and lemon

The diterpenol - sclareol - rarely found in essential oils is believed to be a hormone stimulant although this has yet to be scientifically verified.

Psychological uses

Invaluable in the treatment of Nervous system exhaustion, regenerating and invigorating the mind. It is one of the most useful oils for easing the symptoms of stress, both physically and emotionally. Clary is an excellent relaxant, having aphrodisiac and balancing qualities, making it the oil of choice for restoring general equilibrium, particularly around the times of puberty and menopause.

Deep seated gynaecological problems and the psychological consequences arising from these can be effectively addressed with clary sage, which will lend its uplifting, euphoric action to a blend, boosting the individuals' confidence to deal with the issues of the past and so move on.

Summary

Euphoric, antidepressant, antispasmodic