

White Sage

Salvia Apiana



White prairie sage is both antimicrobial and antibacterial . White sage (Salvia apiana) is also antimicrobial. And both have been shown to repel insects. Beliefs that burning sage clears out spiritual impurities, pathogens, and even insects have been fundamental to the practice of smudging.

The Benefits of Burning Sage

Are you curious about burning sage in order to improve air quality in your home, improve your health, or reduce your depression or anxiety? Sage (Salvia) is used as a spice and also as a way to improve health in traditional medicine.

Sage has a long history of use in Egyptian, Roman, and Greek medicine, as well as in Native American healing traditions. Dried sage is burned as a way to heal, protect, increase wisdom, and boost defense against disease.

Benefits of Sage Supplements

Dried sage leaves can be used in cooking as a spice. Sage can also be taken internally as a liquid, spray, lozenge, capsule, or tablet.

The phenolic compounds in sage may have an antioxidant effect and reduce free radicals. Rosmarinic acid and carnosic acid are two compounds in sage that are particularly associated with an antioxidant effect.

There are several purported benefits of using sage internally:

- Relieving headache and sore throat pain
- Reducing oxidative stress in the body
- Protecting against free radical damage
- Reducing inflammation
- Protecting against bacterial and viral infections
- Supporting digestion
- Protecting against [memory loss](#)
- Reducing [depression](#) or improving mood

Using Sage for Mental Health

Overall, not enough research has been conducted on the use of sage for its proposed mental health benefits. However, based on preliminary research, there may be support for the use of sage for mood and memory.

A 2005 study showed that common sage oil improved memory and cognition (thinking ability). In addition, increased dosages were related to improvements in mood and feeling alert, calm, and content. Other research suggests that active compounds in sage protect against neurodegenerative diseases, such as Alzheimer's.

Benefits of Burning Sage

Burning sage, also known as smudging, involves burning sage leaves and letting the smoke purify the air in your home. The purpose of burning sage differs slightly from the reasons for taking it internally.

Poor air quality may be linked to various health conditions. In this way, burning sage is seen as a cost-effective way to help purify the air. This is because sage is thought to have antimicrobial properties that help kill bacteria, viruses, and fungi.

Some practitioners of alternative medicine believe that burning sage, or taking it internally, can help release negative energy. In addition to burning sage, some people use sage cleansing sprays in their homes. Benefits of burning sage are believed to include:

- Removing bacteria from the air
- Repelling insects
- Improving intuition
- Purifying specific objects
- Improving mood and reducing [stress](#) and [anxiety](#)

• Sage Safety

- Sage has been approved by the U.S. Food and Drug Administration for use as a spice or seasoning. In general, the use of sage for health purposes is recognized as safe. But if you plan on using sage internally, it is important to let your doctor know (just as you should with any complementary medicines you take).
- Some species of sage contain thujone, which can have an effect on the nervous system. Twelve or more drops of sage oil is considered to be a toxic dose. As far as burning sage is concerned, it is generally safe to do so, even around children and pets. Just be aware of any possible respiratory conditions they might have. (They may not like the smell of burning sage.)

How to Burn Sage

While there is a relative lack of evidence supporting this practice, there are also few drawbacks associated with burning sage in your home. Burning sage is relatively cost-effective, as far as mental health practices go, and the benefit of trying something new cannot be denied.

