Exciting developments in Salvia research



Salvia and synergy

Between monoterpenoids

Synergistic *anticholinesterase* action was reported between monoterpenoids, such as camphor, in the essential oil of Salvia species¹.

Anticholinesterase action is one explanation for the cognitive enhancing effects of Salvia constituents, with potential to assist Alzheimer treatment².

Between salvionolic acids and tanshinones

Synergistic *antilipidemic* action was reported between the salvianolic acid and tanshinone constituents of S. miltiorrhiza³.

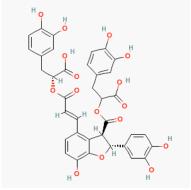
SALVIA CONSTITUENTS

Monoterpenoids



camphor

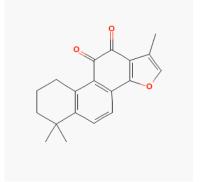
Salvianolic acids (hydrophilic phenols)



salvianolic acid B

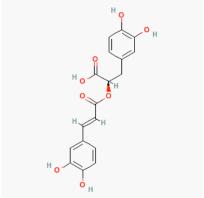
Tanshinones

(lipophilic diterpenoidal quinones)



tanshinone B

Phenylpropanoids



rosmarinic acid

Salvia: a multi-factor herb

Not just one, but many constituents contribute to the beneficial actions of Salvia species on the circulatory⁴ and nervous systems⁵, including:

- monoterpenoids (camphor)
- phenylpropanoids (rosamarinic acid)
- phenolic diterpenes (carnosic acid)
- triterpenes (ursolic acid)
- flavonoids (luteolin)quinones (tanshinones)

This clearly illustrates the dangers of regarding herbs as having just one active constituent, and of developing medical drugs based on just one constituent used in isolation.

SALVIA RESEARCH REFERENCES

To check these references online, go to Pub Med and enter the author details.

- 1. Savelev S, Okello E, Perry NS, et al. Pharmacol Biochem Behav 75(3):661-8 (2003)
- 2. Ji HS, Yu F, Yang J. Zhong Yao Cai. 31(4):566-9 (2008)
- 3. Scholey AB, Tildesley NT, Ballard CG, et al. Physchopharmacology (Berl) 198(1):127-39 (2008)
- 4. Adams JD, Wang R, Jun Y, et al.
- 5. Mohsen I, Hossein H. Phytother Res 20:427-437 (2006)

For further Salvia references, see Salvia chapter in Jeremy's text *A Clinical Materia Medica: 120 Herbs in Western use.*

SALVIA JRHC EXAMPLE

Salvia: hypertension + thrombotic tendency

Jeremy has designed this new herb combination according to advances in research and according to the principles of Chinese medicine.

Salvia miltiorrhiza	1
Scutellaria baicalensis	1
Crataegus	1 LE
Leonurus	1 LE
Commiphora	1
Angelica sinensis	1
Zingiber	1
Capsicum	5-20 dr.

Click on top menu bar to see details of this Salvia combination.