



Clary Sage

(*Salvia sclarea*)

Stock #3902-4 (5 ml.)

Clary sage is an effective relaxant, having sedative properties that are to some degree aphrodisiacal, euphoric and antidepressant. Thus, clary sage oil is useful for a variety of conditions, from insomnia and hyperactivity in children, to symptoms of PMS and menopause, to feelings of hysteria, panic and paranoia. In addition, clary sage oil can be used to balance or even promote hormonal activity, making it helpful for female reproductive problems, including amenorrhea, PMS and menopause—clary sage oil appears to have estrogen-like properties due to its sclareol content.^{1,4}

Clary sage essential oil is often used in body care products to help balance skin and hair secretions and act as a stimulant for the scalp. However, clary sage oil is also useful in treating asthma, due to its antispasmodic and anticonvulsant qualities. Clary sage oil is further recommended for stomach problems such as dyspepsia (indigestion) and flatulence, as well as headaches, vertigo and sore throats.^{1,4}

Clary sage oil contains the ester linalyl acetate, a compound that is responsible for the oil's antispasmodic and sedative properties. The oil's high ester content explains its effectiveness as an antispasmodic, capable of reducing tension in stressful situations and easing premenstrual discomfort. Clary sage oil's antifungal activity is also owed to its ester content.^{3,4}

Clary sage oil contains two other important constituents, the diterpene sclareol and the sesquiterpene caryophyllene. Both compounds were studied for antimicrobial activity against standard bacterial strains and yeast and found to be effective against *Staphylococcus aureus*, *Candida albicans*, and *Proteus mirabilis*. Additional research indicates clary sage oil is also effective against bacterial infections stemming from *Klebsiella*.^{3,5}

It is important to note that clary sage oil can cause headaches when used in confined spaces. Overuse may actually raise blood pressure and cause dizziness. Furthermore, due to the oil's potentially estrogen-stimulating properties, clary sage should be avoided during pregnancy. ^{1,3,5}

References:

- 1 Damian, P. and Damian, K. *Aromatherapy: Scent and Psyche*. Rochester, VT: Healing Arts Press, 1995.
- 2 Green, M. "Scents, Sex And Pheromones: The Findings Of Aroma Research." *Nutrition Science News*; November 1996.
- 3 Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publishing Group Inc., 1997.
- 4 Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995. Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publishing Group Inc., 1997.
- 5 Ulubelen, A., et. al. "Terpenoids from *Salvia sclarea*." *Phytochemistry*; 1994, 36(4): 971-974.
- 6 Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley, 1996.