

## Nutritional and therapeutic potential of *Salvia officinalis* (sage): A novel super herb

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The last few years have changed the whole diet dynamics across the globe. Now the people are more aware and concern about the nutritional content and therapeutic benefits of the food they consume. *Salvia officinalis* is one of the most prominent natural medicinal herbs known for its strong aroma and earthy flavor. It is good source of protein, dietary fibre (soluble and insoluble), low fat and loaded with several vitamins, minerals and essential oils in varying concentrations as well as predominantly comprised of essential oils such as 1,8 cineole as well as natural source of bioactive compounds and aid in the prevention of several diseases and are thus called a functional food. It is loaded with antioxidants and its bioactive components possess many health prompting benefits especially postmenopausal women, anti-hyperlipidemic effect, anti-inflammatory, anticancer, anti-fungal, anti-spasmodic and antimicrobial activities. Traditionally it is utilized for the treatment of several kinds of disorders including Alzheimer's disease, gout, autism, seizure, ulcer, rheumatism and diarrhea. Due to therapeutic and nutritional potential of *Salvia officinalis* has been incorporated for the development of several healthy food products.

**Keywords:** *Salvia officinalis*, Antioxidants, Nutritional composition, Therapeutic potential.

### Biography

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