



# Red Root Sage

**Benefits and uses:** Treating angina, vitalizing blood circulation, liver fibrosis, cirrhosis, while slowing the heart rate, and it works as a vasodilator, causing blood vessels to relax and increasing blood circulation, short-term treatment of skipped periods or uterine fibroids.

**Information:** Herbs/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbs/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## Details

Red-Root Sage is a traditional Chinese herb that has become important in the West for supporting cardiovascular health and improving liver function. It helps to vitalize and detoxify the blood and is one of the most highly regarded circulatory tonics. Red-Root Sage has been shown to inhibit bacterial growth, reduce fever, diminish inflammation, ease skin problems and aid urinary excretion of toxins.

Red-Root Sage as a bitter herb that "quickens the blood, moves the blood and regulates transportation of blood fluid." It is one of the most commonly used Chinese herbs as the key ingredient in numerous formulations or prescribed as a single herb remedy. Its elevation came in recognition of its vitalizing blood circulation qualities that promote heart health by increasing blood flow and relieving pain (angina pectoris), and for its efficacy in treating microcirculation disorders, leading to its use in treating liver fibrosis and cirrhosis. A patent remedy with Red-Root Sage as the main ingredient was developed and is still widely used in China for treating angina. The main active constituents in Red-Root Sage include diterpene quinones (known as tanshinones I and II and cryptotanshinone), and it also includes caffeic acid, salvanolic acid and magnesium salvianolate.

Red-Root Sage is widely used in the Orient for supporting cardiovascular health and is now gaining popularity in the West for its heart-healthy properties. The isolated chemical, tanshinone, is said to increase the force of heartbeats, while slowing the heart rate, and it works as a vasodilator, causing blood vessels to relax and increasing blood circulation. This action inhibits platelet aggregation (clotting), thereby reducing the risk of arteriosclerosis, stroke and heart attack. The tanshinones reduce stasis of the blood (stagnation) and also helps to ease the heart pain of angina pectoris.

Red-Root Sage is said to promote healthy liver function and may help to prevent liver damage caused by alcohol, drugs or diseases. Some studies suggest that Red-Root Sage may provide benefits for treating liver diseases such as cirrhosis, fibrosis and chronic hepatitis.

By reducing stasis (stagnation in the blood), Red-Root Sage helps to purify the blood; and detoxified blood is thought to be very beneficial for treating many ailments, including skin problems, such as acne, abscesses and boils. The concept of eliminating stasis to generate new blood simply means that in order for new blood to be generated, old, stagnant and impure blood that is not vital must be removed. This theory of vitalizing blood has been applied to the treatment of bone marrow deficiencies.

Red-Root Sage is believed to ease fibroids and menstrual problems, and may be especially useful for short-term treatment of skipped periods or uterine fibroids. Authorities on Traditional Chinese Medicine (TCM) claim that the herb "releases" congealed blood, as may be shown by dark-red clots during menses, and also eases pelvic congestion.

The isolated tanshinones are unique to Red-Root Sage and have been shown to inhibit bacterial growth, reduce fever, diminish inflammation and aid urinary excretion of toxins.

A relatively new area of study for blood stasis concerns the process of ageing: In Traditional Chinese Medicine, it is thought that detoxified blood will help nourish the kidneys, liver and spleen; and conversely, stagnant blood results in contraction of ligaments, withering of the flesh and overall reduction in vitality, mental function and health. During the twentieth century, possibly due to changes in the environment, diet and lifestyle (as well as

progress in medical research into ageing), it is generally agreed that disorders associated with ageing additionally involve blood stasis. It is interesting to note that this was an idea first presented by Xu Lingtai, a famous physician of the Qing Dynasty who wrote during the mid-eighteenth century that the blood of the elderly did not flow very well, thus creating other health difficulties; however, Xu's concept did not get much attention for another two hundred years.

Red-Root Sage has shown some antiviral and antioxidant activity in several laboratory studies. Salvianolate-B, recently isolated from Red-Root Sage by medical researchers at the Shanghai Institute of Materia Medica, was determined to have powerful antioxidant actions in vitro, and the salvianolic acid was shown to be the strongest of Red-Root Sage's constituents in protecting heart mitochondria from free radical damage. Because these are ongoing studies, no conclusions have yet been established.

With regard to cancer treatment, promising studies (2008) conducted in Mainz and Düsseldorf, Germany, Graz,

Austria and Kunming, China, claim that Red-Root Sage contains three ingredients with powerful anti-tumor activity. The substances were found to suppress the growth of a specific tumor cell line that is particularly resistant to many commonly used cytotoxins, due to overproduction of a transport protein in the cell wall. In contrast, a whole range of standard anti-cancer drugs fail to be effective against this cell.

**Contraindications:** Pregnant and nursing women should not use Red-Root Sage, nor should those who take prescription blood thinning medications (Coumadin, Plavix, aspirin, etc.). Those who are allergic to members of the mint family (thyme, basil, sage, marjoram, etc.) should avoid this herb. You should not use Red-Root Sage if you take prescription medications or have high blood pressure or heart or blood vessel disease, nor should it be used for prolonged periods (preferably one month on and one month off), and it is advisable to use this herb only under the care of a knowledgeable health care provider. Inform your physician or dentist prior to any surgical or dental procedure if you are taking this herb.

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