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*Salvia*

*Lamiaceae*

[*Labiatae*]

*Salvia* is derived from Latin *salvus* (safe, well, unharmed, sound) or *salveo* (be well, be in good health) with reference to its medicinal attributes, and is an ancient Latin name for the salvias.

A saying associated with the famous medieval Italian medical school established by the Arabs in Salerno ran

*cur moriatur homo, cui salvia crescit in horto*

(why should a man die in whose garden sage grows).

This family of plants contains over 750 species whose uses individually have varied from the medicinal and culinary to the magical and ritualistic. One of its best universally known, alleged qualities believed over centuries lies in its association with treatments for those who seek longevity.