

Garden sage/ Saijan

Botanical Name: *Salvia officinalis*

Common Name: Sage

Family: Lamiaceae

Part Used: Leaves, Bark and Fruits

Hindi Name- तेजपात

Salvia officinalis leaves are grey-green, rugose on the upper side, and nearly white underneath due to the many short soft hairs. Modern cultivars include leaves with purple, rose, cream, and yellow in many variegated combinations. The leaves are oblong, ranging in size up to 65 mm long by 25 mm (1 in) wide. Garden sage, also known as *Salvia officinalis*, holds significant importance due to its diverse uses in culinary, medicinal, and even spiritual contexts. It is a staple herb in many cuisines, valued for its flavor and aroma, and also possesses numerous health benefits. Sage is a staple herb in various cuisines around the world. It contains antioxidants, which may help promote oral health and brain function. It may also help to lower cholesterol and blood sugar. Garden sage (*Salvia officinalis*) boasts a wide range of potential medicinal benefits, including acting as an antioxidant, anti-inflammatory, and anti-diabetic agent. It has also been linked to improvements in cognitive function and memory, particularly in older adults. Additionally, sage is traditionally used for digestive issues, respiratory problems, and skin conditions. Its is also used in blood sugar control, reduce cholesterol level, reduce cough and cold. Its is also used in It is used as anti-cancer, anti- microbial, anti-oxidant agent and in the treatment of digestive and circulation disorders, bronchitis, asthma, angina, mouth and throat bruning, depression, excessive sweating, dementia, obesity, diabetes, lupus, and cardiac disease.