

189. *JUNIPERUS SABINA* L. (CUPRESSACEAE) — Sabine, Savin

Ornamental evergreen shrub, source of an essential oil.

Reported to be abortifacient, anthelmintic, diuretic, emmenagogue, hemostat, uterotonic, and vermifuge, sabine is a folk remedy for afterbirth, alopecia, cancer, condylomata, gout, metrorrhagia, neuralgia, paralysis, pediculosis, polyps, rheumatism, and warts.^{32 33} Homeopaths use it for arthritis, colic, dysmenorrhea, gonorrhea, gout, leucorrhea, menorrhagia, periosteosis, strangury.

Contains 3 to 5% essential oil with 20% (+)-sabinene and 40% (+)-sabinylacetate, and traces of (+)-alpha-pinene, myrcene, (+)-limonene, γ -terpiene, *p*-cymol, (+)-iso-thujone, (+)-terpineol-(4), (+)-sabinol, (+)-citronellol, (+)-cadinene, and (–)-elemol, even lower levels of α -thujene, camphene, α -terpinen, 1-8-cineole, terpinolene, thujone, geraniol, δ -cadinol, carvacrol, perillalcohol, caprinaldehyde, and diacetyl; Russian samples show beta-pinene, Δ 3-carene, sabinylacetate, and cedrol. Tannin, wax with sabine-acid, juniperin-acid, and thaspia acid, sugar, calcium salts, pinipicrin, gallic acid, sabinene (C₂₀H₁₆O₆), and podophyllotoxin.³³

Toxicity — It should never be used in pregnancy as it causes abortion . . . “It is an energetic poison leading to gastroenteritis, collapse, and death.”³² Only six drops of the oil can be toxic to man. Rubdowns can cause intoxication, details of which are spelled out in *Hager's Handbook*.³³

To the physician — *Hager's Handbook* suggests prudent doses of narcotics (at the onset of cramps), cardiac stimulants and analeptics at the onset of circulatory collapse, keeping the body warm, and styptics and transfusions for strong bleeding.³³