

White Sage

Kizh Name : Kasili

Scientific name: *Salvia apiana*

History

White sage (*Salvia apiana*) has been used by the Kizh people for centuries in spiritual ceremonies and healing practices. Traditionally, it is burned in smudging rituals to cleanse spaces, bodies, and spirits of negative energy, promote healing, and restore balance. Beyond its spiritual significance, White Sage is valued for its antimicrobial properties and soothing effects, making it an essential plant for both cultural and holistic well-being.

The Kizh Tribe uses this plant to treat many ailments because of its healing properties and ability to cleanse their living environment. White Sage is used by the Kizh as a natural air purifier by releasing antimicrobial compounds into the air. Its eco-friendly properties provide natural household cleaners via its antimicrobial cleansing properties. Its essential oil is used in diffusers, massage therapy, candles, and bath products for its calming and stress-relieving properties to provide a grounding, earthy aroma associated with relaxation and clarity. White Sage tea is consumed for its anti-inflammatory, antimicrobial, and digestive benefits. It is often used to support the immune system, ease sore throats, and aid digestion. It is also used in skincare products due to its antibacterial properties, helping with acne, inflammation, and skin infections.

Concerns for Overharvesting & Sustainability

The growing demand for White Sage has led to unsustainable wild harvesting and endangering natural populations. Ahnoven sources its White Sage from private landowners from their home landscaping to support conservation efforts that eliminate foraging on natural lands.

Beneficial uses

- **Respiratory Health**
White sage has antimicrobial and expectorant properties, making it useful for clearing the respiratory tract. Burning White Sage (smudging) or using it in steam inhalation may help alleviate symptoms of colds, coughs, and congestion.
- **Anti-Inflammatory and Pain Relief**
Traditionally used as a poultice or tea for reducing inflammation and easing muscle and joint pain. Contains compounds like carnosic acid and rosmarinic acid, which have anti-inflammatory properties.
- **Antimicrobial and Antiseptic Properties**
White sage has been shown to possess antibacterial and antifungal effects. Used to clean wounds and prevent infections in traditional medicine.
- **Digestive Support**
Drinking white sage tea may help relieve indigestion, bloating, and cramps. Known to support gut health by reducing harmful bacteria.
- **Cognitive and Mental Health Benefits**
Traditionally used to enhance memory and concentration. Contains compounds that may have neuroprotective effects, potentially aiding in cognitive function. The practice of smudging is believed to reduce stress and anxiety by clearing negative energy and promoting relaxation.
- **Hormonal Balance and Menstrual Health**
White Sage is known to contain phytoestrogens, which may help with hormonal balance. Used in herbal medicine to ease menstrual cramps and regulate cycles.
- **Spiritual and Emotional Healing**
Burning White Sage is used in Indigenous and spiritual traditions for cleansing, purification, and protection. The practice is believed to promote emotional clarity, relaxation, and spiritual well-being.

Precautions

Pregnant women and individuals with allergies should consult a healthcare provider before using white sage internally