

Botanic Name : *Salvia leucantha* Cav. -- Icon. [Cavanilles] i. 16. t. 24. (IK)

Common Name: Mexican bush sage

Family: Lamiaceae

Habitat: Terrestrial

Distribution: Native to subtropical and tropical conifer forests in central and eastern Mexico; naturalized and spread in Indian Himalayas

Description: A bushy evergreen subshrub, in a loose, spreading mound up to 2-4 ft tall and about the same width; leaves lanceolate, like willow leaves, puckery on top and white-wooly underneath. They are on stalks about an inch long and arranged in opposite pairs along the squarish stems. The young, fast growing stems are thick and conspicuously white-wool; blooms with white flowers 1-2 long that extend from velvety purple or lavender-blue calyces. The bicolored inflorescences are borne in very showy elongated arching clusters 6-12 in length at the ends of erect, spreading stems. At any given time, there will be just a few actual flowers per cluster, but lots of pretty purple calyxes. These inflorescences are profuse and extend way beyond the foliage, making this one of the most attractive of the *salvias*.

Phytochemicals: Essential oil- camphor, 1,8-cineole, α -thujone, and β -thujone, bornyl acetate, camphor, menthone, flavonoids and polyphenolic compounds, Caffeic acid plays a central role in the biochemistry of the Lamiaceae plants, and occurs mainly in a dimer form as rosmarinic acid. Carnosic acid and rosmarinic acid, which are present at high concentrations in the extract of sage plants, have shown strong antioxidant properties. Ursolic acid, also a component of sage, has strong anti-inflammatory properties, and in sage preparations, it is considered as a quality control measurement for the anti-inflammatory effects of different solutions.

Medicinal/Economic uses: Carminative, antioxidant, antispasmodic, antiseptic, and astringent properties. Effective against minor common illnesses, might potentially provide novel natural treatments for the relief or cure of many serious and life-threatening diseases such as depression, dementia, obesity, diabetes, lupus, heart disease, and cancer. Traditionally used for the treatment of digestive and circulation disturbances, bronchitis, cough, asthma, angina, mouth and throat inflammations, depression, excessive sweating, skin diseases, and many other diseases. essential oils have been used in the treatment of a wide range of diseases like those of the nervous system, heart and blood circulation, respiratory system, digestive system, and metabolic and endocrine diseases.

More read: J Tradit Complement Med. 2014 Apr-Jun; 4(2): 82–88.:

